

A PROGRESSIVE

PAPER FOR

MSH

PROGRESSIVE

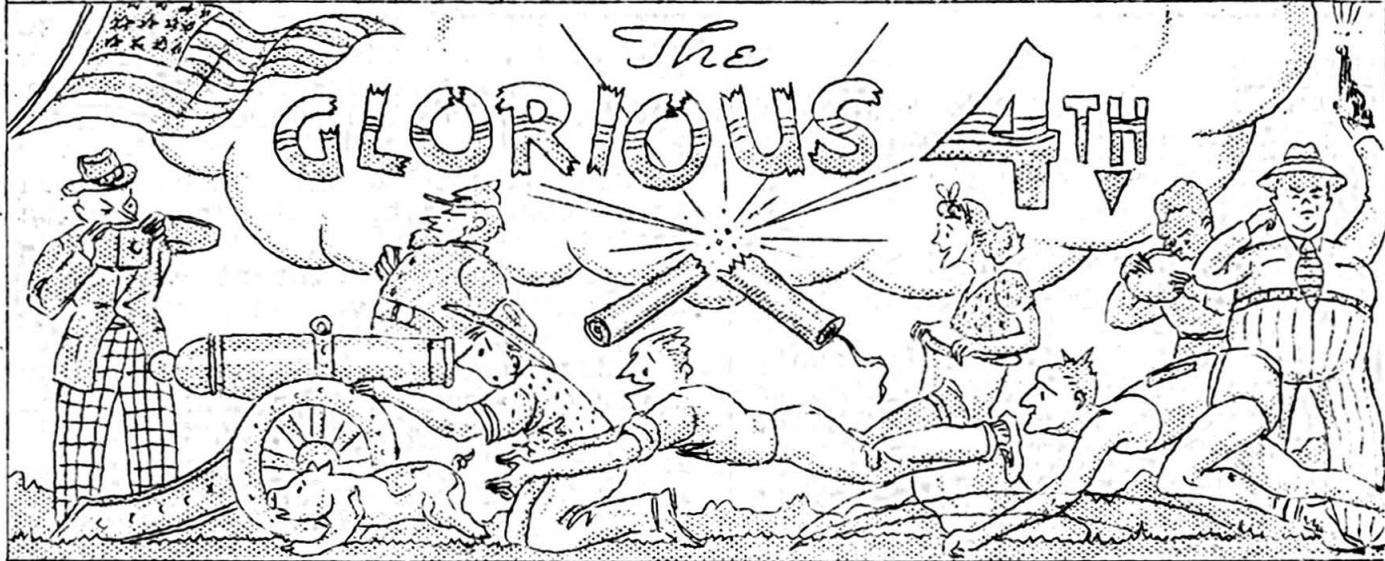
PATIENTS

Pommo News

WEEKLY

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

Vol. 2 No. 9 July 1, 1949 5¢ per copy Population 2810



READY FOR BIG 4TH

DANCE WILL CLOSE DAY'S CELEBRATION

Patients of Mendocino State Hospital are eagerly awaiting the arrival of Monday and the big program that has been arranged for observance of the day—July Fourth.

Mrs. Dorothy Buchanan and her assistants in the Recreation Department have been busy the past week with the entertainment plans. The observance of the day will get underway at 9 o'clock, with a parade to the Ball Park, where a number of contests and a community sing will take place.

The complete program appears in the adjoining column.

Probably the most interesting event of the morning will be the pie eating contests—for both men and women. Blackberry meringue pies will be the piece d' resistance, and, Oh, brother!

There's to be a baseball game in the afternoon, starting at 1:30. Whether it will be hard or softball was not decided yesterday. The Albertinum School team of Ukiah will be here to play the patients.

 * HERE'S THE PROGRAM *

MORNING

Parade to the Ball Park - (9 am)
 Song, National Anthem, F. Dumphy
 Community singing: "The Yankee
 Doodle Boys"; "It's a Grand Old Flag";
 "I Love You, California."

Field events:

- 50-yard dash for men.
- Fat ladies' race.
- Sack race for men.
- Sack race for women.
- Egg and spoon race for men.
- Egg and spoon race for women.
- Three legged race for men.
- Three legged race for women.
- Tug of war for men.
- Tug of war for women.
- Pie eating contest for men.
- Pie eating contest for women.
- Greased pig race for men.

AFTERNOON

Softball: Patients vs Albertinum
 School, of Ukiah, 1:30

EVENING

Dance, Auditorium, 6:30 to 9 pm.



THIS WEEK


SATURDAY:

Movie: "A FOREIGN AFFAIR" and
-- Newsreel. 8:45 am and 12:45 pm

SUNDAY:

Church Services (See Page 8)
A.A. Meeting 6 pm in Auditorium.
Softball: 9:30 am.

MONDAY:

Group Therapy Round Table Discussion at 2 pm in Ward 9 Conference Room.

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 Auditorium.

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DIRECTOR TO CAPITAL

Dr. David B. Williams, MSH Medical Director, went to Sacramento on State business Tuesday.

MSH FIREMEN GO ON TWO CALLS IN DAY

Fire on the Bart Lamay ranch, located adjacent to the Regina Heights sector of Ukiah, called out the MSH Fire Department at 2 p.m. last Friday afternoon, to assist the Ukiah department subdue a large grass and brush fire.

Fire Marshal L. G. Von Schriltz and Ed Veronda responded with the Chevrolet truck and stayed at the scene for two and a half hours.

Controlled burning on the Stanley Watson place nearby, that went out of control when a stiff breeze sprang up, caused the fire to spread to the Lamay ranch and burned over approximately 120 acres of winter range land.

Ukiah responded with three men, on the scene first, both departments retiring when a Forest Service outfit arrived--an assistant ranger, a foreman and a five-man suppression crew.

A second alarm at 5:05 the same afternoon caused Von Schriltz and "Red" Clifton to go on another fire in the same vicinity. Again the Chevrolet truck was pressed into service, along with the International rig and five men from Ukiah.

This blaze was directly below the Regina Heights residence of Attendant Rod Yagle and burned over 15 or 20 acres of brush before controlled.

Although no real damage was done, the MSH fire laddies were at the scene over two hours and the Forest Service crew remained until after nightfall.

Before being called to these two fires, Von and Rod had just completed a controlled burning job at the MSH dumps. Here they systematically burned over the complete area, in order to lessen fire hazards during the dry months.

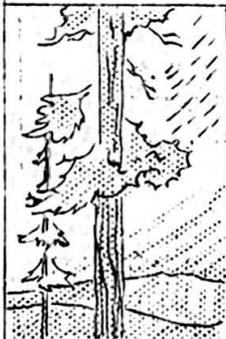
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MOSSI JOINS RANKS OF THOSE SEEING SNAKES

A. Mossi, the MSH Poultryman, walked into the feeding pen which adjoins the new brooder house at the Chicken Ranch the other day to look after 1,000 baby chicks and found a 20-inch rattlesnake staring at him with something like disfavor.

In the absence of Joe Addor, the institution's snake expert, Mossi retreated temporarily. Then, armed with a long stick, he re-entered the pen and killed the snake, which had one rattle and a button.

Mossi's chicks might have gone the way of Dr. E. L. Loehon's baby rabbits, if the snake had been given time to devour them. The chicks are now two weeks old. They are New Hampshire Reds.



EMPIRE

OFFICE MACHINES

SALES & SERVICE

PHONE: UKIAH - 144
325 N. State Street

News FROM THE WARDS

WARD TRANSFERS

The following patients have been transferred from Ward 9:

John B, Henry N, Ray D, Stanley F to Ward 4; Thomas M, John K, George M, Chester P, Grover P, Oliver M, George O, Peter S, Manuel M, Frank W, to Ward 8.

The following were transferred from Ward 1: Percy W to Ward 8.

The following patients were transferred from Ward 4: Fred B, Norman S, to 8.

The following were transferred from Ward 8: Vernon A, Charles W, William R, John N, Robert C, to Ward 9; Chester R to Ward 16.

Albert M. was transferred from Ward 15 to Ward 3.

The following patients have been transferred from Ward 16: Andrew M, Lester B, Fred B to Ward 3.

The following were transferred from Ward 10: Dennis S to Ward 7, Adair G, to Ward 3.

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WORK ASSIGNMENTS

The following work assignments have been given to patients from Ward 8: John K, houseman for Dr. Orr; John B, janitor, Ward 8; George M, Chester P, George O, Percy W, Albert M to Kitchen; Fred B to Electric Shop; Norman S, houseman for Dr. Prasser, Andrew Mc. to Ward 8 clothing room; Lester B, Fred B to gardener.

The following work assignments have been given to patients from Ward 10: Harold W, Hyman G to Enright brick gang; Frank O re-assigned from Industrial Shop to Marking room.

There are sixteen insulin shock patients in Ward 10.

The Scudero gang has completed work on the paving in front of Ward 10 and on to the Fire House.

Ed Veronda's crew has finished the fire exit on the east end of Ward 10 dormitory.

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MOVIE SHOWN ON WARD D

Pearl M., of Ward D, speaking in behalf of the other patients, expressed the thanks of the ward to Charge Attendant George Carmichael, Assistant Matron Royce Vickery and Mrs. Kelley Thrailkill, for being instrumental in the showing of a motion picture, "Turnout" on the ward Monday.

"We hope they can arrange another show for us soon," said Pearl.

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Sign up now on your ward to take part in the July 4th contests!

UKIAH A.A.'S TAKE REIN

The Ukiah chapter of Alcoholics Anonymous assumed sponsorship of the very appreciative Pomo group, at the regular Sunday evening meeting in the MSH Auditorium.

Frank W in his capacity as chairman of the meeting, outlined the purpose and method of application of the Alcoholics Anonymous program for the benefit of those who were attending an A.A. meeting for the first time.

Kay F, Ernie M and Joo of the Ukiah group gave the Pomo members the benefit of their varied experiences in qualifying for Alcoholics Anonymous and in practicing the twelve steps comprising the A.A. program.

Last Sunday's attendance was about the same as at the previous meeting; approximately 50 members of whom 12 were women.

Before the meeting adjourned Joe P was elected chairman to preside over the meetings for the following week.

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BUILD STAGE EXTENSION

Performers in the coming patient show "Westward Ho" will have plenty of space in which to "do their stuff", because of the labors of Joe Addor and his patient carpenter crew.

The men recently built a spacious extension to the original stage, adding six feet of flooring to each side and four feet to the front.

Since the extension was added, the MSH Orchestra has been using the stage as a bandstand and the result has been a wonderful improvement, not only in orchestration quality but for the vocalists and the orchestra Emcee.

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CELEBRATES BIRTHDAY

At a gay party at the residence of Dr. D. B. Williams last Sunday afternoon Mabel B, the Williams' family cook, celebrated her birthday in the company of six of her best friends from Ward I.

Refreshments were served in the Morning Room and a delicious white birthday cake was presented to the guest of honor by Mrs. Williams.

The party was in the nature of a surprise to her friends and each guest presented the happy Mabel with a birthday gift. A large greeting card painted by Harold V, Pomo News staff artist, and signed by the guests, held the position of honor at the gaily decorated table.

Guests included Joyce M, Beatrice
(Continued on Page 5)

°°° 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

- 6:30 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.

RED ROBIN NURSERY



Phones

1036-W

565-W

262

Let the folks at home know what's going on at MSH; send the Pomo News.

USE OF NEW DRUG ON ALCOHOLICS WATCHED

With medical interest increasing in experiments with new drugs that may offer a solution to the growing problem of alcoholism, attention focused last week on trials at the Alameda County Rehabilitation Center of the new "antabuse."

Four volunteers are undergoing treatment with the synthetic substance which, it is said, may give alcoholics an opportunity to free themselves of the "habit" and yet permit them to take a few drinks without ill effect.

Dr. James G. Terry, medical director of the Alameda county institution, described the new drug's effect on a patient. "Antabuse" induces nausea and stomach distress, as in the reflex treatments given alcoholic patients at Mendocino State Hospital.

However, Dr. Terry said, in the antabuse treatment, a patient must continue to take the drug (in tablet form) much as a diabetic must continue to take insulin. He can, if he wishes, take a few drinks. He will "sleep it off" and avoid the alcoholic's need for more liquor to steady his nerves.

The Alameda County Center is the first institute in the West to try antabuse, which was first announced last December in The Lancet, British medical journal.

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FOUNDATION POURED

Construction work on the Men's Ward building is progressing on schedule, according to Ralph Rehbain, Superintendent of Construction.

The foundations for the entire building have been poured, and the forms for concrete have been constructed to the first floor in the north wing of unit Number one. Construction of concrete forms for Units two and three will be started next week.

Pans, or metal foundations, for slab flooring, have been laid in the north wing of unit Number one.

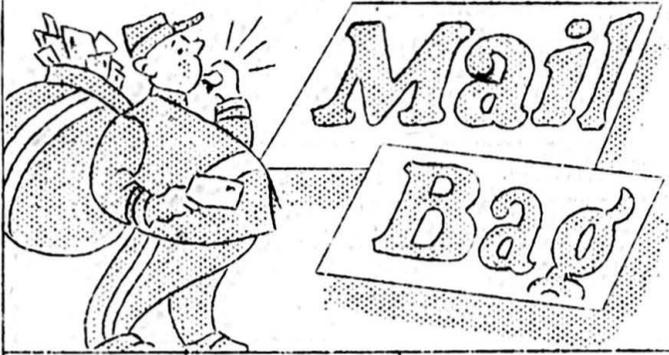
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DOCTOR BUYS CAR

Dr. Ruth L. Green, of the Medical Staff, who attended a State Department of Mental Hygiene seminar in Los Angeles last week, returned home with a new Packard. Assistant Superintendent R. G. Bramkamp and Dr. H. V. Bair also attended the seminar from MSH.

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The Pomo News Mail Bag is for letters from patients and employees



David B. Williams, M.D.:

I want to personally thank you for printing in the Pomo News the account of the award to Roland Brand on the elimination of restraint, as published in the Psychiatric Aid. I have been wondering how we could bring this to the attention of all the attendants in our hospitals. I am sure this will help.

KATHARINE M. STEELE,
Director of Nursing Services,
Dept. of Mental Hygiene,
Sacramento, California.

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Editor, The Pomo News:-

Last week's issue of The Pomo News stated that Dr. Williams has received a letter from the Readers Digest, notifying him a large number of copies of the magazine will be sent this hospital for distribution to the inmates.

I am the recipient of a subscription to the Readers Digest that is due now for a renewal payment.

In view of the above advice by Dr. Williams, would you recommend that I renew my subscription to the Digest?

EDWARD B, Ward 10.

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EDITOR'S NOTE:-Yes, renew. The number of magazines received for the hospital means that copies distributed to the various wards must be passed around and you couldn't be sure you'd see every month's issue.

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Editor, The Pomo News:-

I would like to inform you that once more I am delegated to the carrying of the flag on the Fourth of July, at the Ball Park festivities. Of special note is the fact that I have done so for the past 18 years.

I would also like to have all my friends know I am in charge of the Coca-Cola machine at the Laundry, and would appreciate their patronage. Plenty of nickels may be had from Nichols, so don't let the lack of the proper change be your deterrent.

SAMUEL P. N., Ward 15.

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SHOW TRYOUTS--Tues., 9:30, Wed., 1:30.

SNAKE TALES GO ON - AND ON

Charge Attendant Frank DuBois of Ward 7 is another who has been seeing snakes. One day last week while wandering over his estate near here he spied a rattlesnake which had the temerity to invade his domain. Highly incensed DuBois promptly shot the trespasser and upon close examination discovered that it sported eight rattles and a button.

Then last Friday DuBois was very much annoyed by a bluejay which seemed to think it had prior rights in his peach orchard. Calling once more on his trusty artillery, he promptly dispatched the blue jay.

Shortly after the last execution Gabe P., who had been taken to the DuBois rancho, chanced to pass the spot where the jay had fallen. Imagine his surprise at seeing a rattlesnake with blue feathers growing out of its face! Being a crack shot, Gabe killed the snake. Close inspection revealed that the rattler had swallowed the blue jay head first, leaving only the tail-feathers protruding. This snake had only seven rattles and a button, leaving Attendant Frank DuBois and Gabe P. horse and horse in rattlesnakes, with DuBois one up in rattles.

(EDITOR'S NOTE:-These rattlesnake stories might as well be slugged "continued next week." They go on and on. Herpetologist Joe Addor (spelled with an "o" of the Carpenter Shop came up with a report that a snake with 16 rattles had been killed in Ukiah. It was "this" big around, Joe said. For additional up-to-the-minute snake news see Page 2).

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POPULATION GAINING

The number of patients at Mendocino State Hospital shows a gain of 53 since the first week in January. The increase in population is not steady, week by week, some seven-day periods showing a decline. The Pomo News of January 4 gave a total population of 2757. On March 8, the figure hit 2807, last week 2821 and as of yesterday it was 2810. The figures are compiled weekly by Mrs. Gertrude Elliott, MSH Secretary.

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CELEBRATES BIRTHDAY

(Continued from Page 3)

C, Chlooe W, Maisie C, Norma F; and Lila H, all of Ward I and Mrs. D.B. Williams.

WEEK'S ADMISSIONS 27 - RELEASES 39

TOWARD BETTER MENTAL HEALTH

GETTING THE PATIENT ADMITTED

Getting treatment for a patient in a mental hospital should be as easy as getting treatment for a patient in a general hospital, but it isn't. Our "insanity" laws, as a whole, are based not on the assumption that speedy help should be available for the sick, but on the unwarranted fear that sane people might be "railroaded" into hospitals. Prevalent also is the idea that the victims of such plots may become mentally ill as a result of their hospitalization. Cases of any sane person's "catching" mental illness are rare medical curiosities -- and at that all the instances occur not in hospitals, but in homes. Even rarer is the commitment of mentally healthy people.

There are, unfortunately, some epileptics whose minds are normal, occupying beds in mental hospitals. Epilepsy does not necessarily engender mental abnormality, but because most states make no separate institutional provision for these unfortunates, when their seizures are too frequent or severe for them to be cared for at home, there is no other place for them to go.

Also, where more suitable harbor is not available, state hospitals may house some mental defectives who are not mentally ill. Though laymen sometimes confuse the two, mental illness differs from mental deficiency. Mental illness is a condition in which something goes wrong with the mind, like a wall that becomes warped. Mental deficiency is a condition in which the mind has never fully developed, like a wall that has not been completed.

The special state institutions for mental defectives are usually called "State Schools" and workers in them refer to their mentally immature charges as "the children," whatever their actual age. When for one reason or another such adult "children" who need care and protection cannot be accommodated in state schools, they are sometimes taken in by state hospitals.

Occasionally, it is true, a clever reporter gets himself admitted to a mental hospital--for a while. But then he is found out, and the tales he brings out about the "perfectly sane" people he encountered there must be taken as just another evidence of the laymen's inability to recognize mental illness.

Have YOU any constructive suggestions? Write them for the Mail Bag.

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:

Psalms 91:2 I will say of the Lord, He is my refuge and my fortress: my God; in Him will I trust.

This is the Golden Text for the Lesson Sermon in Christian Science Churches for Sunday, July 3.

The subject is: "God."

Jewish Services:

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

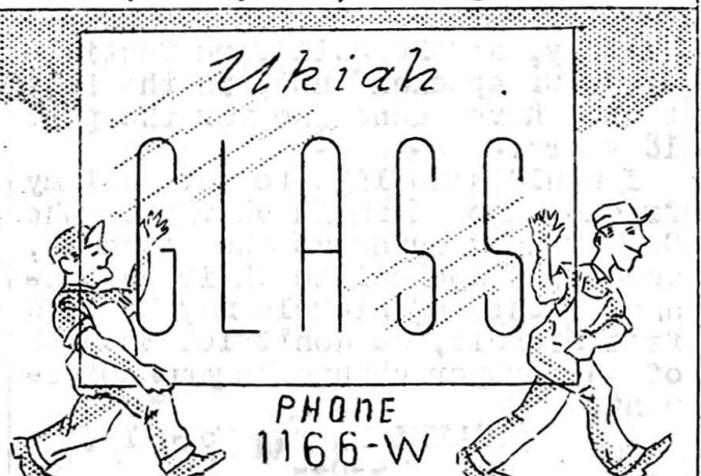
Patients are urged to attend the church of their choice regularly during their stays here.

LIBRARY NOTES

Porter M. Chaffee, of the State Division of Architecture, topped the list of donors to the MSH Patients Library this week, with a presentation of 208 magazines, according to Joyce M, Librarian.

Other donations were:

T.R. Wimmer, MSH employee, 41 magazines; Mrs. D. B. Williams, MSH, 39 magazines; from Ward C, 99 puzzles; Miss Scott, MSH employee, 10 pocket books; from Ward M, 31 magazines; anonymous, 21 magazines.



SPORTS

SLUGGERS GO 14 FRAMES, WIN

The Talmage Sluggers and the Cooper-Varni team, of San Francisco, played two games of the sport called baseball here last Saturday and Sunday. The locals won Saturday, 2 to 1 in a fictional ninth inning and took Sunday's 14-frame contest by the same score.

The Sunday matinee ended in what could have developed into a boxing bout at the plate and Umpire Grilli, after calling a close play in favor of Talmage's center fielder, Bobby Guidi, who slid home to decide the game, departed while the argument raged on.

Both pitchers, Ado Severi, for the Sluggers and Max Craig, of the Varnis, went the entire 14 stanzas and Severi looked his best in the extra innings. Craig seemed to weaken in the stretch. He was charged with a balk in the eleventh. Wada had hit safely and was trapped and tagged between first and second, but when the balk was called he was advanced to second. The inning ended without a score.

The balk caused the first argument of the game, which was a good contest throughout, from the spectators' standpoint. Sparkling plays in the field by both teams marked the afternoon's entertainment. Bob Guidi made a spectacular running catch in deep center in the fifth for a good hand.

"Much-Ado" Severi thought his number --13-- was up for sure, in the thirteenth inning. A Varni batter swung, his bat broke close to the handle and Severi had to jump out of the way of the business end of the stick, which flew into the box.

The Sluggers were well on the way to a rally in the ninth, with the score 1 and 1. Johnny Myers, first man up; hit a single; Mosna bunted safely, Myers taking second. Then Johnny Harding sacrificed on a bunt which put Myers on third and Mosna on second. Myers tried to steal home on a pitch and was out.

A good many of the fans didn't like Grilli's ruling at the plate on the last play of the game, but everyone agreed the contest was top baseball on the part of both teams. **SLUGGERS WIN IN 9TH**

In Saturday afternoon's contest, the Sluggers won on a fourth ball thrown to Manager Foggy Ottosen with the score tied, the count on him three and two, two men down and three on bases in the ninth. This story-book finish, resulting in a

FIREBALLS WIN AGAIN

The Ward 14-15 Fireballs took their fifth straight game, outplaying the Ward 8 Wayfarers for a score of 18 to 15 in a hard-fought softball game last Sunday morning on the patients' diamond.

Highlights such as two homers by Henry G in the sixth and seventh and a three bagger and a homer in the same frames by 8's pitcher, Melvin N were witnessed by a number of women from Wards H and I. A few patients from Ward 1 saw the contest, too.

Frank W, of Ward 8, was the base umpire and Dan C, of Ward 1 was behind the plate.

-- ROSS H.

* SEVERI COLD FOR SEVEN FRAMES *

* Ado Severi, Talmage left-hander, *
* didn't get warmed up properly in *
* Sunday's 14-inning battle until *
* about the seventh stanza. By the *
* twelfth he was in top form and he *
* stayed there the rest of the way. *
* In Saturday's game, Pitcher Bank- *
* heal nailed a short, low pop fly *
* in a dive and ground loop, looking *
* like a football player tackling. *

score of 2 to 1, climaxed a game that was well played throughout and especially from the sixth stanza on.

Bankhead started and finished for Talmage; but showed no exceptional control. He was in his usual tough spots a couple of times, but timely support got him out.

Ottosen and Ado Severi went in as pinch hitters, Ottosen in the eighth and Severi in the ninth.

In that classic ninth inning, Bob Moroni, catcher, back after being out two weeks with a sprained ankle, singled. Then Severi hit. John Harding followed with a fast one through short. When John Myers hit the tally became 1 and 1. Then Ottosen walked.

Pitcher Ray Hinis, of the Cooper-Varnis, looked good up to the next to last frame, when the locals began to reach him. The Varnis' lone tally came in the sixth on a wild throw by Wada to Mosna at third.

The Sluggers will not be at home this week-end. They will play three games with Fort Bragg there during the holiday week-end, leaving the ball park here open for the Fourth.

(ADDITIONAL SPORTS ON PAGE 9)



EMPLOYEE ACTIVITIES

VACATION LISTS

Vacation time arrived this week for the following attendants, according to the board listings in the Administration Building:

Charles Turri, John Wagner, Earl Oakes, Sidney Dale, Gus Lawrence, Park A. Buell, Woodrow Duncan, F.V. Stenberg, Albert Lemos; Fred Rupprecht; Anita Sandkulla, Amelia Pacini, Pearl Lemos, Agnes Benson, Madelaine Orr, Eleanor Eby.

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NEW LANDSCAPE EXPERT

Sidney Bruch, a landscape gardener, joined the ranks of State employees here last week, when he assumed his duties under Head Groundsman Fred Figone.

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Gordon McWhirter, Social Worker, is on a vacation this week. He is due to be here next Thursday and Friday, on his regular schedule.

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Ed Veronda barely had time to get the saltair out of his system, following his three week's vacation cruise, before Fire Marshal Von Schriltz had him out breathing fire smoke. The MSH mason boss and Von put in two busy hours fighting the range fire on the Bart Lamay ranch last Friday.

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WALLS BEING POURED

Work progress on the new Women's Ward buildings is right on schedule, according to Joe Andreau, Superintendent of Construction.

Walls of the Women's Convalescent Building have been poured up to the first floor level. The heater room has been stripped.

First pouring of the walls of the Disturbed Women's Ward Building will start next Monday or Tuesday.

The Division of Architecture in Sacramento is happy about the progress and quality of work on the job, Andreau said, and the builders have been complimented.

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WORK ON FLOAT

Artists and craftsmen of the MSH Industrial Shop are building a float, depicting the early days in California, to be entered by the City of Ukiah in the 49'er parade on the Fourth of July.

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Pomo News mailed, \$2 per year.

BUSY SEASON IS HERE FOR GROUNDS CREWS

Summertime (and summer officially arrived last week) is the busiest time of all for Fred Figone's crews that take care of the gardens and lawns on the Hospital grounds.

The greatest task of all is keeping the lawns watered. It's a full-time job, for example, for one man to keep the turf green at the ball park, where there are no shade tree aids.

Figone said this week, he can use fifteen more men on his various details around the grounds during the hot summer months.

Meanwhile the care of the rotated seasonal blooming flowers at the greenhouse goes on, so that when fall and winter roll around there will be color around the buildings and driveways.

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ARTICLE REPRINTED

The Pomo News recently reprinted portions of an article in the Psychiatric Aid on the award of first prize of \$500 to a Milwaukee (Wis.) County Asylum attendant as "psychiatric aide of 1948." The same article is reprinted in "Western Views," monthly publication of Western State Hospital, Staunton, Virginia, for June.

GREETERS PROPOSED

Gordon McWhirter, Social Worker, announced at his last Thursday evening meeting he plans to appoint a committee of patients to call on new arrivals at the Receiving Ward and to explain to them the rules of the Hospital and to acquaint them with the routine here. Committees of both men and women are planned.

MCKEEVERS LEAVE MSH

Dr. and Mrs. L. G. McKeever left Mondocino State Hospital last Friday for Berkeley, where the doctor will fill a residency at the Herrick Memorial Hospital.



For Fine
LIQUORS

CALL
ANDY STAHL

1138-J

EIGHT SLUGGERS IN .300 CLASS

Official Scorekeeper Fred Figone today released batting averages for the season including last weekend's games of the Talmage Sluggers. One strange fact stands out: during the entire season, only one three-base hit has been recorded, that by Laviletta. On the other hand, a total of 12 home runs has been piled up.

Johnny Myers emerges as the heavy hitter of the team's regulars. In 94 times at bat, his average is .380. Manager Foggy Ottosen, who doesn't play regularly, tops the list with a percentage of .400 in 39 times at bat.

Figone's figures show eight men hitting .300 or better. Don Myers leads in home runs with three. The averages:

	AB	H	Pct.	HR	3B	2B
Ottosen	39	16	.400	1		1
J. Myers	94	36	.380	1		5
Harding	72	26	.360	1		1
Moroni	48	17	.350	1		4
Severi	48	17	.350	1		1
Mosna	78	26	.300			1
D. Myers	76	23	.300	3		1
Guidi	48	15	.300	2		
Laviletta	88	25	.285		1	6
Bankhead	29	8	.270	2		1
Wada	74	19	.250			1
Baird	8	2	.250			1

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MENTAL HYGIENE MEET

A meeting of the board of directors of the Mendocino County unit of the California Mental Hygiene Society was held Wednesday evening at the Ukiah home of Dr. Nicholas Zbitnoff. Among those attending were Miss Pattilu Farquharson, psychologist, and Miss Lucille Jetter, Resident Social Worker, of MSH.

Principal speaker was S. G. Bloomfield, executive secretary of the Mental Hygiene Society of Northern California. The purpose of the meeting was to discuss plans of the Society for activities in the coming year.

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MOVIE: 'A FOREIGN AFFAIR'

The motion picture feature in the Auditorium tomorrow is "A Foreign Affair," a Paramount production. In addition, a newsreel will be shown --at 8:45 a.m. and 12:45 p.m.

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SAW THE LIGHT

Miko: "Did you ever hear the story about the fellow who stayed up all night figuring out where the sun went when it went down?"

Iko: "No, what happened?"

Miko: "It finally dawned on him."

MENTAL CARE HELD GRAVE PROBLEM FACING STATES

Governor Luther W. Youngdahl, of Minnesota, was one of the speakers at the recent conference of governors at Colorado Springs, Colo. Below are excerpts from his address, dealing with the problem of care and treatment of the mentally ill:

One of the gravest problems confronting us at this conference is the care and treatment of the mentally ill, a field in which reform is long overdue. Cooperative action by the governors and their states is required if we are to raise the level of care nationally.

The recognition of this and the emphasis which governors generally have given this problem in their legislative and administrative programs is a very encouraging sign.

State governments have assumed this responsibility for more than 100 years, and yet the mental hospital of today stands as the only major social institution unchanged since the abolition of its moral counterpart, slavery.

Today the 26 tax-supported state mental hospitals are responsible for the care and treatment of 539,000 patients, or more than four out of every five who are hospitalized. These patients, in turn, are but the vanguard of a vast number to follow in which will be represented a member of one out of every five families.

HITS PUBLIC'S ATTITUDE

The sick patients in these hospitals, deprived of legal rights, falsely stigmatized--as are their relatives--by cruel and unthinking public attitudes, are the forgotten people and the only major social group in the country without a lobby to fight for their rights.

The very helplessness of these people imposes on all administrators a grave responsibility not only to look after their interests and welfare, but to fight for their interests and welfare.

The average mental hospital today and I speak of conditions as they have been in my own state, too, is only a superstructure built on the foundation of the old asylum. Despite limited treatment, it will present pictures of many untreated men and women, herded like cattle because of lack of help, living lives of grim monotony and emptiness.

This is not a problem of our own choosing. It is not a problem of any one governor or any one state. It is a problem of American society, reflecting its lack of compassion for the weak and its moral vulnerability in fighting the war of ideology.

Today states are struggling with an almost impossible burden in at-

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EDITORIAL

THE DANGEROUS SEASON

The fire "season" is with us again. The hot dry months of summer and fall, bringing with them periods of low humidity and occasionally brisk north winds, lie ahead:

From the standpoint of city, county, state and federal fire fighting units, the fire season means extra caution and precaution -- and hard work. Already, the Mendocino State Hospital Fire Department has been called out to fight several grass and brush fires.

In the hospital itself, extreme preventive measures are taken the year around. It is true that most of the 2,800 patients do not have access to matches or gas stoves; the attendants and other employees are constantly alert; and the majority of buildings on the grounds are comparatively fire-resistant in construction.

However, the factor that makes the fire season, so-called, a time to be more than ordinarily careful is the dry atmosphere.

The forestry services and fire departments in general know that the great majority of fires are caused by human carelessness. Cigarette and cigar butts, still-burning matches thoughtlessly thrown aside, trash piles and greasy rags which are allowed to accumulate, defective wiring, all cause many fires annually. Lightning and spontaneous combustion are responsible for comparatively few blazes.

Hospital, hotel and apartment house fires too often have very tragic results. Aside from the tremendous financial loss by fire and the ruination of timber and grazing lands to be considered along with the danger to life, common sense dictates that too much care can not be practiced in fire prevention.

The rules are simple. Let's all here at MSH obey them and maintain our high safety record. "Don't play with fire" is still a good rule.

MENTAL CARE

(Continued from page 9)

tempting to finance the care of the mentally ill along traditional lines. The system won't work for it's based not on treatment-and personnel for treatment-but on the custody of the sick.

Despite the advances of psychiatry, and related sciences, and despite the change of terminology from "asylum to "hospital," the mental hospital system is based on incarceration of the sick and helpless, necessitating ever increased expenditures from "brick and mortar" for more and more buildings with which to house a growing number of patients. Many of these patients under other circumstances could be cured and sent home.

FALSE ECONOMY

Since the system is based on concentrating on expensive buildings for custody rather than on personnel for treatment, it is an expensive one and represents a form of "false economy" unsuitable for the times.

As a result, mental hospitals are overcrowded, their expansion curtailed by the inability to build during the war and the inflationary costs of the postwar years. In many; patients are sleeping in corridors, attics, basements and even on the floors.

I propose that out of this conference grow a co-operative move by governors which would include the following features:

- 1-Regional meeting of governors and hospital administrators on mental health problems.
- 2-Interchange of psychiatric staffs for limited periods.
- 3-Regional co-operation in planning and assistance, particularly in mutual helpful steps regarding the recruitment, training and development of personnel.
- 4-Development of common reporting, accounting and record system.
- 5-Unified support in behalf of the mental hospitals and clinics of the Veterans' Administration, as well as for the mental health activities of the United States Public Health Service.

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GOODSTONE, ORR LEAVE

Dr. Gerald L. Goodstone and Dr. Joseph K. Orr, of the MSH Medical staff, left last night for their new posts at the U.S. Veterans Hospital at Sawtelle.

The position of Clinical Director, which Dr. Goodstone has held here, has not been filled. Dr. R.G. Bramkamp, assistant superintendent, said ward assignments of doctors to replace Goodstone and Orr have not yet been made.