9-1955

# Longview: a patient-created newsletter collection from Owen Clinic Institute 1955-56

LONGVIEW

Vol. 8, No. 1, Sept. 3, 1955

PUBLISHED BY PATIENTS, OWEN CLINIC, HUNTINGTON, WEST VIRGINIA

## Dr. Frank Fremont-Smith

by Sada

A great many people interested in the mental health movement will have an opportunity to hear Dr. Frank Fremont-Smith, who will speak in Charleston and Huntington, Sept. 24.

Dr. Fremont-Smith, Medical Director of the Josiah Macy Jr. Foundation, New York, and immediate past president of World Federation for Mental Health has just returned from attending the Eighth Annual Meeting of the Federation, held at Istanbul, Turkey in August. He is being brought to Charleston by the W.Va. Mental Health Society and is to speak at the Society's luncheon meeting at the airport.

The annual meeting of the Society will begin with Board of Directors at 10:30 A.M., registration 11:30 A.M. and luncheon at 12:00. Business meeting and discussion groups are to be held in the afternoon. Topics under discussion: "Activities of Organized Mental Health Societies", and "How and Why of Local Mental Health Societies."

After adjournment at 4:30 P.M. in Charleston the group will proceed to Huntington where a dinner in honor of Dr. Fremont-Smith will be held in the Marshall Cafeteria, followed by an open session, 8:00 P.M., at the College.

Price of luncheon tickets is $1.75 and reservations may be made by calling Mrs. Fred A. Weser, 7783. Reservations for the Marshall dinner, $1.75, can be made through Mrs. Russell Smith, 44597.

Frank Fremont-Smith, M.D., was born March 19, 1895 at St.Augustine, Florida, the son of Frank Fremont-Smith, M.D., and Dorothea M. Grossman. The father of three sons, he was educated at Groton School, Groton, Mass., (1908-13), Harvard College, Massachusetts Institute of Technology, and Harvard Medical School, (1913-21). During the latter period he enlisted in United States Naval Reserve, and received honorable discharge. During World War II he was Communicating Officer, Staff C-in-C, U.S.S. "Pennsylvania" and U.S. Submarine School, New London, Conn.

In 1921-23 he received his M.D. and interned at Peter Brant Brigham Hospital, Boston, Mass. (Pathology), and Boston City Hospital, Boston, Mass. (medicine). Fellowships and postgraduate studies included Rockefeller Foundation Travelling Fellowship and Mosely Travelling Fellowship (granted by Harvard University) for travel in Germany, France and England.

From 1924-1934 Dr. Fremont-Smith held appointments in Massachusetts General Hospital, as director of the Cerebrospinal Fluid Laboratory and Associate Psychiatrist; McLean Hospital for the Insane, Waverly, Mass., Resident Psychiatrist; Boston City Hospital, Junior Visiting Physician, and Assistant Visiting Physician, Neurological Unit.

During this period he also held academic appointments at Harvard Medical College.

# Has Been

by Deaner

Edith visited the Clinic the week-end of July 30. The patients really enjoyed her jazz playing. She also got to play Rook again.

* * *

Lillian came for a visit over the week-end of July 30. She is working hard this summer, with quite a bit over-time. Lillian enjoyed watching our new T.V. while at the Clinic.

* * *

Hazel flew down from Parkersburg for the week-end July 30. The patients really worked hard on the flower gardens last week so they would look beautiful for her. Hazel, we really enjoyed your visit, and also getting to play Rook with you again. "Give me something",-this is a favorite saying of hers when she is playing Rook. We were glad to see her again Aug. 12.

* * *

Loretta came in with Hazel Aug. 12. She is active in church work, and P.T.A. through the winter months. She likes to play Rook too.

* * *

Ione visited the Clinic Aug. 12. Ione is busy in club work, and is planning to enter Dayton University this fall. Ione enjoyed playing Scrabble while here

* * *

Sarah flew from Wiggins, Miss. for a few days at the Clinic. Her son, Terry, has spent a few weeks here this summer for vocational guidance and is going to Huntington East High School this winter. Sarah is going to teach school this winter, and is also active in mental health work. We enjoyed having Sarah here as she is a cheerful person to have around.

* * *

Bill Garnett visited the Clini Aug. 22. He is going to teach in Jr. high school this winter.

* * *

Nancy, from Winona Lake, Ind., visited the Clinic Aug. 23 for a few days. Nancy has been busy this summer in church work. She and her husband both are interest ed in mental health work. He is planning to attend a mental healt meeting in Indianapolis the first of Sept. Nancy, we enjoyed your visit, and playing Scrabble with you again.

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# Slave-Drivers

After a "vacation" which lasted from July 17-31, Bill and Dale Tabor have resumed their respective positions at the hospital and clinic office. Bill, Dale and Dana spent their mornings painting. Afternoons they went swimming or just relaxed. During Dale's absence from the office, we had to do without Stemmie some of the time, who took over as office secretary. Doris

* * *

Aloha, Mrs. Stemmermann. Aug. 10, she flew to Hendersonville, N.C., where she once had a home. Owen Clinic misses "Aggie", who seemed a part of the family.

Carol

* * *

Aug. 20, Virginia left O.C. to spend a week selling World Book Encyclopedia. She is a teacher in the new Beverly Hills Junior High. We all miss Virginia and her comaraderie. Her genial temperament made her well liked. During the summer, she led English, United Nations and Botany classes. In addition, Virginia gave piano lessons and returns fortnightly to carry on the music instruction. Carol

## IT'S HOW YOU TAKE IT

by Nan

In this age of hydrogen bombs, jet planes and the outer spaces, fear is a basic problem. It isn't fear of these things but, in retrospect, it is a fear of the unknown or a fear of fear itself.

Fear is a primitive and powerful emotion. It is also a valuable and essential emotion at the sign of danger. It makes us more alert and gives us the needed energy to act at times, for our very survival. It is not sissy or cowardly to be fearful and it should be thought of as a help not hindrance.

A fear that extends over a period of time is harmful, first, because of glandular secretions which harm you physically and, second, because you form a habit of fear. "What to do about it", you ask. Personally, I would advise you to see a psychiatrist. The psychiatrist will help you to study your fear, to find a basis or cause. Our fears cannot stand up under honest examination of them. We are prone to fight fears instead of causes or rather, try to ignore them. Then, our difficulties start to mushroom. When you have found the cause of your fear make an agressive attack on your problem.

Let your fear lead to activity. A controlled fear will cause muscular tensions and physical activity will use some of the added energy your fear has created. An uncontrolled fear will lead to confusion in thinking and behavior.

Supplement some other emotion for fear when necessary. Anger is a substitute because it usually leads to activity. Laughter is a good emotion in stress situations. Affection and love can conquer all.

Adverse reactions to fear over a long period of time become a habit. Escape, the most common, does not solve anything and creates personality problems. You lose self-respect and confidence. Many people have a fear of failure and are usually afraid to begin a thing. "I'll try", expressing effort, shows faith in yourself. Timidity or withdrawing from people is a symptom of fear. An unfortunate experience in childhood or being uncertain of making new friends could be the basis. Regardless of timid beginnings you have no one to fear but yourself. Make a smile your umbrella and watch timidity fly. Self-consciousness, as the word implies, is a characteristic of the person who is thinking too much of himself and the impression he is making on the other person. Turn your thoughts on others.

Everytime you react to fear wisely you make it easier for yourself.

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## COMING EVENTS

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Sept. 16, 6:00 P.M. O.C. Club Hot Dog Roast, Ritter Park.

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Sept. 20, 8:00 P.M. And You Never Know. Wayne County P.T.A. Council. Kellogg School.

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Oct 13, 8:00 P.M. Scattered Showers. Westmoreland Woman's Club.

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Published monthly by the patients,
Owen Clinic, Huntington, W. Va.

Reporters----------CW, RL, JC, DK
Group Psychotherapy----------NE
Garden----------FE
Music----------OW
Has Beens----------GR
Sports----------SH
Art----------OW, SH
Typist----------SH, DK

Journalism Instructor
M. G. Stemmermann, M. D.

"Perfection has one grave defect: it is apt to be dull."

S. Maugham

## HAPPY BIRTHDAY!

by Nan and Opal

With our ink-smeared hands, we go to press with this our anniversary paper. Eight years we've been putting out these archives that some one of you readers may understand more about mental illness. We want to supply you with entertainment, a chuckle, and moments of meditation.

Our hopes, ambitions, activities (in-patients and Has Beens) are herein recorded in a sincere effort to present these things for our rehabilitation and your pleasure.

It has been the policy of Longview to pass along accurate and valuable information concerning various ways of meeting and dealing with life's problems. If by our efforts we have helped one reader attain a happier and more productive life, then our efforts will not have been in vain.

Our ideas go from religion, psychotherapy and sports to movie reviews. The idea we like most to impart is "love of your fellowmen." Understand and respect yourself and this will follow.

## OUR EIGHTH ANNIVERSARY!!

by Doris

"By line and page, it grew and grew --
We christened it our new Longview."

Thus on Tuesday evening, Aug 17, 1948, Longview was born--prodigy of both patients and personnel. The following Sept. 11 it went to press. The paper supplemented letters which could not adequately convey to families, friends and former patients news concerning the numerous activities of Owen Clinic. It became a chain which linked the world of the outside to the inside world of the mental patients.

Since the printing of that first edition, Longview has never missed going to press the first Saturday of each month. From a mailing list of forty copies in its infancy, circulation has increased to approximately 135 and includes states as far as Washington, California, Connecticut, Florida and Hawaii. The completion of each edition gives a glow of pride to all who assist in its make-up. New ideas are continually introduced with the aim of improving the style and quality of content. This form of therapy is thoroughly enjoyed by most patients. It is correlative with the English classes, since in writing journalism articles the writer must apply correct usage and grammar.

It is interesting to note that seven of the original columns have been retained throughout the intervening years. The addition of "Its How You Take It" was an innovation of major importance in the history of the paper. In it columns are printed the psychotherapy which nourishes the sick mind both intellectually and emotionally--words which light the treacherous pathway of an up-hill road, from whose top the recovered mental patient can face again a

Our Eighth Anniversary (Cont.)

world of challenge and beauty.

Longview summarizes the life of the Clinic, its doctors, patients, personnel and ex-patients. Self-expression is stressed in its editorials. Other columns portray activities in the flower and vegetable gardens, on the field of sports, and mental health movies. A review is given of parties and get-to-gethers, the addition of new patients, farewells to the discharged, music therapy, progress in the field of psychiatry and current events.

Finally, its pages carry a message of utmost importance to an all too slowly awakening public. With proper care and treatment the mentally ill do get well---Longview has recorded numerous victories in the past seven years!!

HERE'S HOW

by Sada

Since we are now beginning the ninth year of publishing Longview perhaps our readers (particularly families of the more recent patients) would be better informed, if we explained the "Labor of Love" involved in the making up of our paper.

Let's begin by saying it is Journalism Therapy. Each patient is assigned a column or news story, as nearly as possible one in which he might be most interested. We are assigned weekly articles, but in addition any special contributions in between are welcomed by Stemmie, our instructor. We have the opportunity to express our opinions on various subjects, as well as collect data which we feel would be interested and informative to our readers.

Our articles are read in class on Thursdays and discussed if necessary. They are then carefully proof-read by Stemmie. We next get in some typing therapy on the dummy copy which is again carefully proof-read, and rehashed for stencil typing therapy. This is again proof-read and released for hand-stencilling (art therapy).

On Friday before the first Saturday of each month the mineograph is set up, using about four people to run off the copies. One person changes the stencils and inks the pad, another feeds the machine, another turns the handle, and still another places blot sheets in between copies.

After the pages are dry a few of us separate and staple them. Jean and her staff then fold, stamp and address for mailing.

We exchange publications with various mental hospitals and hope that by so doing the contents of Longview may be of some inspiration to those presently hospitalized. To our families and other readers may it serve to bring about a better understanding of therapy used in treatment, as well as the progress being made by O.C. patients.

OPPORTUNITY

Are you an Owen Clinic patient? Yes? You benefit by means of Longview. Weekly you attend journalism class, and have a chance to contribute written and art work. English class is correlated. You apply rules of grammar and composition. Your wisdom is increased as you sweat over UN material and psychotherapy items. Perhaps your ideal self soars when you turn poetical. By carefully reading Longview, you will be alert and in tune with the times. Hash, debate, judge---a group editorial. Those who are not given to writing may assist in dummy and stencil typing, not to mention mimeographing. A super feeling of elation, born of achievement, sweeps past--you see your masterpiece in print.

Carol

## THE COLUMNS

To celebrate this birthday issue, we herewith present columns of other years, selected by present patients as being worthy of reprintin

### GOD'S WHITE ACRES

by S.F.B.

In November Ole Man Winter said he noticed how well the kids at the Owen Clinic had kept God's Green Acres all the summer and fall. He had watched us laboriously mow these green slopes and weed these luxuriant flower beds and vegetable gardens.

He said to himself, "I'm gonna break down and give these gals a change. Their excess adrenalin has been flowing off them hills by the creekful. It came from lawn mowers, diggers, and hoes."

Mr. Winter paused and day dreamed in a far-away and "schizie" fashion. Then he revealed his plan. "I'll make their own pretty hill, and the hills they see when they look out the windows white with snow."

And he did. In November and the months following we have had a number of snows, some deep, some not deep.

But the storm in the first days of February did some real damage. Two tall cedars close to the house were so disfigured by the breaking of large limbs that the landscape has changed its silhouette. A few azalea shrubs and boxwoods, too, were broken. We thought that the tops of eight or ten of the tall junipers by the drive were broken. One juniper was the favorite roosting place for half a dozen cawing crows, by the way.

But, to our surprise and joy, when the ice melted, the junipers raised their unbroken heads and now look none the worse for their experience.

After the last ice and snow storm, the sun came out while the trees and shrubs were covered with ice. The little strings of icicles from wires of the grape arbor looked like hundreds of dainty sapphire necklaces arranged in a pattern. It was indescribably lovely! And there were diamonds everywhere.

Old Man Winter chuckled as he watched us shoveling snow, bringing in wood, sawing cedar limbs. He said, "Look at all that excess adrenalin. It would be in rivers, but it's froze over. Get out your ice skates, kids. We'll skate on it." But we went into the house and made fudge instead.

Longview, Mar. 3, 1951

### FEAR

by S.F.B.

Get out, damned Fear!
You nearly ruined my life.
I will not curse the world,
For it is not to blame.
I will not curse this place,
For it is lovely,
I will not curse my family
The fault is not with them.
I will not curse the personnel,
For they do what they can.
I will not curse the patients
For they are only ill (as I).
But I'll curse you, damned Fear!
I'll drag you up into the light of day.
I'll pry into your causes, deep in childhood.
You foolish Fear, unreasonable wholly!

Now suddenly you wither in the light,
A weak and faded image you become.
A shadow that can never harm me now!

Longview, Feb.3, 1951

MORE REPRINTS

MUSIC THERAPY

by J.O.C.

As we raise our voices, our spirits are lifted. In songs of peace and joy our souls are comforted. Gaily we sing the popular songs and share in the comradeship of group singing. We express happy thoughts in music which helps bring us together in friendship. Longview, Mar., 1952

* * *

HILLTOP SPORTS

by A.B.

You may have seen and heard baseball games before but never ones like these. What? We'll let you decide.

First, the Cats are in the field. Jane is up to bat. Our umpire--the one nobody argues with, Dr. Owen--calls, "strike one", as the ball whizzes by. Maxine, our star hitter, decides to show Jane how it's done.

"See, Jane, you hold the bat this way, and swing hard!" Max contacts all right, not with the ball, but with Jane! Oh well, Jane didn't use that arm much anyway. She hardly ever makes a home run, but next time up she hits a grounder straight between John's legs and gets to first base.

The next batter up, Mr. Weeks, hits a fast ball out to left field. Everyone makes a mad dash for the ball---someone throws it to the catcher just as Mr. Weeks is sliding home. He takes home plate and catcher along with him. But after all Alice walks on the bottom of her feet, not the top, anyway.

Maxine steps up and knocks one of her famous home runs. She runs around the bases, but she could just as easily have walked. We were still hunting the ball five minutes after she got to home plate. Longview, Aug., 1953

FAN MAIL THROUGH THE YEARS

"Your paper is a splendid way of educating the public on mental hygiene problems."
Ruth Campbell
Community Welfare Council
Huntington, W.Va.-- 1948

* * *

"Your paper is a very splendid project and we hope that in time as our program develops to do something along these lines ourselves."
Dr. S.O.Johnson,Superintendent
Lakin State Hospital
Lakin, W.Va.--1948

P.S. They did something. The Voice of Lakin, patterned along the same lines as Longview, began production in 1951. We wish them continued success for their splendid product.

* * *

"I have just concluded reading your Christmas number of Longview. It is very interesting and of wonderful breadth. Withal it relates a wonderful story of achievement and service."
Ralph C. Drisko, Pastor
Richmond Hill Baptist Church
Queens, N.Y.--1952

* * *

"A few days ago we received a copy of Longview-looked it over with much interest-and had it posted on our bulletin board. I should appreciate continuing to receive it in the future."
Harry Murdock, Medical Director
Sheppard & Enoch Pratt Hospital
Towson, Md.--1949

* * *

"I don't know when (excepting in your previous papers) I have read so much common sense, understanding and good will."
Esther S. Hund
Bogota, N.J.--1950

* * *

"We have read your publication with considerable interest and found it most inspiring."
Jos. A. Cammorata, M.D.
Supt. Dixmont State Hospital
Dixmont, Pa.--1948

## More Fan Mail

"We have received the very lovely Christmas number of your Clinic paper. Your patients are to be complimented on this fine piece of work. We are placing this copy in the library where the students may examine it."

Sister M. Frances
St. Mary's Hospital
Huntington, W.Va.--1949

* * *

"Your discussion of the Snake-Pit we found most interesting, for although we see standard movies here, it is not likely Snake-Pit will be shown because of the possibility of identification with persons in the film and we liked your comments."

Mrs. Pauline Zarne, O.T.
Milwaukee County Hospital
Wauwatosa, Wis.--1949

* * *

"I was particularly happy to receive the March number, since it features the Snake-Pit. I am most interested in the reaction and comments of personnel and patients of such a model private hospital as Owen Clinic."

Elizabeth Walters, Representative
McMillon Publishing Co.--1949

* * *

"To me this paper is both informative and well written. I very much enjoy the articles contained therein, and feel that a publication of this sort can and does serve many useful purposes."

C. A. McClelland
Counselor of Division of Vocational Rehabilitation
Charleston, W.Va.--1950

* * *

"We certainly intend to see that those interested at 20th Century Fox have an opportunity of reading your comments in regard to Snake-Pit. In addition I would very much appreciate your permission to reproduce portions of Longview, or particularly, the articles, comments and reviews of Snake-Pit.

G. P. Bassett, III
Fox Films Inc.--1949

## Hail and Farewell

On July 23, Tootie returned to her home in Grafton. We certainly miss her--we were provided with many laughs because of her delightful dry wit. She was also our source of much useful historical data. We are sorry you have left us, Tootie, but our heartfelt wishes are that our loss is your gain. Doris

* * *

Rosemary, who arrived at the Clinic the twenty-first of July, is given a sincere welcome by all of the girls here. She is small and dark and has a very pleasant personality. Her home is in Charleston where she graduated from Charleston High School. Rosemary played basketball both in Junior and Senior High School. She is the mother of two boys, one sixteen and the other seventeen year of age. Rosemary paints both in oils and water colors. She enjoy playing cards and likes bicycle riding. We all wish her a pleasant stay at the Owen Clinic.

Josephine Connoll

* * *

Edith, from Russell, Kentucky, came into Owen Clinic Saturday, August 6. She is a former teacher of high school English and Latin but hasn't taught for the past two years. She belongs to a garden club and takes a real interest in this project. Edith enjoys cooking and housekeeping. We all wish to extend to her a hearty welcome. Josephine

* * *

We here at O.C. give a hearty welcome to John, a graduate of Man High School. He lives in Lundale, ten miles from Man where he attended school. John is interested in sports, mainly baseball. He entered the Clinic on Aug. 6, and is a welcome addition to the baseball team. We hope he will be happy here since he won our friendship from the start

Terry

# Music Therapy

by Opal Williams

On July 28 the chorus held a fifteen minute rehearsal before lunch, preparatory to making another recording of the HIWAYS TO HEALTH series. The actual recording started at 1:30, with a play entitled "Adding Life To Years." We would like to thank Rev. Newman, Sybil Hoover and Dick Smalley for helping make this play about the senior citizens a success.

Music:

CHALLANGE TO YOUTH----------CHORUS
WATCHMAKER'S SHOP----------CHORUS
NO MAN IS AN ISLAND---------CHORUS
VESPER BELLS----------CHORUS
SONG OF MOLDAU----------JOSEPHINE

* * *

Thursday, August 18, brought forth another recording day for the HIWAYS TO HEALTH series. The chorus and participants in the play, "Let Voices Ring," did a dry run of the complete play and then followed through with the actual recording. We would like to express our gratitude to Nan, Carol and Virginia for participating in the play.

Music:

BRAVE SONGS----------SEXTETTE
SING----------CHORUS
INDIAN LAMENT----------JOSEPHINE
JACOB'S LADDER--CHORUS(A CAPPELLA)
BRAHMS LULLABY--(humming)---CHORUS
ALWAYS----------CHORUS
DAVY CROCKETT----------CHORUS
HYMN OF THE NATIONS---------CHORUS
THE LORD HAS GIVEN
ME A SONG----------CHORUS
SINGIN' IN THE RAIN---------CHORUS
MARCHING ALONG TOGETHER-----CHORUS
FOR THE BEAUTY
OF THE EARTH----------CHORUS
THERE'S NOTHING
LIKE A SONG----------CHORUS

"Let Voices Ring," written by Virginia Lewis, well exemplifies the value of music as therapy. Several quotes from the play show the importance of music used as medicine.

Dr. Howard Hanson said: "Music---for the glory of God and the better fulfillment of the individual here below." And again, "So that music--the greatest, the subtlest, the most divine, the most soul curing of all the arts---will once more serve men and women."

Music for medicine is not a new idea. There are records that the Greek physicians used music as therapy; the harp to calm the mentally ill; the Phrygian pipe for sciatica; songs for reducing fevers.

Both the Spartans and the Athenians sang to the accompaniment of flutes to inflame the courage of their soldiers. In more recent times Napoleon attributed his defeat in Russia not only to the Russian winters but to the "weird, barbaric tunes of the Cossacks."

Did you ever hear this story of Philip V. of Spain? Subject to fits of melancholy, he was returned to health through an experiment consisting of a series of song programs, by his favorite soloist, the famous Ferinelli.

In America a song typical of the music of the Puritans, "Praise God from whom all blessings flow" is in use today in our churches. There was also gay dancing of others at Merry Mount. The Puritans found the music of most of the native Indians as solemn as their own, not tuneful but with unique rhythms. Then and now these first Americans performed both work and play activities to music usually beaten out on drums.

The tragedy in the life of the negro slave in America would have been unendurable had he not sung his heart out in the many beloved spirituals.

**Music Therapy** (Cont.)

Shortly after the Civil War Walt Whitman wrote:

"I hear America singing, the varied carols I hear." He mentioned those of the mechanic, the carpenter, the mason, the shoemaker and "the delicious singing of the mother."

The children in our schools today "sing the pioneer" or of their own pioneering in a world community. Youth and adult sing a new song unto the Lord in their places of worship.

America's defenders sing as they march.

Youth choirs in camps across the land lift their voices in thanks.

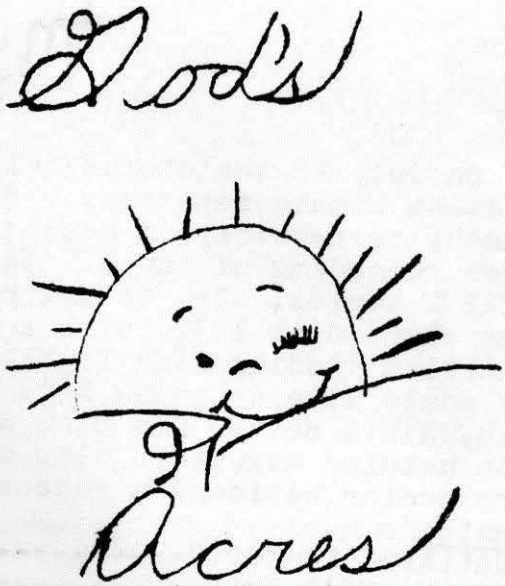
The "Music While You Work" program of World War 2 used music for lifting morale and increasing production in our factories.

In many hospitals, especially those for the mentally ill, doctors and musicians continue to work together to discover the curative properties of music.

Singing is not only a joyous experience it may benefit both mind and body. The fusion of voices in a chorus challenges the best from each member---all working together to produce a harmonious whole.

Listening to singing and singing are both healthful but singing---actual participation in the producing of music--is more beneficial.

There's nothing like a song to set the heart singing.




by Nan

The landscape of Owen Clinic has taken on a special dress. We have two new gardeners. Terry and John are both adept with sickle and lawn mower. Zinnias and marigolds are blooming profusely and the rose gardens are lovely as ever. The Anchor has a new hair cut--the honey suckle is gone and the rock gardens have been weeded and trimmed.

Our white beets and green beans are almost nil, gone the way of all good things. But tomatoes! We must whisper that word, as Stemmie is so tired of making chili sauce. We've had lima beans a couple of times but the dry weather has put the quietus on them. The green peppers are doing nicely and we lov them in our salads. We are stil having squash despite the borers work on the vines. We never giv up though. What did we plant this month? Squash, of course.

COMING ATTRACTION

DR. FRANK FREMONT-SMITH

SEPT. 24, 1955

Charleston ----Noon----------Mental Health on the Local Level.

Huntington ---- 8 P.M. ---------- Mental Health on the World Stage.

# Hilltop Sports

by Sade

| Date | Cats | Mice |
|---|---|---|
| June | 0 | 3 |
| July 4 | 13 | 7 |
| July 27 | 5 | 3 |
| Aug. 2 | 3 | 1 |
| Aug. 10 | 3 | 8 |
| Aug. 17 | 7 | 3 |
| Aug. 24 | 5 | 7 |

After the picnic, July 27, stuffing ourselves with hamburgers, potato chips, cole slaw, iced tea, coffee and watermelon, we all scampered off to the ball field. 'Twas still plenty hot out there, but we got in the mood and made the game interesting. Since last report we have three new players, Rosemary, Freda, and Betty, in addition to having our pitcher from last summer, Terry. While we had some foul balls, we also had more good ones. Jo hitting a home run created some excitement, bringing the score up for the Cats.

Aug. 2. Another picnic on the lawn. This time we had baked ham with all the trimmings. We then took off for the ball field. Up to the third inning both teams had only goose eggs to show for the effort. Then, Carol made one run for the Cats. June batting for the Mice kept 'em on the go searching for foul balls. Dr. Owen, our umpire, called out the foul balls on Rosemary who asked how many she is allowed. Being informed as many as she hits, Rosemary replied, "Then, I'll be here all night." She wasn't!

Aug. 10. For this game we had two new players, Edith and John. John, though a left-handed batter, sent that ball into the tree tops, making one run for the Cats. In the fourth inning and again in the sixth he came up with homeruns and a lost ball. We searched and searched. June also got a homer with two on base for the Mice in fourth inning. Nan and Deaner just will not be outdone, each coming in for a run in the fifth inning. The Cats played their usual good game, but the Mice must have awakened from a nap or somethin', and won 8-3. It's about time, don't you think?

After the ball game we had a lot of fun in the living room, doing the Bunny Hop and Hokey Pokey -- both participants and onlookers.

Aug. 17. Plenty of action on the field that night and both teams were really pitching, batting and running. Terry scored two home runs for the Mice and John scored two for the Cats. Ruth on third base for the Cats kept her eye on those balls -- too much so for the Mice, as she just seemed to reach up and pick them out of the air. Score 7-3 favor Cats.

Aug. 24. A good bit of action was seen on the ball field. Each team was determined to win. The Mice won 7-5.

Some of the patients have varied a little and decided to try some horseshoe pitching. A little golfing has been added to the recreation.

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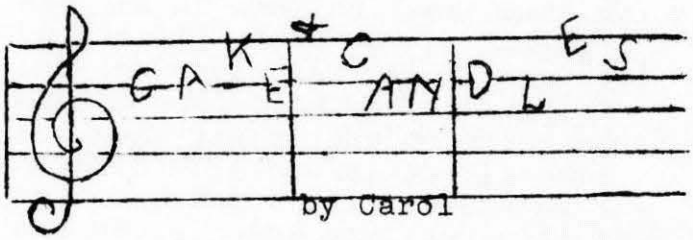


Aug. 21, Edyth celebrated her birthday. The girls who visited home Sunday missed a delicious menu: fried chicken, baby lima beans, mashed potato, gravy, vanilla ice cream and coffee. Edyth had a gay candle on her dessert, as we sang the traditional "Happy Birthday." She passed around her mailbag of thoughtful cards.

LONGVIEW

Vol. 8, No. 2, Oct. 1, 1955

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## WEST VIRGINIA MENTAL HEALTH SOCIETY

by Sada

The first annual meeting of the West Va. Mental Health Society was held Sept. 24 in Charleston at the Kanawha Airport. After a meeting of the Board of Directors, a luncheon was held in the beautiful observation dining room, honoring Dr. Frank Fremont-Smith, guest speaker who arrived from New York via American Airlines.

Following luncheon for approximately 75 members and guests, the meeting was opened by President-Elect Mr. John St.Clair, in the absence of President, Mrs. Eva Counts due to the critical illness of her mother. Mr. St.Clair introduced Dr. H. Otto Dahlke, Sec.; Rev. Byron W. John, Treas.; and the presidents of the affiliated local societies: Mr. Parker, Bluefield; Sheriff H. Humphreys, Huntington; and Mrs. R. J. Divilbiss, Charleston Society. He also expressed appreciation to those responsible for the arrangements for the meeting. Dr. Thelma V. Owen, Director of Owen Clinic, was then presented and commended for her interest in the West Va. Mental Health Society. It was through her interest, we were fortunate to have as our guest speaker, Dr. Frank Fremont-Smith, Medical Director of Josiah Macy, Jr. Foundation of New York and past president of World Federation for Mental Health.

Expressing his sincere appreciation for the friendly reception he had received, Dr. Fremont-Smith said he was "so very, very pleased to be here," and "it was through Dr. Owen's vital interest in the mental health movement that he had accepted the invitation." Dr. Fremont-Smith also brought greetings from the National Association for Mental Health.

Stressing the fact that "Mental health means good human relations--good human relations at every level of social organization from the individual family to the family of nations," he said the extension of human relations to every human level is the purpose of the mental health movement. Diverting her interest to the human race, Mrs. Kate Macy Ladd founded the Josiah Macy, Jr. Foundation, naming it in memory of her father. Inheriting from both her mother and father the Quaker traditions of simplicity, sincerety and devotion to the service of mankind, Mrs. Ladd early in her life took up the family's philanthropic habits. Though ill health curtailed her activities for many years, she contributed to hospitals, schools, settlements and many institutions serving human needs. She was convinced that organized philanthropy is more effective than scattered support of worthy causes.

Discussing visits he and Dr. John R. Rees, Director of the World Federation, made in Asia and Africa last winter, Dr. Fremont-Smith said, "The peoples of the world are bound ever more closely together by common difficulties, common anxieties and common mistakes. Should we not have the courage, therefore, to share with others problems and limitations,

as well as our technological advances and triumphs." He also spoke of misunderstandings as to the nature of the mental health movement, both here and abroad.

"In most countries in the east, as in our own country, mental health means mental hospitals and mental hospitals mean mental illness--in short mental health means mental illness.

"It was surprising how much more welcome Dr. Rees and I were when we explained that we were interested in the positive aspects of mental health--the opportunities for families, teachers, physicians, administrators, diplomats, nurses and religious leaders to promote better human relations."

Urging that this country meet its responsibilities in world affairs he declared: "When we live up to the principles of democracy, when we sustain the concept of respect for the individual and show our willingness to stand firmly for freedom and human rights, every friend of democracy throughout the world takes courage." He warned of overemphasis on rights and neglect of responsibilities, saying, "There is a reciprocal relationship between rights and responsibilities. To make the one-world concept a living reality and to deepen for every one of us our involvement in the whole of mankind is at once our privilege, our obligation and our highest hope."

Thus, the West Virginia Mental Health Society, though just a baby is a fine lusty baby. "Your responsibility is to guide it through childhood and through that burgeoning period called adolescence, toward effective and responsible maturity. This is no small task - but its importance to the well-being of your state and your people can hardly be overestimated." This responsibility is directed to each one of us.

One of the questions asked by the group was: "How can we most effectively change attitudes of resistance so that the community will join the movement for mental health?" Dr. Fremont-Smith explained how group discussions during the war encouraged people to use more dark bread. Discussion was better than a series of radio programs. Participating groups discussed the subject Dark Bread vs White Bread.

Another question was, "What attempts are being made to evaluate our programs in other countries?" "Wherever we went we tried to get the attitude of the people regarding mental health. We are concerned but we cannot rush in and change their customs. Problems very often arise in the second generation. We must take problems of rapid change in our stride; present day parents must participate in ever-changing American customs.

* * *

## ELECTION OF OFFICERS

by Deaner

The business meeting of the Society was held at 2:00 P.M., immediately following the luncheon meeting. The following were elected to office: President-John St.Clair, Charleston; President Elect-Miss Virginia Lewis, Huntington; Treasurer-Rev. Byron John, Bluefield; Secretary-Miss Lillian Nagy, Charleston.

Board members for 3 year terms: Dean G. W. Whiting, Bluefield; Mrs. Thelma Owen, Huntington; Dr. David Wayne, Bluefield.

For two year terms: Mrs. Harrison Farrell, Institute.

For one year terms: Mrs. Phil Angel, Charleston; Rabbi Herbert Wilner, Bluefield.

For nominating committee: Chairman-Mrs. Claudia Spangler, Huntington; Rev. Lyle Newman, Huntington; Dr. Herman Cannady, Charleston; Dr. Helen Frazier, Charleston; Mr. Harry Parker, Bluefield.

Don Young and Gene Ashworth were election tellers.

## GROUP DISCUSSIONS

by Doris

Two group discussions were held concurrently from 3:00 to 4:00 P.M., following the business meeting. Group No. 1 discussed "Activities of Organized Mental Health Societies." The discussion was led by Dr. David Wayne, psychiatrist from Bluefield, with Helen Beggs recording. The exchange of ideas concerned ways of presenting the concepts of good mental health to the public, educating the public to the problems and needs of the mentally ill, and raising money to carry on the programs of individual associations.

The O.C. Institute reported that they run the P.T.A. circuits, giving plays and showing movies which serve as a spearhead for discussion. They have a public relations chairman who contacts P.T.A. presidents and members of other organizations to stimulate interest in these presentations. They offer to fill in with movies or plays if a program speaker does not appear. To answer the question of what topics were included on these programs that interested the public, Dr. Owen replied it was according to the group and what they wanted. She noted that P.T.A.'s and mothers clubs most frequently request programs.

In some localities representatives from various organizations scan mental health films and report to their members in turn. One of the group suggested that presidents of local health organizations could recommend films, tell people they are available and get someone to preview them, deciding which ones needed moderation.

Someone asked if there were movies available on mentally retarded children. Dr. Owen stated that there was a decided lack of this type of film even on the national level.

Huntington described Hiways to Health radio series, a presentation of taped recordings to educate the public on various aspects of mental illness. The group thought that other chapters might want to contact their local radio stations regarding the presentation of these programs in their localities.

Mercer County is working out a speakers' bureau, training people to speak on mental health to groups and organizations.

One member related an experience in South Dakota, where a three day conference was held in the university for ministers. Reverend Lyle Newman said he would like to see doctors, psychiatrists, and ministers working together and exchanging ideas on a local level and also on a state level in the universities. He thought conferences could be arranged in the colleges to establish committees for obtaining speakers.

The discussion group exchanged ideas of various ways to raise money to carry on the work of their organizations. This could be done through dues, contributions solicited from local industries, and admission fees charged for presenting programs with outstanding speakers.

Virginia Lewis described the Hobby Show of the Huntington Chapter, for which they charged an admission fee and $3.00 for each booth of exhibits. She said that this served as an excellent means for displaying occupational therapy handcrafts of mental patients and for passing out mental health literature to the public. The Huntington Chapter also presented the play, My Name Is Legion, for which they charged admission.

One Kanawha Chapter held a rummage sale each week and the proceeds went to the organization. Another group sold chances on a quilt. Luncheons were given and on one occasion an ex-patient related his experiences.

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Reporters.....SH, CW, RL, JC
Group Psychotherapy.....DK
Garden.....EY
HAS BEENS.....GR
Sports.....SH
Art.....SH, HB
Typists.....HB, SH, DK
Journalism Instructor
M. G. Stemmermann, M.D.

"Hallowe'en was celebrated down to modern times by the kindling of fires, accompanied with all the usual ceremonies designed to prevent the baneful influence of fairies and witches." J. Frazer.

## WITCHCRAFT TODAY

by Sada

As far back as the 16th century we find that some of the Indian tribes regarded sorcery as a supernatural power. If the possessor used his power against a personal enemy, the aggreived would have recourse to another medicine man but never thought of taking the law into his own hands. The Ojibway and related Algonquin tribes recognized one group of doctors who knew the properties of herbs and extracted malignant spirits from the body by the aid of slender tubes. Another class was considered immune to the effects of heat and fire. A third practiced prophesy. A secret order promoted safety of the soul after death. In addition to such arts, any of the aforementioned or the laity might practice sympathetic and imitative magic to cause love, lure game, or wreak vengeance on an enemy. Nevertheless, even in primitive conditions the line was often drawn according to whether the practitioner promo the general welfare or only hi private interests.

Some of our present day sup stitions -- black cats; Friday four-leaved clover; breaking a mirror; spilling salt; walking der a step-ladder; hanging hor shoes over a door; carrying a rabbits foot; howling dogs -- just as absurd as those in pri tive times.

We need to dispel other misconceptions, such as a person contracts mental illness is in ior to one who suffers from an attack of appendicitis or some her physical illness; punishmen rather than treatment is indica for sexual deviates, delinquent and other social misfits; think ing of mental illness as a myst ious affliction for which there no hope or cure. When more peo realize that these too are misc ceptions, they will begin to lo the fear of becoming mentally i and begin to develop better emotional health.

## SUPERSTITIONS AND YOU

by Josephine Connolly

There may be some basis in fact in some old superstitions, unreasoning fears. For instanc the old saying that it is bad l to walk under a ladder may have some truth in it - a bump on th head may be the result. A blac cat walking across our path may result in a painful fall. But viewing these unpleasant incide rationally, we realize these unhappy results could have been caused by many other things. Wa ing under any object could cause like result if care were not ta and anything in our pathway, co cause a fall. Therefore, if on takes the attitude that it was lack of care, not bad luck that caused the accident, our attitu might change toward these old s erstitions -- and our reputed b luck generally.

## TREATMENT OR IMPRISONMENT ?

by Doris

Superstitions have always played a vital part in man's life, in his eternal search for answers to the mysteries which surround his existence. Perhaps the origin of most of them is long forgotten. They touch on every conceivable phase of civilization - religion, science, medicine, customs, habits - greatly influence the literature of all ages. Certainly superstition, ignorance and widespread misconceptions have played a most unwholesome role in history of the treatment of the mentally ill. How much suffering, how many needless deaths can we lay at the door of this merciless trio?

At first, mental victims were believed to be possessed of evil spirits or divine powers. Either they were in league with the devil or they were regarded as saints and treated with veneration. In the Middle Ages the insane were excluded from Christian hospitals. If their insanity did not yield to exorcisms of the clergy, the victims, along with the devils which possessed them, were chained in madhouses. They remained there, poorly sheltered, scantily fed, until they died of neglect.

In 1547, an insane-asylum was established in London at the hospital of St. Mary of Bethlehem, soon to become as "Bedlam." The victims were chained or kept in dark cages and treated with extreme brutality by their keepers. To watch the antics of the inmates was considered an amusing pastime by visitors who paid to tour the asylum. Monasteries and nunneries cared for the greater portion of the mentally diseased, when they were not allowed to run at large. Society was not interested in the well-being of these unfortunate creatures, only in public safety.

The first asylums harbored rather than cured the sick. Strait jackets, cribs, muffs, wristlets, iron collars, balls and chains were used to restrain the violent. Between mid May and June, inmates were bled, given weekly vomits and purged. At the close of the 18th century, mental diseases were still generally attributed to such factors as black and yellow bile, dog days, changes of the moon, or bewitching of the soul. Symptoms of the disease, jealousy, envy, lethargy, exaggerated self-esteem, or self-abuse, were mistaken for causes. Treatment varied widely from the use of dope and herbs to religious rituals administered in the hope of ridding the victim of his demons.

In the 19th century, mental derangement began to be considered a disease which could be cured. Violence and restraint were found unnecessary and a system of kindness and therapeutics was substituted by a few physicians of Europe and America who worked with small groups of patients in private hospitals. Still, the attitude of the general public toward idiocy, psychosis and neurosis was a deterrent to progress of treatment methods. Families regarded the disease as a disgrace and hid the unfortunate member away, either humoring or ignoring him. The illness was accredited to "the hand of God" or "the sins of the father visited upon the children," a cross to be borne. Many of the mentally ill were sent to jails and poorhouses, indiscriminately placed with the criminals, the immoral and the homeless. State institutions were overcrowded and understaffed, unable to adequately care for their burden of forgotten humanity.

This condition exists today, along with the urgent need for funds and more trained personnel. Modern methods of treatment perform miracles in relieving and curing the mental patient but the road to recovery for the vast majority is blocked and will remain so until society opens its eyes, stretches forth a helping hand, and erases the stigma which it has attached to mental illness.

## FAITH CURES

by Carol

"Faith cure " is a term used to describe healing physical disease, without material means, through mental treatment. In the past, it referred to religious faith methods like "prayer cure" and "divine healing." Visiting shrines and touching relics are part of faith cures.

All forms of faith cure agree that the patient's mental state is hopeful, expectant and trusting. They put the patient in a happy state of mind--this is, of course, favorable to good health. Pleasant emotions help glands to operate normally. Although organic diseases are often assisted, mental illnesses are most apt to receive aid from faith cure.

An example of this therapeutic treatment exists in Lourdes, France. It is called "the holy town" and is a shrine of miracle cures. Each nationality contributes pilgrims. Masses, prayers, baths in holy water, Stations of the Cross, nursing, and great processions make up the schedule. There are priests and doctors. Patients are hopeful, happy and content. Lourdes endeavors to protect its pilgrims from hysteria. Every patient goes away with quiet insight into his disease and ability to help others.

## POPULAR MISCONCEPTIONS OF EPILE

by John

Woe unto anyone who has epilepsy, because when the public finds out he is an epileptic, he is a marked man--a man to keep your eye on anytime he is around you. Who knows! He may have one of those fits and start out after you.

Little does the public know that if an epileptic has Dilantion in him he can't have a seizure.

Another common misconception of epilepsy is that epileptics are mentally defective, which is not true. An epileptic is just as mentally alert as the next person and has no greater chance of becoming mentally sick than anyone else.

Many people believe that epilepsy is hereditary like diabete deafness and other inherited sic ness. Epilepsy is not hereditar although a latent tendency is more common in some families tha others.

Another misconception of the public is that an epileptic can' get well. An epileptic may neve get entirely well, to the extent that he can give up taking medicine, but most of them can becom seizure free. Some may get completely seizure free in time and don't even need medicine.

## FLICKER FLASHES

Operation Herbert sponsored by the American Medical Association points out that in comparison with 1937, today's cost of medical care is lower than those of any other living expense, such as clothing, food, appliances, shelter.

J. Hopkins

Ice Cream Magic featured a panel that answered questions concerning the ingredients and the various processes used in the manufacture of ice cream. Prizes were given to the panel members and a mystery box was awarded the contestant who used the secret word, "good." Another feature of the film was a display of favorit ice cream desserts.

Edyt

# Glass Prisms

Here at Owen Clinic we patients have read with much pride the biography of Dr. Owen in the new Who's Who In The East. We wish to share with our readers this article concerning our doctor, her medical background, achievements, and efforts in behalf of the mentally ill.

Thelma V. Owen, psychiatrist, was born April 16, 1900 at Martins Ferry, Ohio, the daughter of Ira M. and Leona (Smith) Owen. She studied at W. Va. University (1918-20), Women's Medical College, Pa. (1920-23), the University of Maryland where she received her M.D. in 1924 and did post graduate work the ensuing year. She married Frederick W. Kratz in 1924 and is the mother of one daughter, Dale (Mrs. Wm. B. Tabor).

She interned at Maryland General Hospital in Baltimore in 1924-25 and was a practicing physician in Detroit from 1926-34. From 1934-44 she held appointments as psychiatrist in Laurel Sanitarium, Md., Sheppard and Enoch Pratt Hospital, the Federal Reformatory for Women at Alderson, W.Va., where she was also chief medical officer, and the Institute of Living in Hartford, Conn.

Dr. Owen is psychiatric director of Owen Clinic, Huntington, W.Va., a position held since 1945. She is a member of the Huntington Community Welfare Council; Diplomate, National Board Medical Examiners; Fellow, American Psychiatric Ass. (certified hospital administrator); member of the American Medical Association, Cabell County Medical Society, National Association for Mental Health, American Association for the Advancement of Science, and the Huntington Mental Health Association. She has contributed articles to medical journals.

Who's Who listed Dr. Owen as a director of the W.Va. Council for Mental Health. This name has been changed at the request of the National Association to the W. Va. Mental Health Society. Doris.

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Owen Clinic welcomed Joyce, a nurse, Aug. 15. Although she received nurse's training in St. Marys, mental clinic work is new. Joyce is busy learning to saw wood, bookbind and upholster. May she grasp the principles leading to mental health.

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Aug. 24, Owen Clinic lost a valued member of staff, Bill Tabor. Bill served as maintenance man and woodwork instructor. He likewise held classes about home repair. Need a machine fixed, a blind restrung, a gardener? Bill's your man! He started his new electronics job Aug. 25. We miss you, Bill, and wish you success in the radio field. Carol

* * *

On Sept. 1, we said good-bye to one whom we feel contributed a labor of love to her work with the mentally ill. No more will we be greeted in the mornings with "rise and shine" and "keep your sunny side up." An approximate three years of pleasant association with Owen Clinic endeared her to everyone. To know her was to love her. Her heart was as big as her smile, an ever ready example of using the "13" muscles she constantly encouraged us to use. New patients felt their fears diminish in the presence of her calm, confident manner. Yet she could be persistent and adamant when the situation required it for our own good. We never saw her angry, unkind or impatient. She was faithful to her cause--unfailing in her duties. If there were more aides like her to give a helping hand to mental patients, so very much of the dreariness would disappear from their lives. The memories that we have of you, Jean McDonald, are ones that we cherish. May life always return to you the love and happiness you so willingly give to others. Doris

## Institute Doings

The film, Emotional Health, was shown to 20 members of the "Y" wives of Y.W.C.A. at their regular monthly meeting September 1, 1955. Dr. Owen, moderated the film, answered many questions and in discussion stressed preventive psychiatry. She also pointed out that basic home training and stability in the home are good steps toward good mental and emotional health.

Dr. Owen received a lovely box of handkerchiefs in sincere appreciation. Nan

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On Sept. 14, Dr. Owen moderated Emotional Health in the nurses' home at St. Mary's Hospital. Approximately forty people saw this movie which presents the case of a psychoneurotic student.

The movie stimulated many questions on emotional maladjustment. Dr. Owen pointed out that everyone has fear symptoms, but once we understand the basis for them the symptoms tend to disappear. Adrenalin manufactured by our bodies, when fear is present, creates a great deal of energy which we must learn to handle constructively.

Mrs. Bond, Science Instructor, said that practically all students fear examinations and asked if that were not natural. Dr. Owen explained that while it is natural to have some fear, it should not keep a student from answering questions. The fear could be due to the student's not having prepared for the exam or it could be a carry-over from an earlier situation, which stimulated a conflict.

Dr. Owen was asked how many treatments are usually required to get a patient well. She replied that each case must be taken individually, according to the severity of the case, length of illness, body resilience, reaction of the patient and skill of the doctor. The psychoneurotic is in good contact with everything but himself. In early stages of illness, the schizophrenic is often a good picture of a psychoneurotic for five or seven years.

When asked if she used hypnosis, Dr. Owen replied that while hypnosis had walked in and out of medicine for centuries, she did not believe that any person should use his mind to control that of another. However, she stated that this was personal opinion, not shared by all psychiatrists.

To answer the question of what causes one person to fear another, Dr. Owen stated that once again it was an individual matter. Perhaps the person is identifying with someone, who caused the emotion of fear. Perhaps the person feared is a sign of resented authority, as parent may have been.

Should a person continue to use his psychiatrist after he understands his problems and their basis? Dr. Owen pointed out that a patient should check with his psychiatrist for some time, at least every three to six months, to let his doctor see how he is adjusting to every day problems. The patient is taught to be independent and to do his own thinking. Doris

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And You Never Know, a play ven for the first time in Huntington, was presented by the O. C. Institute to Kellogg Elementry School and Wayne County Council P.T.A. at the Kellogg School, September 20, at 8 P. M. with approximately 175 attending Those taking part in the play were: William Tabor as Dad, Mrs Guy Hoover as Mother, and Rosali Cartmill as their 12 year old daughter.

These were the main points the play. 1. It is natural for brothers and sisters to be jealous of each other and fathers to

Institute Doings (cont.)

be jealous of the first child. 2. It is better to talk your problems over with your family, rather than to keep them to yourself and develop repressions. 3. You never know what goes on in people's minds.

Dr. Owen limited the discussion to three questions. 1. Isn't it true that by trying to help a son or daughter overcome jealousy of a new born brother or sister, that often it only makes them cover it up more? 2. Isn't it true that other members of the family often follow a course developed by the mother's repressions? 3. Isn't it common for husbands to be jealous of the first child?

John

## Hail and Farewell

We are sorry that Rosemary Yates, from Charleston, left the Clinic. Though missed by all of us, her absence is particularly noted by the girls of her dining room table. Rosemary, we wish you Godspeed in recovery to a life of health and happiness. Doris

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On Aug. 21, Freda left the Clinic. A quiet, attractive girl, she fitted well in the group and activities, making friends quite easily. Though her stay was short some of us became especially close to her and saying good-bye was not easy. Good luck, Freda, we wish you a wealth of good health and happiness. Doris

* * *

On Sept 2, Nan graduated from Owen Clinic and returned to her home in Huntington. She was liked by all the patients and added much to the group singing. We all miss her doing the Charleston. Nan visits the Clinic every week day for psychotherapy class which she enjoys so much. So here's wishing much success to one swell girl. Deaner

We all regret very much that Opal decided to leave us Saturday, Sept 3, before receiving her diploma. Being a versatile person, she enjoyed dancing, playing Rook, Canasta, softball, golfing or pitching horseshoes. The possessor of a lovely alto voice we will miss her in our group singing and O.C. chorus. Her art in hand stencilling and assigned routine chores, which she so willingly performed, not to mention her efforts in keeping our hair trim and neat, were appreciated. Her amiable disposition endeared her to us. Opal, we love you, miss you, and wish you good health and happiness in years to come. Sada

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Saturday, Sept. 10, the clinic put out the "Welcome Mat" for Hazel, a patient hailing from Huntington. Before coming to the clinic Hazel was employed in the office of Bruce & Holley License Service. Her favorite games are Rook and Scrabble. Her ambition is to gain weight, which she has successfully begun to accomplish. We all wish to welcome Hazel and help make her stay more pleasant, while she is getting well.

Deaner

## OWEN CLINIC CLUB

by Carol

Sept. 16 Owen Clinic Club had an evening picnic in Ritter Park. Nan and her husband transported the Clinic gang -- Doris, Sada, Ruth, Carol, Terry, Martha and June. O. C. took weiners, buns, potato chips and "cokes." Thirty people attended, including numerous children, everyone stuffed till he was ready to pop. The participants all enjoyed the outing. The next meeting, election of officers, will be held at the Smalleys, 2810 Elmwood Avenue, Oct. 28.

## IT'S HOW YOU TAKE IT

by Doris

Of all the species, only man has learned to create a favorable environment for himself. Born with the equipment to help him make adaptations, he changes his surroundings to gain physical comfort, unconsciously adding to and improving this equipment. But what of his drives and emotions - the powerful forces within him that supply fuel for continual strife between good and evil - between basic urges and the demands of society? Man must constantly make concessions to his social environment in order to live in harmony. Unconsciously, from birth to death, he automatically adjusts in many situations. When these automatic responses fail, he must use his conscious mind to reason why and give added support.

The mind of man can be likened to a large body of water. We can see only a few inches below the surface, this being the portion of the conscious mind, the basis of which is present at birth. It is here that man does his rational and creative thinking with the use of judgment and foresight. It is here that his ideal self is located, which covers all undesirable memories, emotions, and thoughts, accepting only the material that supports his self-esteem. The rest of the material sinks to the unconscious, to various depths according to the degree of repression, where all that has been learned and all that has happened, along with the emotional tone, is registered.

The unconscious is the greater portion of the body of water, a vast reservoir of instinctual drives, emotions, and past experiences, both good and bad. The first disastrous experience of t baby, his birth, is deeply buri there beneath the memory of lat bad experiences. Deeply buried memories often try to break through to the surface but may not be able to do so at times be cause of emotional blocking. Sometimes the conscious mind is unable to accept painful memori and in repulsing them sends the down again into the unconscious, each act of repression sinking them a little deeper. But unfo tunately, out of conscious sigh is not out of trouble. The repressed material feeds on itsel and grows. It spreads tentacle to later experiences that have identifying emotional tones and the result is irrational thinki and reaction which is out of all proportion to the stimulus.

The ideal self, in slipping, allows the undesirable emotions to come to the surface. It is then, with the lid of conscious control off, that anger erupts, discrimination is faulty, and acts of violence follows.

Fortunately, repressions are neither all healthy or unhealthy and many times are quite useful. If all our unhappy experiences were erased from memory we coul not profit from past mistakes a go on to taste life to the fullest. If we had no unconscious which to store all our innumerable experiences and memories, the conscious mind would not be free to evaluate, manage the pre ent, and plan the future.

With the conscious and unconscious working together to permi a true picture of the realities of life, man is able to live in harmony with his environment and in peace with himself.

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Hiways To Health begins a new season on Sunday, 1:30 P.M., Huntingto Tune in WPLH, 1470 on your dial.

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Charleston Meeting (cont.)

DISCUSSION GROUP 2

by Carol

From 3 to 4 P.M., Dr. Fremont-Smith and Mr. Jack Rhudy held a discussion about "The How and Why of Mental Health Societies." Participants introduced themselves. The leaders were pleased to have mental patients, ex- and inpatients, in the group. Mrs. Andrew M. Spangler recorded the group discussion.

Someone asked, "How can we reach the average family?" The main problem is talking at people not with them. It was suggested that a newspaper column of general mental health queries could be answered, not necessarily by psychiatrists, but by any informed person who has not lost the "rare and beautiful common touch."

Mrs. Weser recommended contacting associations and groups to get members. The Chamber of Commerce and Ministerial Association will have lists, and the president and secretary of each can be invited to board meetings. Think what you can do for their organizations. If you get the cooperation of five or six, others will not want to be left out. It is important to give every member jobs to do of interest to them.

The leaders stressed that quality and sustained membership is vital. There should be a steadily growing membership of interested people. Mental hospitals should not be isolated in far away places. They should be related to an informed community, to avoid unnecessary readmissions. The staff also should relate to the community, and work in community.

There is need for good human relations within mental health societies. Dr. Fremont-Smith suggested all participants read "1, 2, 3 of Mental Health."

HUNTINGTON M. H. ASSOCIATION

by Carol

A Board of Director's meeting of the Huntington Mental Health Association took place in the First Methodist Church Aug. 28. The following members attended: Sheriff H. D. Humphreys, Rev. W. M. Albright, Mr. C. B. Scott, Dr. T. V. Owen, Miss V. Lewis, Mr. A. Rave, Mr. R. Gray, Mrs. Fred A. Weser, Mrs. Nan T. Davis, Mr. C. Strickland, Mr. H. Gregg, Rev. Lyle Newman, Miss C. Woodman. President Humphreys called the meeting to order. Mr. Scott received membership dues. Mrs. Weser gave a prayer. As there is no secretary, Pres. Humphreys read minutes of June meeting. Following this he read Association mail. One of the letters came from Mr. D. Fox, Pres. of United Fund, of which the H.M.H.A is a participating agency.

Dr. Owen talked of Dr. Frank Fremont-Smith and the Charleston State Society meeting. Pres. Humphreys became Representative to the State Mental Health Society. The treasurer, Mr. Rave, presented the financial report. The balance to date is $436.62.

The following committees were appointed: Miss Lewis, membership chairman; Dr. Stemmermann and Mr. Gregg, Hobby Show representatives. Mrs. Claudia Spangler will handle the "Newsletter" as Publicity chairman. Dr. Polan is chairman of the Field Study committee. Rev. Albright is chairman of the Education committee, on which Dr. Owen, Rev. Newman and Mrs. Weser will serve. Sheriff Humphreys will work on the Publicity committee of which Mrs. J. Hoeing is chairman. Mr. Rave will handle Public Relations. Mrs. Marion Gray is chairman of the Telephone committee. Mr. Scott will be chairman of the Finance committee.

The H.M.H.A will meet every second month. The first meeting will be the second Monday in November, the fourteenth.

"PEACEFUL USES OF HUMAN POWER"

by Hazel

A dinner was given in honor of Dr. Frank Fremont-Smith in the Marshall College Cafeteria, September 24 at 6:30 P. M., preceding his address in Old Main Auditorium.

Rev. Lyle Newman gave the invocation and Paul Lasakow, Professor of Sociology, Marshall College, introduced the guests: Dr. Thelma Owen, Psychiatric Director, Owen Clinic; Dr. M. G. Stemmermann, Medical Director, Owen Clinic; Mr. and Mrs. Richard Smalley, Mr. Smalley President of Owen Clinic Institute; Dr. and Mrs. Russel B. Smith, responsible for arrangements and meeting hall; Miss Virginia Lewis, President-elect of West Virginia Mental Health Society; Sheriff H. D. Humphreys, President of the Huntington Association; Dr. Frank Fremont-Smith.

In a few informal words at the dinner, Dr. Fremont-Smith stated that we have a problem of communication -- too much of the time we are talking at people rather than communicating with them. We do not put enough attention on the other side of the communication system -- the other fellow's receiving set. On shipboard, he had heard a radio message sender wait until he heard from the person who was to receive a message, "I hear you 9-9-9" before he gave the message. Dr. Fremont-Smith said that from time to time we should call out "How do you hear me?" and not go on until we are sure we are understood.

At the open meeting, following dinner, Rev. Lyle Newman introduced Dr. Fremont-Smith after mentioning the meeting of the West Virginia Mental Health Society in Charleston. Dr. Fremont-Smith's topic was "The Peaceful Uses of Human Power."

"Human power must be mobilized for world influence and an atmosphere of trust among states must be created to insure mankind's survival. The world is suffering from a deep-seated social illness. This illness among nations threatens human survival because it starts conflicts and wars."

Some have advocated controlling atomic weapons and other weapons of warfare. It would be much more effective to control people, to lessen tension, to mobilize human power for peace.

"Just as physicists, chemists, engineers and mathmaticians needed to collaborate for the release of atomic energy so must the specialists in human behaviour join forces to use the power of human intelligence. Can man's increasing understanding of his own behaviour save mankind from destruction? That is the great challenge!"

Dr. Fremont-Smith closed his address with an editorial from Longview written by Josephine, as a patient desiring to get well, take her rightful, useful place in the affairs of mankind, and assume some responsibility for removing the stigma attached to mental illness.

In the question period Dr. Stemmermann asked: "In order to achieve good human relations with ourselves and around the world we should start at home. How can we accomplish this on the local level when many people are opposed to the One World philosophy? And how should we behave toward these people to get what we think is proper?

"Peaceful Uses Human Power (Cont.)

In answering Dr. Fremont-Smith said that this is a "long-view" program which will take 25 to 50 years for any impact to be made. The start of the West Virginia Mental Health Society was made 5 to 8 years ago, and much hard work, much discouraging work has gone into it. You should begin to visualize the attitude of people toward the principles of mental health in another generation. America's power and authority tends to obscure our efforts. Mental Health principles won't work, if in only one country. They must be practiced in all countries.

Dr. Russel Smith asked if, in the Federation, there are any members from behind the Iron Curtain and if so what is their attitude toward establishment of better communications?

"Czechoslovakia was a member but for reasons which are evident they were never able to attend. At every annual meeting two or three from the Soviet Union attend. At the Toronto meeting we were almost able to have 'give and take' with them. We have word from Czechoslovakia indicating they have come to life again and we may expect to hear from them."

Mr. Lasakow asked: "How can professional people such as doctors and sociologists communicate with ley people when they cannot agree among themselves on some subjects?"

Most professional people have "blind spots." You can have conferences of the round-table type. "To establish a channel of communication between groups, each member must be able to communicate with himself. A baby brought up with T.L.C. (tender, loving, care) can communicate with the family and later can communicate with himself. When we can communicate with ourselves we can communicate with others."

Mrs. Payne asked: "Is the total program of the World Federation for Mental Health predicated on the United Nations' continuing existence?"

Certainly. We must have direct communication straight down from the United Nations or some other similar organization, into the heart of every local community. It is inconceivable that anyone who knows the facts about the UN, especially the specialized agencies, should fail to support it. Everyone should be acquainted with what goes on, the goals and methods of the United Nations. The U. S. is partly responsible for attacks on UNESCO. The U. S. fails to give a small pittance of the financial support that we could. We can't expect a perfect job to be done at world level for many years to come.

United Peoples Nations Section

## THE VALUE OF BASEBALL

by John

Since the October issue of Longview will be published during the same week that the World series begins, we think it just and fitting that we have an article about baseball in this issue.

The rules for baseball were drawn up in 1839 by Abner Doubleney in Cooperstown, N.Y. Little did Doubleney know that some day baseball would be played throughout the world and would become the "national pastime" in the United States.

In the United States baseball is played by everyone. There are major leagues, minor leagues, church leagues, little leagues, and many other leagues in which one may participate.

Little League and Babe Ruth League baseball have been established within the last ten years for our youngsters. Boys from 8 to 13 play in the Little League and boys from 13 to 15 play in the Babe Ruth League. The object of these leagues is to make better citizens of our children. Since their establishment, juvenile delinquency has decreased enormously in those communities which support them.

Major league baseball, which almost everyone follows in some capacity, is composed of the best players in the country. These baseball "pros" are paid excell ent salaries and each year mil ions of fans gather in the hug stadiums to watch their favori teams and players in action.

Baseball is not only played during the day but also at nig so the working man can get awa from his troubles and worries a few hours and go out to the ball game.

During World War II, when night baseball was comparativel new, President Roosevelt urged the baseball owners to promote night games, so that the publi would have some good clean entertainment at night, instead staying home and worrying abou their loved ones who were at wa

During the Korean War and World War II, soldiers often us such baseball expressions as Te as Leaguer, triple play, Sally League as the pass word on scou ing trips. And at practically every base there was a ballfiel where the boys could get in a game of baseball once in a whil

Present day stars such as Te Williams, Stan Musial, Bob Fell er, and many others are known throughout the world. Football basketball, and bowling are gre American sports, but they canno compare with the immortal game of baseball!

## Has Been

by Deaner

Lillian, from Parkersburg, visited the clinic August 27. She is working and getting along fine. She certainly enjoyed playing Bingo while at the Clinic.

Hazel visited the Clinic August 23 and September 10 for a few days. She enjoyed her visit here so much and we all enjoyed having her. Hazel is an active member in he garden club.

Edith Dean, from Huntington, visited the Clinic Aug. 27. Sh is an active member of the Owen Clinic Club. She always enjoys a game of Rook while here.

Sorry, Edith, you had to pla Bingo this time.

# Hilltop Sports

by Sada

| DATE | CATS | MICE |
|---|---|---|
| June | 0 | 3 |
| July 4 | 13 | 7 |
| July 27 | 5 | 3 |
| Aug 2 | 3 | 1 |
| Aug 10 | 3 | 8 |
| Aug 17 | 7 | 3 |
| Aug 24 | 5 | 7 |
| Sept 10 | 7 | 2 |

Now that our softball season is about to close, the Mice, looking back over the season's scores, are not too happy. Doing a little rationalizing, we have come to the conclusion the Cats have been eating too many hamburgers. Madam Chef, what do you think about putting a little cheese on those hamburgers next time or else changing the menu entirely!!!

Saturday, Sept 10, we ended with one lost ball that Jo fouled out, but we did locate it a few days later. Not so lucky the next round, she missed first base by trying to slide in. Terry being on the ball beat her to the base.

Terry came up with a homer for the Mice in third inning. John scored a homer for the Cats, as well as several runs. Carol also got in a run for the Cats.

The Mice need to get in quite a bit of practice before next season starts.

# God's Green Acres

by Edyth

Autumn is in the air and the gardens are donning their autumn dress. Leaves turning and falling to the ground remind us that cool days are near.

The annual wood gathering has begun. The chopping, sawing, and storing bring to our minds the comforts of an open fire.

The drought has made some changes in activities. Vegetables in the garden have just about dried up. There are left only Chinese cabbage, broccoli and Swiss chard that require an occasional dusting. The dry weather has slowed down the mowing, sickling, and clipping that went on earlier. Too, it is too dry to grow weeds so no weeding has been done for sometime now.

Marigolds seem to be the only flowers that have withstood the drought. They are blooming profusely.

With the idea in mind that we might find some wild grapes for jelly, we set out to explore. We found some hickory nuts and some grapes. We returned later to gather the grapes and they have since been converted into jelly.

## COMING EVENTS

Oct. 10, 8:00 P.M. Holden Woman's Club, Holden. And You Never Know.

Oct. 11, 7:30 P.M. Ceredo Grade School P.T.A. And You Never Know.

Oct. 13, 8:00 P.M. Westmoreland Woman's Club. Scattered Showers.

Oct. 19, 8:30 P.M. Progressive Mothers' Club, Y.W.C.A.-5th Avenue. Preface To A Life.

Oct. 28, 8:00 P.M. Monthly meeting, O.C. Club, election of officers at the Smalley's, 2810 Elmwood Avenue.

Nov. 4, 7:30 P.M. Guyandotte Woman's Club. Scattered Showers.

# LONGVIEW

Vol. 8, No. 3, Nov. 5, 1955
PUBLISHED BY PATIENTS, OWEN CLINIC, HUNTINGTON, WEST VIRGINIA

## OWEN CLINIC CLUB

by Doris

On Oct. 28 Owen Clinic Club met at the home of Dick and Shirley Smalley. Nan drove June, Sada and Doris from the Clinic, making a stop at St. Mary's Hospital to visit Dick, who is convalescing from an illness. Thirteen people attended the meeting. Officers elected for the coming year are Edith Dean, President; Tennis Gravely, Vice President; Nan Embry, Secretary; Ruth Gravely, Treasurer. The members decided to have a combined dinner meeting of O. C. Club alumni and patients at the Clinic on Dec. 17 at 6:30 P.M. Following the meeting we enjoyed delicious refreshments of coffee, pumpkin pie topped with whipped cream, and Halloween candy in the shape of small pumpkins. Terry, John and Bob, returning from a football game, joined us for eats and last minute conversation. Then, home in the jeep with Terry at the wheel, we reminisced about our delightful evening.

P.S. We wish Dick a speedy recovery.

## HUNTINGTON M. H. ASSOCIATION

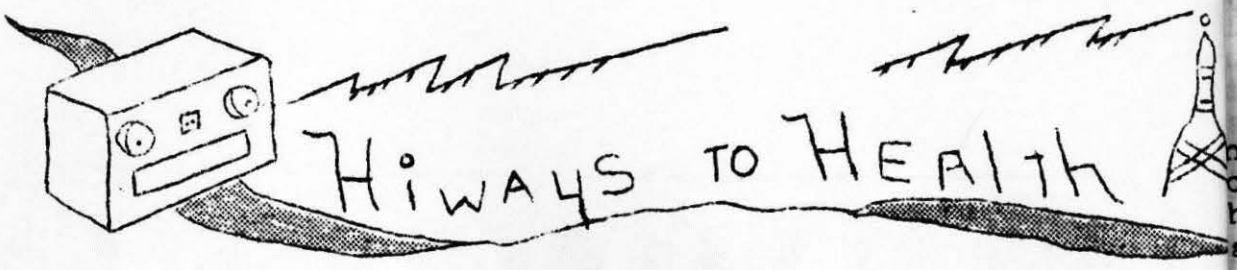
by Hazel

Breakdown was shown to the Education Committee of the HMHA Friday evening, October 14 at the clinic. Following the movie a meeting was held, with Reverend Albright presiding. Others present were: Madge Skeen, Rev. Lyle Newman, Nan Davis, Mrs. Fred Weser, Dr. Owen, Dr. Stemmermann and Mr. C. F. Boone.

It was decided that the November meeting would be held at the Public Library, if permission could be obtained. Dr. Owen will make a report on the National Mental Health Association meeting, which will be held in Indianapolis, Nov. 4-6. Reverend Newman will give a report on the West Virginia Mental Health Society meeting. Virginia Lewis will speak about membership in the local Mental Health Association.

In a discussion of aims and projects for the year, it was decided that mental health education for churches would be the theme for 1955-56. A Work-Shop for Ministers is being planned for the March meeting, probably to be held at Marshall College.

Thanksgiving Greetings




by Sada

October 9, at 1:30 P. M. the O. C. Institute broadcast over WPLH its first Sunday afternoon program for the 1955-56 Hiways To Health series. Topic of the program was The Road to Mental Health. Beginning with October 9th program every other Sunday will be a live broadcast. Sundays in between will be taped programs, originally recorded in O. C. living room.

Dr. Owen, Co-Director of Hiways To Health, on being introduced, explained how scientists and layman by working together could bring better mental health to our children and grand-children, than the world has ever known. Others participating on the program were Mrs. Russell Smith, choral director; Miss Virginia Lewis, piano director; Josephine, pianist; Bill Tabor, engineer, and his assistant, Terry; Mrs. Andrew M. Spangler, Institute Chairman of Radio; Dr. M. G. Stemmermann, Medical Director and moderator. Each explained the part he or she plays in the radio series.

Some of the patients and ex-patients explained what good mental health meant to them. The music for this program and all programs is furnished by the O. C. Chorus, composed of patients and ex-patients.

October 16, the taped progr scheduled for this date failed be broadcast due to some diffi ty with the WPLH transformer.

* * *

On October 23, topic of the program was Ups and Downs. Th was a very interesting program which compared the ups and dow of emotions, with that of the different seasons of the year.

* * *

Coming programs over WPLH will include the following:
Nov. 6 - We, The Patients
Nov. 13- Every Day Worries
Nov. 20- The Family Council
Nov. 27- Father Belongs
Dec. 4 - Emotional Orphans

* * *

October 2, at 7 P. M. stati WLOG of Logan began its Hiways To Health broadcasts, which ar sponsored by the Logan Woman's Club. The following is a list topics and dates.
Oct. 2 - One Sick Child
Oct. 9 - Trained Personnel
Oct. 16- Mother Love
Oct. 23- Sibling Rivalry
Oct. 30- The Local Mental Healt Association
Nov. 6 - Recreational Therapy
Nov. 13- It Could Happen To You
Nov. 20- The Handicapped Child
Nov. 27- Every Day Worries

National Association For Mental Health Annual Meeting Nov. 3-6, at Indianapolis. Hear all about it from Dr. Owen at the monthly meeting of the Huntington Mental Health Association, Mon., Nov. 14.

THANKSGIVING STORY

by Doris

Not so many months ago I was an average housewife. I led a normal life, caring for my family which consisted of myself, a husband and daughter. I was a member of various social organizations in my community and church. I enjoyed life in general -- family, friends, and countless small blessings which we take so much for granted -- things like the dewy freshness of a new day, the rustle of leaves stirred by a breeze, a flower in bloom, a quiet evening. But somewhere along the way, I cannot remember just when, this picture became distorted. I felt deeply depressed and during the days that began to follow one another in dreary repetition, I cried almost continuously. I was always tired, so tired that I could hardly drag one foot after another, to do the necessary chores that no longer interested me.

Three months after the birth of my second child, I reached a point where I could no longer go on. Life had absolutely no meaning for me. I had descended to the bottom of a vast pit of utter depression. I just wanted to die.

Shortly thereafter I entered a mental hospital, where I found many others to whom this dreadful thing had happened. I also found something else. There was a tiny part of me that still believed in God, an innate faith that pushed away the recurrent desire to end a miserable existence. It was very tiny, but it was enough. It fanned a spark of hope, enabling me to reach out my hands to those who offered help and guidance.

I will not tell the factors that contributed to my break with reality. It is enough to say my case is not unique; that this illness is no respector of persons regardless of position, education, or religion. The process of getting well is somewhat like a baby's learning to walk. The first attempts toward progress are feeble, and you go through many doubtful stages of crawling and toddling. But finally -- one day there comes an overwhelming realization that you are walking with unswerving steps toward a new way of living -- a beautiful world lies ahead.

Why have I written this? November is the traditional month of Thanksgiving. In pausing to take stock of my blessings, I number among the chief my stay in a mental hospital which spares nothing in giving the care and treatment my illness requires. I look around and in each patient I see positive reactions to understanding and therapeutics, based on the needs of the individual. Perhaps I am prejudiced but I do not believe my doctors can be surpassed anywhere. I am grateful for the trust and confidence which they inspire and I appreciate the warm, human qualities they employ in a doctor-patient relationship.

I know that today most of our mental hospitals do not have adequate rehabilitation programs for the patients. My heart is heavy with sorrow for all those less fortunate than I, who will never get well for lack of proper treatment; who will never celebrate a Thanksgiving with the knowledge that life is abundantly full of love, satisfaction, and unending possibilities based on a lasting faith. These concepts I have learned in Owen Clinic -- and I am thankful for being given the keys which open the door to a happier, better life than I have ever known.

Published monthly by the patients,
Owen Clinic, Huntington, W. Va.

Reporters.....EY,JH,CW,RL,JC
Group Psychotherapy.....DK
Garden.....EY
HAS BEENS.....GR
Radio.....SH
Art.....CW
Typists.....HB,SH,DK
Journalism Instructor
M. G. Stemmermann, M.D.

## UNION GIVES STRENGTH

by Sada

"An old man on the point of death summoned his sons around him to give them some parting advice. He ordered his servants to bring in a faggot of sticks, and said to his eldest son: 'Break it.' The son strained and strained, but with all his efforts was unable to break the bundle. The other sons also tried, but none of them was successful. 'Untie the faggots,' said the father, 'and each of you take a stick.' When they had done so, he called out to them: 'Now, break,' and each stick was easily broken. 'You see my meaning,' said their father -- Union Gives Strength."

Today, with more interest being shown in the Mental Health Movement it is evident much is being done to relieve the suffering of the mentally ill. Not too many years ago a person was considered finished when he became mentally ill, but today modern treatment methods and rehabilitation programs set up in the better hospitals, which have the facilities and personnel, give the patient a better chance for recovery. The aim of the doctors and personnel at the Owen Clinic is to help the patient cure himself, so that he can return to his home a better adjusted person, and a happier one than he has been before. The are however, unable to accomp this alone. It is dependent the cooperation of the patien himself. He must make the be use of his mental, mechanical social abilities. Sometimes is discovered he has a hidden talent, which he is encourage develop.

Records show that at prese there are many ex-patients wh are serving as choir director church organists, office work sales workers, teachers, mini participants and leaders in c and community activities. Th have bound the faggots and un their skills along with other not only speeding their recov but by so doing are encouragi others who may be suffering f mental illness.

## TEAM WORK

by John

Most people, when informed they are mentally ill feel extremely sorry for themselves do a great deal of whining. is wrong, because it happens the best of people and it is nothing to be ashamed of.

When a person becomes menta ill, he should voluntarily ent a mental hospital upon recomme ation by a psychiatrist. Afte entering the hospital the firs point you must accept is - tha you are sick and that you are going to make an effort to get well. Another important matte is that you should have faith in your psychiatrist, in yours in God.

The Dodgers won the World S ies this year, but they would never have won it, if they had used exceptional teamwork. Th same can be applied to the psy chiatrist and the patient. Th psychiatrist can tell the pati what to do and what not to do, but he can not stand over the patient every minute of the da

Team Work (cont.)

and make him do what he says. The patient has to do that on his own, that is if he wants to get well. Mental illness can be likened to baseball, in the sense that you must have teamwork if you want your side to win.

THANKSGIVING

As Thanksgiving approaches we should turn our attention to taking stock of the blessings that have come to us. It is the time when each of us should be thankful for our homes, families, friends, and the kindness and consideration of our fellowman. The realization of these blessings should carry over into our everyday lives so that each day we will be determined to make our lives useful. Edyth

* * *

Thank God we are Americans! We are better clothed, fed and sheltered than most people. We have an excellent education program, with equality of opportunity. We value our freedom of press, speech, and religion. Medical help is available to all. Each individual has a chance to better himself and assist his neighbors. Although peace-loving, thank God we are able to defend the U.S. when war takes place. Carol

* * *

Thanksgiving is a time to be grateful for the many blessings of the past and present. We can be really grateful for friendships, children, and home. There are times when we become discouraged, but if we would look about us and see the good in others, and really try to help ourselves, we would accomplish something. We should be grateful for everyday thoughtfulness of friends and be thoughtful of them also. When Thanksgiving comes we will be ready for it, if we really try to do the things that we should ahead of time. Ruth

THANKSGIVING

by Hazel

Thanksgiving is a time to stop
and take
Stock of the good things of life
we have --
Loved ones, friends, our freedom
of speech;
Good leaders our children to
teach;
The privilege to worship as we
believe;
Food, shelter, home our physical
needs to relieve;
Abilities the Lord gave to each
of us
To use and perfect without
fuss;
For the happiness of ourselves
and fellowman.
So, the very least that we can
Do is to be thankful for the
plan
Of life.

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## Slave-Drivers

Hail, Miriam, we hope you will enjoy your work. Miriam of Huntington is a new young aide. She is enthusiastic, willing to learn, and her happy disposition is becoming contagious. She adjusts well and we trust she stays long.

Carol

* * *

Tears, tears, tears -- beloved Jo has gone. She moved to South Man, W. Va., with her husband. We sincerely miss her as practical nurse. Jo's bubbling spirits made everyone love her. She emanated courage and optimism to all. Visit us often, Jo.

Carol

## Institute Doings

Monday Oct. 10, Dr. Owen, Mrs. Fred A. Weser, several patients and the play cast motored to Holden, where And You Never Know was presented to an appreciative audience. The program was sponsored by the Holden Woman's Club and was open to the public. Approximately 75 were present at the meeting.

Mrs. Weser, who is a member of the Board of Directors of W.Va. Mental Health Society, presented Dr. Owen to the group. She discussed some of the work now being done in West Virginia in the interest of mental health. She also assured the group that O.C. was standing by ready to give any assistance with organizing a local mental health society, furnish programs and literature and render any service possible. Three hundred pieces of literature were distributed at the close of the meeting.

Dr. Owen introduced the cast consisting of Mrs. Guy Hoover, as mother; Bill Tabor, as dad; Rosalie Cartmill, as their daughter. The cast gave an outstanding performance.

After the play Dr. Owen held an open discussion. These were some of the questions asked: "How many fathers present will admit being jealous of their first child?" One father readily admitted being jealous of his first child. "Don't you think it's possible sometimes for parents to promote jealousy?" Yes, unconsciously. But it could be eliminated if each member of the family were allowed to express his like or dislike for another member when he feels like it. We don't hate people we only hate the things they do.

Before leaving for Huntington, the group enjoyed tasty sandwiches and coffee.

## The Ring for BELL MENTA HEALT

What an experience! What Returning home about a mile fo route 60, on Davis Creek roada five women on a lonely road, t suddenly no gas. We pulled oa to the side of the road and began to put out the distresst sign. No soap, until Dr. Owew got out on the other side of n road. After several cars had passed, finally one driver wap kind enough to back up and ofA help. He drove a couple of uC to the filling station where purchased some gas in a waterm bucket, returned and suppliedg our tank. Soon on our way agm Dr. Owen reminded us, "Doesn't that prove that people are gei erally kind?" Sa

* * *

And You Never Know, the neC play which is being sponsoredi O. C. Institute, made its thiA appearance in its presentatioF to the P.T.A. of Ceredo Grade School, Tuesday, October 11 at 7:30 P.M. Approximately 150 adults attended.

Rosalie Cartmill, as the 1 year old daughter, Margaret, ill with a cold, but with a spirit of "the show must go o played her part for the secon night in succession.

Preceding the play, the Rhythm Band, composed of first graders in costume, presented several musical numbers.

There was general bedlam wi children in the audience, so Owen dispensed with the discus ion period. Haze

* * *

Oct. 8, Rev. Newman went to the Westmoreland P.T.A., where showed Preface To A Life to an audience of about 150. The group was a little large for lively discussion. Car

Institute Doings (cont.)

Emotional Health was presented to the Westmoreland Woman's Club on the night of October 14. Dr. Owen limited the discussion to about 20 minutes. Several questions were asked by the 35 who attended.

"Is it unusual for teenagers to get mentally sick?" The answer, of course, was "no," it is not unusual at all.

"Do many people know what psychiatric treatment is like?" Another "no" was answered by Dr. Owen.

"Is the recovery rate high in mental illness?" Dr. Owen took great pleasure in answering that mental illness has the highest recovery rate of any severe illness. John

* * *

At the Progressive Mother's Club meeting Oct. 18, Dr. Owen introduced the movie Preface To A Life, with about 25 present. Following the movie Dr. Owen led a period of discussion which was very good. The child's emotional tones are being formed before he can speak. The child who is reared with a good emotional tone at home has a happier, well adjusted life when he is older.

Ruth Lester

* * *

And You Never Know was presented to the P.T.A. of Buffington grade school Friday evening, October 21. Sixty adults attended. Preceding the play, two of the children gave short histories of our American Flag, after presentation of a flag given to the school by the American Legion. Letters read stated that the flag had flown over the White House. Dr. Owen held a short discussion period after the play.

Hazel

* * *

The Hite school P.T.A. meeting was held October 24, with about 35 present. The meeting was opened by having everyone sing America, which was followed by a prayer given by Mrs. Burford. Then everyone repeated the Lord's Prayer. This was followed by a period of business, after which Dr. Owen showed the movie Emotional Health.

Dr. Owen then led a period of discussion. Questions were asked by parents, such as, "What could be some of the symptoms other than those shown in the film, like nail biting?" It signifies a problem in the child. The parent should not demand too much, when they see that their child is emotionally disturbed.

An average of three children in every class will spend some time in a mental hospital. Mental illness properly treated has a better recovery rate than that of any other serious disease.. Ruth Lester

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## BENEFIT CONCERT

by Josephine Connelly

Sada, Ruth, Doris, Margot and Josephine accompanied by Mrs. Andrew Spangler, attended the Jane Hobson concert October 20. This performance was presented at the City Auditorium with the Huntington Altrusa Club sponsoring the program of this well-known mezzo-soprano, for the benefit of the Premature Nursery of Cabell Huntington Hospital.

Miss Hobson's diversified program was enthusiastically received, the audience requesting a number of encores which she graciously acknowledged. She was accompanied by Theodore Schaefer--our own Elfrieda's cousin. This program was of particular interest to Huntingtonians, since Miss Hobson has been a resident of this city for the past seven years.

# Hail and Farewell

Bob Spurlock, a thirteen year old eighth grader from Wharton, came to the clinic Sept. 17. He is now attending Beverly Hills Jr. High. Bob has a good personality. We all liked him immediately and hope he has a pleasant stay at O. C. Bob is June's son.

John

* * *

Margot Haberle from Huntington became a new member of our group on Oct. 4. Before entering the clinic she did clerical work for the Veteran's Administration. The mother of two grown sons, she formerly was busy in church work and social activities. In the evenings, Margot joins the group for card games, particularly enjoying Canasta. An avid reader, she considers books a favorite source of pleasure. She is quiet, keenly observant, and has a warm smile for everyone. We hope she enjoys her stay with us while getting well. Margot's addition as a patient convince us more than ever, that some o the nicest people come to Owen Clinic.

Doris

* * *

Johanna, registered nurse from Charleston, arrived at Owen Clinic Wednesday, October 12. She is a slim, pretty brunette who has already won her way into our hearts with her sparkling grey eyes and sweet manner. She came to the United States from Germany in 1947 on the boat, Ernie Pyle. She received her nurse's training at McMillan Hospital in Charleston. Johanna likes to sing and her soprano voice is a welcome addition to group singing. She also enjoys playing Canasta. She skied in the Alps while living in Europe. Johanna finds United States a very interesting country in which to live and we all wish to extend to her our very best wishes.

Josephine Connell

## CAKE & CANDLES

by "Jo"

This month, October 12, Josie celebrated another birthday. For her dinner she chose the always popular fried chicken with mashed potatoes, green beans, gravy, lettuce salad and for dessert, white cake and ice cream. The cake was beautifully decorated with pink and white icing with fall flowers in the center. After we sang "Happy Birthday" to Josie she blew out the candle and made her wish.

Apparently Mrs. Seymour, Jo mother, had overestimated the capacity of our stomachs, for after second helpings the ice-cream supply had not been exhausted, and we were fed more of the same at commissary time. We thoroughly enjoyed the dinner, as well as watching Josie open her presents.

She received many pretty th but the most mirth-provoking g was two pair of old-fashioned cotton-jersey pants, the waist of which appeared to measure a 36 inches. They may not look glamorous, but probably make up warmth what they lack in beaut We all had fun and we hope Jos has many more happy returns.

# United Peoples  Nations Section

by John

The United Nations celebrated its tenth birthday on the 24th of October. The forty-seven original signers of the Charter still belong, plus fourteen new member countries.

* * *

On September 21, a check for $25,000 was presented on behalf of the Russian people for hurricane and flood disaster relief in the Eastern United States.

* * *

Juan Peron, who called himself Argentina's "No. 1 Worker" turned out on his downfall to have been merely the country's fastest worker. After his hasty flight on a Paraguayan gunboat, the 60-year old dictator was reduced to a lonely eccentric, who liked his girls young, his gadgets golden, and his plunder plentiful.

* * *

Egypt and Israel agreed "conditionally" to a U. N. request to withdraw their troops from the demilitarized zone along the Sinai borderline. This is still an "uneasy border."

* * *

Poland lost out trying for a seat on the Security Council against U.S. supported Philippines and Russian supported Yugoslavia. Cuba and Australia were elected to fill two of the temporary seats.

* * *

Russia has plenty of bread and potatoes, is short on meat. Foreign minister Molotov confessed a political blunder and may be on the way out. He is as old as the Bolshevist party.

* * *

India is working on redrawing maps of her provinces, according to the language spoken. Nehru is endeavoring to unify the language and make Hindi universal.

* * *

Liberals in Canada are slipping; conservatives are gaining.

* * *

In the Brazil presidential election, the early count: Kubitschek 2,277,000; General Juarez Tavora 2,112,000, Barros 1,942,000.

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## Gods Green Acres

by Edyth

Autumn is here. Leaves are beginning to turn and fall to the ground. They remind us that cool days are coming. The chopping, sawing, and storing of wood must go on, in order that we may enjoy the comfort of the open fire.

Frost has come and destroyed the few flowers that were left blooming - dahlias, roses, zinnias, and anemones. Although most good foods have disappeared from the garden, we have enjoyed squash and green peppers.

Leaves have been raked and placed in the compost hole to make a rich mulch for the flower beds.

## FLICKER FLASHES

Where The Heart Is, a film presented by the U. S. Savings and Loan League, tells how the Savings and Loan Association helps to build one out of every three homes in the U.S.A. John

* * *

Promise Of The Trees, a film presented by Weyerhaeuser Forest Products, explains how wood pulp is made, and used in the production of paper, rayon, and cellophane. John

* * *

The Big Kitchen is presented by the House of Heinz, in Technicolor. We were taken from an apple blossom festival, through fields of tomatoes, peas, spinach and other vegetables, into the immaculate Heinz kitchens, where the "57 Varieties" are prepared. Margot

* * *

Let's Train With the Cardinals, is a sport's picture showing the St. Louis Cardinals in Spring training in Florida. It was very interesting, especially to the boys. Margot

## Back Talk

The Clinic received a nice letter from Nancy Hall. Fred, her husband, officiated at a wedding, while she provided the music. The wedding was a semi-formal affair and was beautiful. Nancy sends her love to all the girls.

* * *

The Clinic received a letter from Betsy and Bill Banks, who recently have moved from Huntington to Pittsburgh. They wanted to express their thanks and appreciation to Dr. Owen who had helped them so much. Bill said "hello" to the gang and said he surely missed Psychotherapy class.

* * *

The Clinic received a nice newsy letter from Ethel Marshall. She is busy with housework and also active in church work. She and her husband were going to the mountains on a vacation. We enjoyed your letter so much, but would like to see your smiling face once in awhile. We also would enjoy your cakes and cookies again, Ethel. Deaner

## COMING EVENTS

Nov. 8, 7:30 P.M. And You Never Know, Kenova Grade School P.T.A.

Nov. 8, 7:30 P.M. Preface To A Life, Wayne Grade School P.T.A.

Nov. 10, 6:30 P.M. Emotional Health, Business and Professional Woman's Club dinner meeting, Henry Clay Hotel, Ashland.

Nov. 13, 7:00 P.M. Emotional Health, Young People's Group, First Methodist Church.

Nov. 14, 8:00 P.M. Huntington Mental Health Association, Library.

Nov. 15, 7:30 P.M. Scattered Showers, Milton P.T.A.

Nov. 17, Afternoon. Discussion groups led by Dr. Owen: "Patients Are People." V.A. Hospital Nurses, Beckley.

Nov. 18, O. C. Club, regular monthly meeting at Edith Dean's

## IT'S HOW YOU TAKE IT

by Doris

"Why don't I ever get a break?" People who frequently ask this question are suffering from one of the most destructive forces of the personality -- self pity. They seem unable to meet the challenges and responsibilities of life as emotionally mature adults. Preoccupied with personal worries and feelings, they blame life for treating them unfairly. They cannot understand why unpleasant things happen to them or what they did to deserve such punishment. Chronic self pity may end in self destruction. Seeking escape from frustration many times leads to alcoholism or drug addition, to physical or mental illness.

Life does not flow smoothly for any of us. We must constantly make concessions, endure trying experiences and accept unpleasant situations. Bitter attitudes of resentment and revenge because the going is rough poison the outlook for useful, productive living. Indulging in an orgy of self pity only serves to magnify troubles and worries.

We can cure self pity by approaching life with a positive attitude. Avoiding idleness and serving others helps strengthen this approach and enables us to give of ourselves freely. We get out of life just what we put into it. We should learn the important values so that, with true perspective, we will not exaggerate ourselves and our problems. We can practice loving, confident family relationships, promote friendliness and fellowship. We can perfect skills and talents or do work that is constructive and satisfying.

Our religious belief can be of the utmost value in overcoming self pity for it gives meaning to life and helps us accept responsibilities. There is no room for self pity when we practice c of faith in ourselves, our f man and God. For true unders ing teaches patience and acce ance of all things without re ment, whether it be beauty or ugliness, joy or sorrow

## Has Been

by Deaner

Ione, Loretta and Hazel sp the week-end of Sept. 24 at t Clinic. They attended the Fr Fremont-Smith banquet, which held in the Marshall College Cafeteria. So long, girls, s you later.

* * *

Lillian visited the Clinic October 1. She is working, b isn't working over-time now. She enjoyed playing Rook whil here.

* * *

Edith Dean came in to see October 1. Her two sons are disappointed when she visits Clinic now and doesn't bring something home. When a patie she made articles in shop whi took home to them, so they st expect it. Edith is secretar the Huntington Mental Health Association.

* * *

Hazel drove down from Park burg for the week-end, Octobe She enjoyed playing Rook, Sat night. The cake she brought certainly was delicious. Tha so much, Hazel.

* * *

Hazel came to see us again October 22. She enjoyed play Canasta, Saturday night. We so sorry you forgot the cake time. Please remember the ne time. Don't let us kid you, Sounds as if we never have ca the Clinic, but Martha surely can bake them.

# Longview

Vol. 8, No. 4, Dec. 3, 1955
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## CHRISTMAS GREETINGS FROM US

How Americans love Christmas! The time for peace and good will to ll!

This is the time of the year when our families are happiest. Bobby ust loves the football that Santa brought him and Mary her doll. Nothng pleases parents more than to see their children happy.

The stores by having beautiful decorations and having Santa visit hem, whom all the children must see and talk to, really give the spirit f Christmas a big boost. Church plays and school programs contribute.

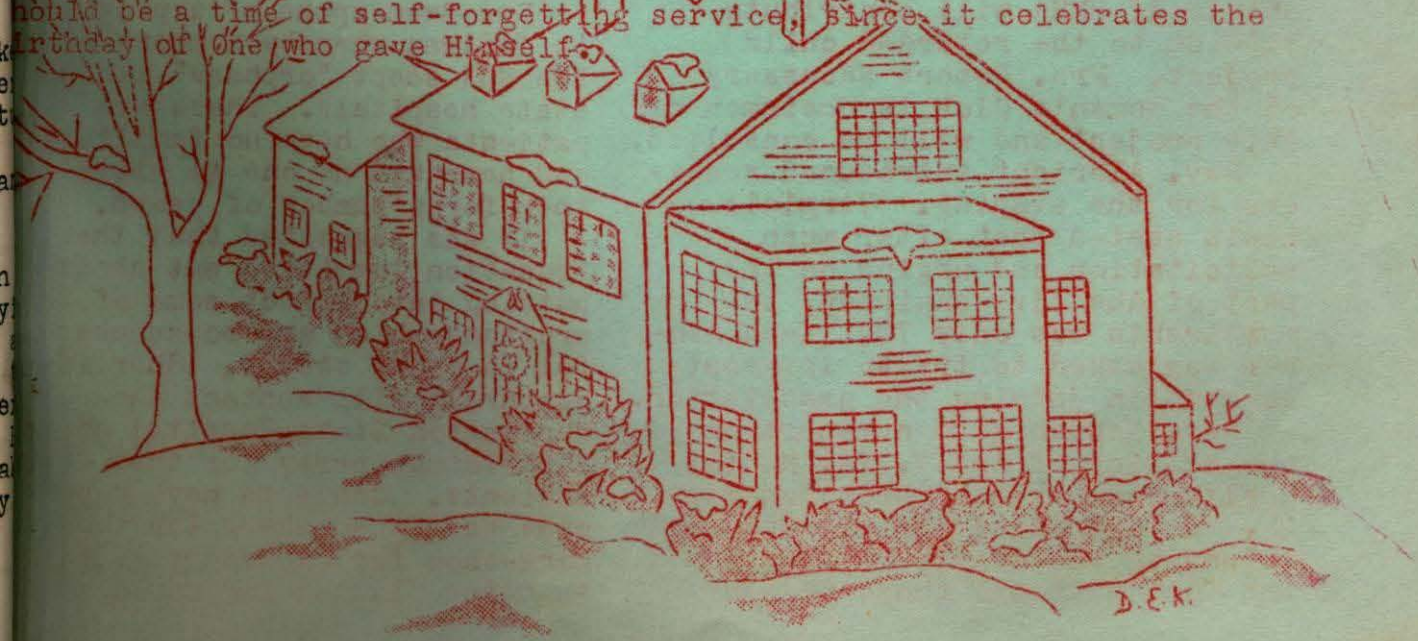
But have they taken Christ out of Christmas?

In the rush and turmoil of modern times many people seem to forget e real meaning of Christmas. They seem to forget why we celebrate ristmas. Christmas is supposed to be a time of rejoicing and paying ibute to Jesus, who was born on this day, and later died for us on the oss.

However, many people think only about the festiveness, celebrating d exchanging presents, which really is only a small part of Christmas. ey have even gone so far as to change the word "Christmas" to an abeviation "X-Mas," thus completely disregarding Christ.

We should give presents the receiver wants, not those you think he ght to want. Remember, giving places the receiver in debt. More estial are the loving words and friendly hand shake. Radiate warmth, pe, and love. Christmas is the time to make fellowman happy.

All of us should take stock of ourselves, and where we have been guilmake amends. Let's not take Christ out of Christmas this year! It hould be a time of self-forgetting service, since it celebrates the irthday of One who gave Himself.



# HUNTINGTON MENTAL HEALTH ASSOCIATION

by Hazel Browning

A meeting of the Board of Directors of HMHA was held at the Public Library Nov. 14, with the following attending: Sheriff H. D. Humphreys, Dr. Thelma Owen, Mr. and Mrs. Arthur Rave, Miss Virginia Lewis, Mrs. Lillian Weser, Mrs. A. N. Shires, Mrs. Marian Gray, Mrs. Claudia Spangler, Mr. C. B. Scott, Rev. W. M. Albright, Rev. Lyle Newman, Mrs. Edith Dean, Mrs. Russell Smith, Mr. Curtis Haines -- also, Sada, June, Margot and Hazel from the clinic.

The President, Sheriff Humphreys, presided. Rev. Newman gave a short prayer. Edith Dean, Secretary, read minutes of the previous meeting. The January meeting will be postponed until the 16th so that Margaret Hargrave of the National Association can be in Huntington to speak.

Rev. Newman was elected to fill a vacancy created by the resignation of Dr. William Colley. Mrs. Dean was appointed to obtain the address of Harry Gregg so that an expression of sympathy could be sent. Mrs. Weser, Mrs. Dean, and Mr. Rave were appointed to work with Mr. Scott in going over the budget. If funds are available, and permission of the United Fund obtained, HMHA will contribute $100.00 to the retarded child project. Mrs. Robert Necessary of the Woman's Club is chairman of this project and will be consulted.

Rev. Albright introduced speakers for the evening. Virginia Lewis stated that after much solicitation and urging on the part of the five chairmen, the membership was only 70. Each member was asked to try to interest someone in joining the association.

Rev. Newman gave a report on the meeting of the W. Va. Mental Health Society in Charleston Sept. 24. He expressed his pleasure in attending the meeting, stressing the fact that all those present were interested, active membe The HMHA and O.C. Institute w cited for their efforts in the interests of mental healt He quoted Dr. Frank Fremont-S who said that he had been at quite a few airports but had never before had one turned o to him, referring to the fact that the meeting was held at airport and every courtesy wa shown all members and guests the Society. Rev. Newman als quoted from Dr. Fremont-Smith speech that good mental healt means good human relations.

Dr. Owen told briefly of t National meeting which was he in Indianapolis Nov. 4-6. Sh gave facts about how mental health associations in other states are progressing in bri ing a better picture of menta illness, its treatments and cures to public attention by use of newspaper articles, ra and TV programs. De-stigmati ation will result when people have learned that mental patients can be cured and go ba to jobs even better qualified for their work. This is bein accomplished in some states, where ex-patients tell their own stories to the public.

Dr. Owen spoke of a progra in Indiana whereby members of the MHA adopt "orphans" at th state hospitals. These are patients who have no families and have had no one to visit them for a number of years.

It was suggested that the Education Committee set about putting into effect some of t programs which are so successful in other states. Sheriff Humphreys will contact the Huntington State Hospital abo a Christmas party for the patients. Contacts have been made to get speakers for the work-shop for ministers which is being planned for March,

# THE GREAT GIFT

by Doris

"And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Savior, which is Christ the Lord!".

Once again we are about to unfold the age old story of Christmas, which never ceases to thrill and uplift our hearts. It is a season of delight; a time for raising our voices in praise of Him who was the greatest gift of all. We envision a master plan of life in the message of peace on earth, good will toward men.

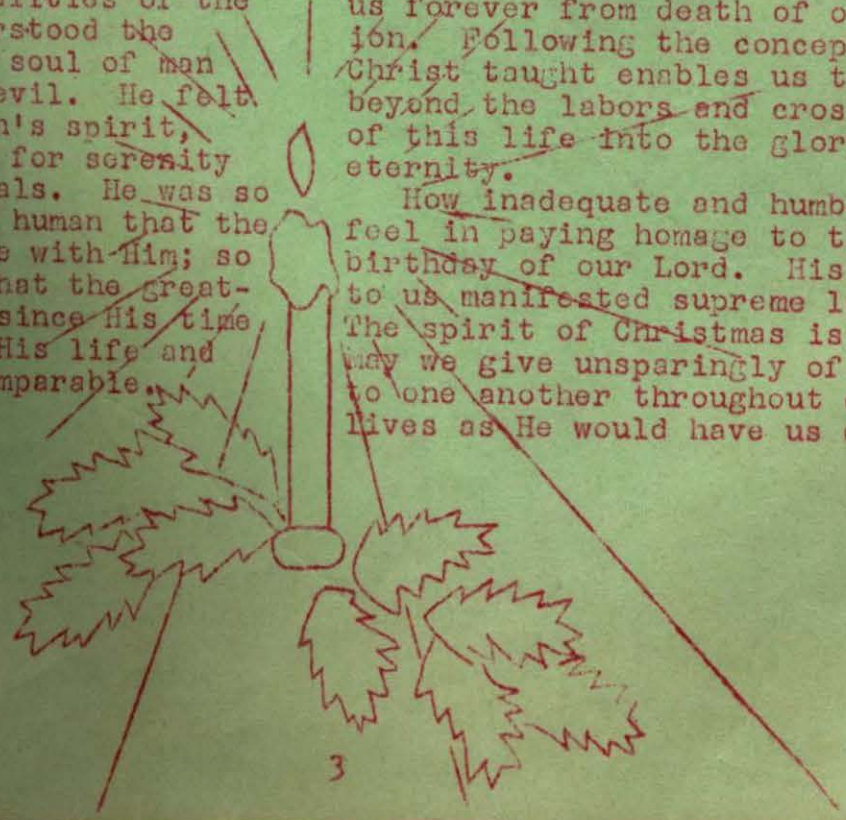
The birth of our Lord was the fulfillment of a promise so magnificent that we are unable to encompass its infinite meaning. He came to give light to those who sit in darkness and in the shadow of death and to guide our feet towards the way of peace. He desired that we might have life and have it more abundantly. Christ knew that we needed guidance in our voyage to eternity.

He knew the frailties of the flesh and He understood the strife within the soul of man between good and evil. He felt compassion for man's spirit, which ever yearns for serenity in a world of ideals. He was so unpretentious and human that the lowly were at home with Him; so wise and divine that the greatest philosophers since His time have looked upon His life and teachings as incomparable.

In His three years of ministry He taught the art of handling ourselves that we might help others, and in so doing, enrich our own lives immeasureably. He was the great Physician, healing physical afflictions wherever He journeyed. He was the great Psychiatrist, teaching the concepts of good mental health to all who would listen. His own life exemplified in perfection these concepts: Being of service to others, leading a busy, useful life, unselfishness, holding no grudges, bearing no malice, extending self love to others, and leading a clean, moral life founded on faith and love.

Again and again He stressed love, for He knew that love which is great enough can overcome all things through understanding and acceptance. He taught us prayer that we might be lifted from despair, that we might be refreshed by faith and be comforted in times of stress. The cup of bitterness which He accepted in our behalf raised us forever from death of oblivion. Following the concepts Christ taught enables us to see beyond the labors and crosses of this life into the glory of eternity.

How inadequate and humble we feel in paying homage to the birthday of our Lord. His gift to us manifested supreme love. The spirit of Christmas is love. May we give unsparingly of it to one another throughout our lives as He would have us do.



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Journalism Instructor
M. G. Stemmermann, M.D.
English Instructor
Edyth

## JOY, HOPE AND LOVE

by Sada

Christmas is celebrated in all countries as the birthday of Christ. The name Christmas comes from the early English term Christes Masse which means Christ's Mass. The date in most lands is December 25. It is marked by religious services, by the exchange of gifts, and merry making. Without the Christmas tree, holly decorations, mistletoe, the feasting and Santa Claus, the day would lose much of its meaning to families. The custom of sending greetings on Christmas cards started more than fifty years ago.

Weeks before Christmas in almost any community, we find various clubs and organizations on the street corners soliciting funds for the needy and for the many parties given for underprivileged children. Then, there are the crowded shopping center and the glowing lights both in business and residential areas.

Little children begin early writing letters to Santa, watching T. V., listening to radio, visiting the toy shops, talking to Santa. All on th good behavior excitedly awai the white bearded, jolly old Saint Nick, with his reindee and sleigh bringing the toys and goodies their little hea desire.

The White Christmas has b come a common practice in ma religious and social organiz Groups gather a few days bef Christmas, singing carols an bringing baskets of food wra in white paper. The baskets placed around a Christmas tr or the altar, songs are sung and pageants are given depic ing the birth of Christ. Th food then is distributed to needy families. Christmas s stories, or pageants all giv one a feeling of joy, hope, love.

## NEW YEARS

by Josephine Connelly

It is a customary practice of many people to each year approach January First with a list of resolutions, with the idea in mind to improve upon the all-over picture of the preceding year. While it is true that the majority of the aspirants to perfection do not attain their goal, the idea back of it is good.

Before us stretches a new, untouched period of time, once to begin with a determination to see through to a successful finish. However, it is a lot easier to write down a long list of resolutions than it is to see them through successfully and many make the mistake of setting the goal too high. If enough thought and effort are put into the project of self-improvement, success can be achieved and at the end of the year we can look back over this period with a feeling of satisfaction of having done a good job, with enthusiasm for the days to come.

## CHRISTMAS IN GERMANY

by "Jo"

Although Christmas is celebrated all over the world, there are differences in customs in different countries. At the time I am thinking about Germany. Ever since leaving this country I have been unable to recapture the Christmas Spirit I experienced there.

The Christmas season begins earlier in Germany than here, starting with the first Sunday in December. This is called "First Advent" and it is followed by "Second", "Third", and "Fourth Advent". People begin decorating their homes at this time, usually by hanging a wreath of fir over the doorway, and in the windows. They begin with one candle and add another on each of the following Advent Sundays.

At this time the traditional Christmas cake, called "Stollen" is being baked. This is a fruit-and-nut-cake in the shape of a loaf, sprinkled with powdered sugar. For the children there are "Advent Calendars". This colorful calendar has 25 little windows, and each day beginning with the first of December, the child is allowed to open one. It's amazing how it seems to shorten the time until Christmas for the children.

In most parts of Germany the night before Christmas, called "Holy Eve", is celebrated also. It is then, usually, that presents are opened and Christmas Carols are sung. Christmas morning is reserved for worship at church, followed by Christmas dinner.

Unlike American custom, there are two more holidays celebrated, the 26th and 27th of December. The Christmas tree, the traditional fir-tree, is decorated about a week before Christmas and remains up until January 6 - which is "Holy Three Kings".

## CHRISTMAS SHOPPING AT O. C.

by Deaner

It seems to me Christmas gifts are much like religions -- as many different kinds as there are individuals. Christmas is a time we like to make people happy. The fact that we are patients at Owen Clinic and are unable to go shopping, doesn't mean we can't make someone happy.

Each patient is very busy making gifts for someone. In wood working shop we make trays, lamps, scrap books and many other things. We also make scarves, ties and hand stencil these. Dolls and stuffed animals can be made for the children.

During this time we are planning to make someone else happy, we are helping ourselves to get well. Our gifts may not be the best, but we think they have more lasting value than those we can buy in stores.

## CHRISTMAS

by Hazel Browning

Christmas with its wreaths of holly,
Children waiting for Santa Claus jolly.
Gifts around the tree for all,
Friends in to call,
Snowflakes beginning to fall;
Turkey and all the trimming;
Rushing and hurrying ending;
We take time to think of the Child
Who was born on this day
To lead us in the way
Of love and service to fellowman.

MERR
CHRISTMA

Dec. 3, 1955

Dear Santa:

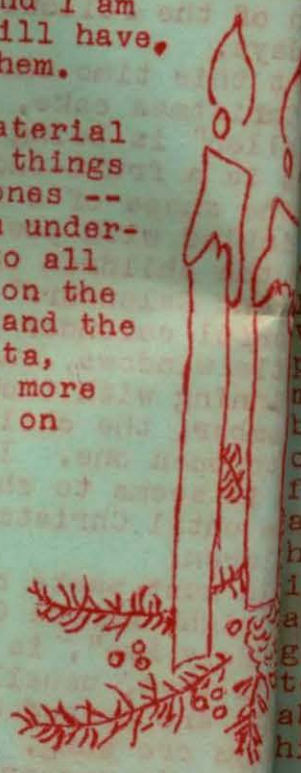
You may think it strange to receive a letter from a woman of my age, but as you probably receive many strange letters, you may not be surprised.

First of all, Santa, I want to thank you for the many happy Christmas times you have given me. I am afraid I have neglected to thank you in the past. Please forgive my oversight, but you see this year, I am trying to count my blessings, and I am amazed at how many I have had and still have. Thank you, Santa, for your part in them.

This year I am not asking for material things. This year, Santa, I ask for things of the spirit, for myself and loved ones -- peace of mind, faith, courage, and an understanding heart. Be especially kind to all those in mental hospitals. To those on the outside, will you give understanding and the will to help. This is all I ask, Santa, except that in the hearts of men once more may ring the immortal refrain, "Peace on earth, good will toward men."

Sincerely,

Margot.



HAPPY
NEW YEAR

# IT'S HOW YOU TAKE IT

by Doris

This month psychotherapy is literally coming out our ears, but we hope some of it stays imbedded within our little grey cells. Group discussions have been most interesting, what with Dr. Owen carefully pricking super egos right and left and stimulating us to T-H-I-N-K. Unmasking the unconscious is not easy and it certainly is not complimentary, but honest evaluation of one's self is necessary in order to gain insight. We usually forgive our psychiatrist not once, but several times a day. After all she has innumerable good points and is many times quite useful. We who are fortunate enough to be her patients would not like to do without her.

For the past few weeks we have studied the drives of man. While each of us differs as an individual, we all have the same basic desires. There are five powerful drives which serve as fuel for the mind and which must be satisfied, if man would live in harmony with himself and his fellowman.

All drives stem from the first one - the drive to live which is present at birth. Self preservation may be accomplished by physical or cultural acts. It matters little whether it be a baby or a book, just so long as our procreative desires are fulfilled satisfactorily. Man has also added another prerequisite to his desire to live - he must live in comfort. By using foresight and judgment, tools of intelligence, and employing his talents to the best of his ability, man is able to live comfortable within his environment.

The desire to love and be loved is a powerful drive, closely tied with the desire to live. The baby shows it around the age of 3 to 6 months with his first smile. This first smile, which delights the heart of mother, is but an acknowledgement by baby that here is someone to love and pamper him for he exemplifies love in its beginning form -- self love. It must be nurtured carefully to ensure proper development and mature into self respect. Around the age of six, a child's love extends to members of the same sex and he needs the companionship of playmates. With adolescence, love of the opposite sex becomes apparent. The years between twenty and forty are known as the romantic stage, for it is during this period that marriage occurs and home is the center of interest. Whether married or single, it is important to build one's self during this time in preparation for the last stage of the love drive - love of fellowman, which should begin to be the chief interest around the age of forty. These years should be the productive ones. Unhampered by family ties, man is at his best to practice altruism, to serve his community, to give of self so that the world may be a better place for those to follow.

The desire to believe in something everlasting is the final drive. It grows with the years, as we learn to shift from the material to the spiritual. Religion gives meaning to life and helps us accept its changes, which are many times tragic and full of conflict. Our religion should uplift and comfort us in times of stress and guide us during serene moments. It should give us understanding, help us to do our best, live unselfishly, and accept without resentment the things we cannot change. True religion is practiced daily to satisfy a quest for the eternal, for it is a way of life that guides man to immortality.

# Institute Doings

October 26, Preface To A Life was shown to a group of approximately sixty people at the regular midweek prayer service of the First Methodist Church. After the devotional, which was in charge of the Assistant Pastor, Reverend Douglas Sheppard, the film was shown. Then followed a lively discussion led by Dr. Owen.

The question was asked, "Where do you draw the line with letting a child have excessive freedom?" Dr. Owen said: "Give a child discipline but consider his needs. Lay down ethical, moral and religious codes and you don't need to worry about your children. A child will copy or follow the pattern of his home life."

"Do you feel much of the parents' teaching is unconscious?" Dr. Owen's answer was, "Yes." Children follow the example set by parents, unconsciously.

"Do most of your patients come from the paddle or the pattern?" It doesn't make any difference, but if you use the paddle you are admitting defeat. Lots of parents paddle a child because they were punished by the paddle method.

Sada

* * *

Fri., November 4, the play Scattered Showers was presented to the Guyandotte Woman's Club at the Guyandotte Methodist Church. It was the first showing of the play this year a approximately 50 people att The meeting was opened by M Alexander, President of the with everyone singing the Na ional Anthem, followed by th Salute to the Flag.

Rev. Virgil Ware, Pastor the Methodist Church gave th devotional service. In his he touched on the subject of mental hygiene as seen throu the teachings of Jesus. Jes put great emphasis on gainin maintaining good mental bala Reverend Ware gave five poin found in the New Testament p taining to mental health.

1. Service.
2. Being interested in o people.
3. Activity - keeping ou selves occupied.
4. Having a proper attitu toward other people: "Judge not - lest ye be judged."
5. Losing oneself in some thing bigger and more importa than one's own meager self.

Following a short prayer b Reverend Ware, Mrs. Fred Wese Vice President of Owan Clinic Institute, introduced the cas which is a new cast this year It consists of Mrs. Kay Minic Mrs. Edith Dean and Mrs. Sybi Hoover. The play deals with the emotional climate of the family in relation to rearing children. It was presented very well, and everyone seeme to enjoy it very much.

Following the play there w a very active discussion peri led by Rev. Lyle Newman. One of the things brought up for discussion was the question o pro's and con's of spanking. It was generally decided that there definitely is a place fo occasional spanking in the use of discipline. However, there is a difference between a spa ing and a beating.

It must be taken into con-

deration that the child is individual with a personality his own, and should be treat- as such. Parents frequently e their own childhood exper- nces as a guide in bringing their children. What applies one generation does not nec- ssarily apply to the next eneration, just as there are two children exactly alike.

Finally the subject of child uidance books was discussed, nd everyone agreed that books re certainly indicated and can e very helpful, but should be sed within reason. After the iscussion period a short bus- ness meeting was held, at the nd of which we enjoyed coffee nd cake. "Jo"

* * *

And You Never Know, was pre- ented to the Kenova Grade School .T.A. by the O. C. Institute, n Nov. 8, with 75 attending. r. Owen led the discussion with he following questions.

1. How many thought it was a rue family scene?
2. Were there any fathers at- ending who were not jealous of their first child?
3. How many have that problem?
4. Who was responsible?
5. Isn't it natural for the child to hate and love his parents at the same time and vice versa? John

* * *

Preface To A Life. was pre- sented to the P.T.A. at Wayne Grade School, Nov. 8, About 66 people attended. Reverend Lyle Newman, Pastor of the Madison Avenue Christian Church of Huntington, led the discussion.

After the invocation, given by Reverend Newman, he gave a short talk on mental health. He mentioned that in the past year about 160 articles had been published in different magazines, in order to get the public better acquainted with the mental health program. He also briefly discussed the fact that many people are hesitant about going to a psychiatrist. People have no inhibitions about consulting an orthopedic doctor when they have a broken leg, so why should they be afraid to see a psychiatrist, when their emotional needs require his services.

Following the film a short, but fairly active discussion period was held. One parent readily admitted feeling rather inadequate. Several parents agreed that it is obvious that we are doing the child an injustice, if we try to mold him according to our own wishes and ideals.

Finally the questions of quarreling among children was discussed. Except for serious fights, where interference of an older person is indicated, childrens' quarrels can be educational to them. Through their own little quarrels, children prepare themselves to live in a world with people of different opinions. Children usually settle their problems better among themselves, without parental interference. "Jo"

* * *

Thursday, Nov. 10, Dr. Owen, Sada and Terry were guests at a dinner meeting of the Business and Professional Woman's Club, held at the Henry Clay Hotel in Ashland. In the center of each table was a colorful arrangement of fall flowers. After the Collect was read by Mrs. Martha B. Nester, about sixty members and guests were served a delicious dinner -- baked chicken, gravy, mashed potatoes, green beans, lettuce salad, cranberry sauce, hot rolls, coffee and ice cream.

Mrs. Judy Geist, Chariman of the Health and Safety Program, introduced Dr. Owen, giving a brief history of her life as psychiatrist, lecturer and author,

as well as extending congratulations to Dr. Owen on having been recently honored by listing in Who's Who in the East.

After the film, Emotional Health, a lively discussion was led by Dr. Owen. "Is mental illness increasing due to social speed?" Yes, it is increasing, but also being recognized and treated. Dr. Owen also reminded the group of the fact there was no couch in the room where the patient shown in the film was being treated.

"Doesn't home life have a lot to do with mental anguish?" Yes, we have to go back and understand the basis. Faulty habit patterns are laid in childhood. Most of us were not trained in mental precepts. Mental health has nothing to do with the I.Q. We find more mentally ill with average I.Q's because there are more people who have an average I.Q. The difference between us and people in mental hospitals is that the latter are more sensitive people. Some of us are stronger physically than others, just as some are better able to stand up under stress than others.

"What is the difference between the psychotic patient, and the psychoneurotic patient?" The first has odd ideas and is out of touch with reality. The latter is in contact with reality on all subjects, except his own aches, pains and fears.

"Is there just a small line between the genius and the mental patient?" The genius has a tendency to stay off to himself, sometimes called withdrawing from others. Everyone of us has been mentally ill when we get angry excessively or go to bed at night and worry. A common reaction to fear is worry. If one gets a minor cold one does not go to a doctor, unless it hangs on. It is the same thing with worry. If we continue to worry, we should see a doctor. The drive to believe in something everlas and having faith should help to achieve and maintain good mental health.

* * *

The second showing of Sca Showers this year was given 14, to the P.T.A. of Milton School. Approximately 75 pe attended. The meeting was o with Salute to the Flag, fol ed by "America the Beautiful

Rev. A. E. Tulloh, minist the Milton Methodist Church the devotional service. His was "Peace," taken from St. and he gave three propositio

1. Peace is our Desire
2. Peace is our Problem
3. Peace is our Responsi

Dr. Thelma V. Owen modera an active discussion, follow the play. It was asked if t wasn't a little of all three mothers in each of us. Dr. explained that there should order to keep a balance. It important to be calm in some uations, and although the ex of the oversolicitous mother the yelling mother may be a extreme, both had some points are necessary in affection an discipline.

The emotional tone of the mother, or parents as the cas be, is very important, as it affects the child. Children from their parents, and also very keen senses. They well when the mother feels upset, trated or defeated, although fact may not be apparent to t mother.

Fighting among children wa brought up, especially in sib of approximately the same age where one is aggressive and t other timid. It is best to l them fight out their own batt In time, the timid child will stand up for his rights, with any harm having been done.

At the end of the program Owen was presented with a bea glass pitcher. The players r ed buddvuses.

Institute Doings (cont.)

Nov. 14, Dr. Owen, Carol, and Terry attended the Fifth Avenue First Methodist Church Young Peoples' Group meeting. Emotional Health was shown to about 40 individuals. Dr. Owen moderated ably and stated that the psychiatrist guided you while you cure yourself. She said, "Control your emotions and you control your behavior." Dr. Owen took exception to the sentence in the film: "You're not crazy and you never will be."

How do you realize you have an emotional disturbance? If you're reasonably happy and content, you have good mental health. You cannot separate mind and body. Loss of interest and fatigue are danger signals. Glandular disturbances are rarely the cause. Imaginary pains are real. We say we're "nervous," although the nerves are not affected. 50% of all hospital beds are psychiatric.

Carol

* * *

Scattered Showers was presented Nov. 22, to the Amherstdale P.T.A. in the Community Building. About sixty five people attended.

James Chambers, principal of the school, introduced Dr. Owen, who gave a brief background of the mental health movement. After explaining that these plays are sponsored by the National Association for Mental Health, the cast was introduced. Mrs. Lillian Weser, understudy for Mrs. Kay Minnick, Mrs. Sybil Hoover, and Mrs. Edith Dean all gave excellent performances. Mrs. Dean, getting her foot tangled in the ball of knitting yarn, was quickly rescued by other members of the cast, the entanglement being obvious only to those better acquainted with the performance.

Discussion followed the play. How many mothers had a course on how to be a mother? Dr. Owen said that to be an ethical mother, all we need is $3.00 for a marriage license, but to be an engineer, accountant or such, we must take a course of training to prepare ourselves for a career.

What should the mother have done with Junior for throwing his shoes in the river? Spanking a child is being a bully because we are bigger than the child. Such action admits defeat. "I possibly would not have spanked Junior, but would have given him a good scolding." We often slap our youngsters when we are angry to relieve our own emotions.

Is a child the age of Mike capable of handling situations like burial of the dead fish? Some mothers would demand that the child throw the fish away. Then the child would in turn get into something else. We should remember those things are important to children. Between ages four and six they have a big imagination which is normal. A small child doesn't know what realism is.

In analyzing the three mothers in the play, Dr. Owen brought out the point that Richard's mother brought her child up with the attitude that all a child needed was food and clothing, and it was necessary to make him behave. We learn through study of childhood reactions that it is this type of child who becomes rebellious. Junior's mother, who was the overanxious type, was afraid she was going to repress her child who would grow up to hate her. Mike's mother, the stable mother had learned that children are taught by example, and it is important to take things easy and remain calm. She exemplifies this when she begins giving instructions to Mike on how to tie the sandal to the end of the rope on the boat and throw to her. She says, "Mike, Mommy doesn't often give you orders but when she does she means it!" If we fuss at a child for every little thing, then he will begin to pay no attention.

About 150 pieces of literature on child care were distributed, after which we enjoyed delicious pie and coffee.

Sada

# Buck Talk

by Deaner

The clinic received a newsy letter from Sarah. She is active in mental health work, and has given Whitfield State Hospital a T. V. She also thanked Dr. Owen for taking such good care of Terry.

* * *

On Thanksgiving morning we all were gathered in the living room having journalism class, and to our surprise a man appeared at the door with a beautiful basket of flowers. We thank you so much, Sarah. They were beautiful. We all appreciated them so much.

* * *

We received an eighteen pound turkey for Thanksgiving from Carol's mother. She hopes we have a pleasant holiday.

* * *

The clinic had a nice letter from Betsy and Bill Helmick. He is liking his new job just fine. He wishes to say "hello" to everyone, and hopes we are getting along fine.

* * *

Dick Smalley is out of the hospital, and getting along fine. He wants to thank everyone for the nice get well card he received from the patients at the clinic. You are quite welcome, Dick.

* * *

Betty Brickles, who is living in Gallipolis, Ohio, tells us she is getting along fine. She enjoys reading Longview, and listening to the radio program Hiways To Health.

* * *

Dr. Owen received an interesting letter from Rev. Ralph C. Drisko, Richmond Hill Baptist Church, Richmond Hill, New York. He thanked her for the October issue of Longview which impressed him so much. Most of all he wanted to congratulate her for being honored in Who's Who. He was also delighted to read about the celebration of the first Annual meeting of the West Virginia Mental Health Society.

* * *

Dean G. W. Whiting of Bluefield State College wrote Dr. Owen a nice letter. He had attended a meeting of the Mercer County Mental Health Association recently and heard of the state meeting in Charleston. He wanted to thank Dr. Owen for the interest she had shown in his college and him. Hiways To Health will be broadcast in Bluefield over both of their stations, and he thinks it will help to acquaint the public with the work of the clinic.

* * *

## COMING EVENTS

Dec. 17, 6:30 P. M. Annual O. C. Club Christmas dinner, East Camp. Phone in your reservations to June Spurlock -- Tel. 37885.

Jan. 5, 7:30 P. M. And You Never Know. Johnson Memorial Church.

Jan. 16, 7:30 P. M. Huntington Mental Health Association regular meeting. NAMH speaker and place to be announced.

## CHRISTMAS SPIRIT STRIKES!

by Carol

In preparation for Christmas at Huntington State Hospital, the Huntington Mental Health Association and the Women's Auxiliary are planning parties on each of the wards. Mrs. Fred A. Weser is instrumental in getting a present for each patient and we thought she could use a little help.

Dr. Owen sent out a call and we have received many boxes of clothing, jewelry and other items, in which the owners had lost interest or had outgrown. We have repaired, cleaned and gift wrapped for weeks and as we go to press we have 400 presents ready.

Energine, soap, water, wax and metal polish have held the fort. Every day at least six patients have given their group activity hours. Among the presents are ties, scarves, handkerchiefs, skirts, dresses, socks, handbags, corsages, and jewelry.

Patients lacking families will receive specially earmarked presents. Gifts will also go to the 500 patient employees. Articles that are not in good enough repair for presents will be sent to the Salvation Army.

## RATIONALIZATION ????

Each year it is the custom of the doctors to write a Christmas greeting to our readers. The deadline for the paper has arrived and no message has been written by either Dr. Stemmerman or me.

For those of you who wish a message from me I suggest you read the accounts of INSTITUTE DOINGS. Last month's paper carried many like accounts and beginning with the February issue you will read many more such. I intend to spend the entire month of December with my immediate family -- my patients.

You may also read in this paper an account of our project for the state mental hospital patients. Also you may read about our radio programs. Dr. Stemmerman has spent every moment of her time supervising or writing these projects. She is also going to devote the month of December to OUR patients.

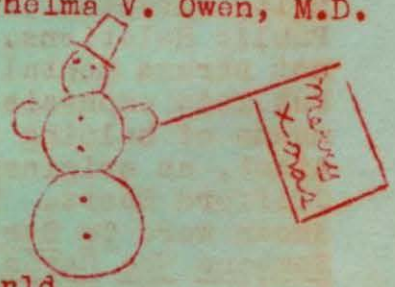
So --- we tritely wish you all a very HAPPY CHRISTMAS SEASON. We pledge we will begin in January and spread the Christmas spirit continuously until next December, when plenty of others take over.

Thelma V. Owen, M.D.

## GREETINGS

from Ethel Marshall

Christmas, awake! Salute the happy morn
Whene'er the Saviour of the world was born.




Will it be one of noisy confusion, garish decorations and selfish chattering about -- "What I want for Christmas?" Or will there be an atmosphere of joy in the coming of Jesus, of happy planning for the needs of others, and the quiet dignity of reverent worship? Surely it is the second type of Christmas which each of us wishes for our loved ones and friends around the world.

Christmas greens, candles and music all add quiet beauty to any setting. I find just that as I have had the opportunity of visiting Owen Clinic at the Christmas season and hope to find this season. A Merry Christmas to one and all, near and far.

# NATIONAL ASSOCIATION FOR MENTAL HEALTH

by Doris

On Thursday, Nov. 3, Dr. Owen flew to Indianapolis, to attend the fifth annual convention of the National Association for Mental Health. The meeting, held at the Sheraton-Lincoln Hotel, had for its theme: "America Faces Its Number One Health Problem -- Mental Illness."

Registration began at 9:00 A.M. Friday, with 440 registered and 110 more attending luncheons. This was the largest registration to date for a NAMH convention. Thirty-eight states were represented, including Hawaii and Canada. In 1945 eighteen states had mental health societies, representing one hundred local organizations. At present thirty-five states have mental health societies, and four hundred fifty local organizations affiliated with the National Association.

At 10:30 A.M. a meeting was held in the Lincoln Room on Previews and Program Uses of New Mental Health Films. Leaders were Edward Linzer, Director of Education Services of NAMH, and Harry Milt, Director of Publicity and Public Relations. The meeting did not stress mental health, per se, but laid emphasis on ways and means of helping the mental patient, as originally advocated by Clifford Beers. Three movies shown were To Serve the Mind -- Someone Who Cares and Search For Sanity. Someone Who Cares is reviewed elsewhere in Longview.

Mental Illness - A Challenge to the Nation was the topic of the keynote luncheon. Harold W. Elley, Ph.D., Chairman of the Board of Directors of NAMH, presided. Speaker for the meeting was Sidney Spector, Director of the Interstate Clearing House on Mental Health and a member of The Council of State Governments. Mr. Spector stated that mental health is a challenge for the nation. He discussed the plan of having a governors' conference on need state hospitals with efforts set up an interchange of pati to hospitals closer home wher families could visit.

At 2:30 P.M. there was a general session on Meeting The Challenge. Chairman of the meeting, Dr. Margaret E. Morgan, Commissioner of the Division Mental Health of the Indiana State Board of Health, outlin the problem, prevention metho and community services. Representatives of the national gov mental agency and professiona voluntary associations most cl ly concerned with mental illn discussed their roles in deal with the problem. Social age have not proved preventative. was noted that out-patient gu ance is highly successful. Fe ring the number of re-admissi shows how little is known and points out the necessity of eve ating progress in clinics, sch and communities. Interest sho be focussed on the basic need research.

Dr. Curtis G. Southard, Ch of Community Services Branch the National Institute of Men Health, told of work they were doing in the training field. 1955 over $3,000,000 was spent. To date, funds have given 35, people training and helped seventy-three medical schools. Money is available but the difficulty lies in getting enough qualified applicants. Funds also available for workshops. Southard talked about family research of schizophrenic patien He said the most important problem is the emotional health of parents. He believes there sh be team spirit between public and private institutions.

Dr. David Slight, a Directo of the Mental Health Centers o the Illinois Department of Pub Welfare and a member of the

American Psychiatric Association, stated that normal people share the same delusions while abnormal people have their own personal delusions. He spoke of the art of living. While much is known about it, little of the knowledge is applied.

F. Barry Ryan, Jr., President of NAMH, pointed out that this nation is having difficult time because we had never developed a culture of our own until after World War I. There are 50,000 new cases of schizophrenia each year, more than stricken by polio, and many go untreated. There are no rehabilitation centers in communities although around 100,000,000 people need help. The NAMH is back on its feet again but the surface has just been scratched.

During a coffee hour held at 4:45 P.M., the NAMH Board, conferees, delegates, and staff had an informal get-together. Dr. Owen met field representatives, getting the names of five for the ministers' workshop in W.Va. for local associations.

At 7:30 P.M. there was a general session on Programming in Mental Health. Mrs. Jay H. Roth was chairman of this open meeting to discuss the findings of the NAMH Committee on Nationwide Activities and Program Development and their implications for the future of the mental health movement. There were many suggestions on mass media, plays, dramas, and misconceptions. The concensus was that mental patients who have gotten well can do most to erase the stigma of mental illness by telling their stories freely.

On Saturday at 9:30 A.M. there was a general session on Fund Raising and ways of reaching the public. People in general really do care about mental illness. Excellent methods of getting knowledge to the public are through radios, TV, and newspapers. Now that mental illness is being cured, people want to hear and read about it.

At 12:30 P.M., Dr. Paul V. Lemkau, Director of Mental Health Services of the New York City Community Mental Health Board, presided at the research luncheon. What the layman should know about research and its application, various kinds of research, research methods, and limiting factors were discussed. Also on the agenda were the kinds of research that are appropriate for the NAMH and the criteria by which specific areas of research and research projects might be chosen.

The general session on Public Relations began at 2:30 P.M. with Mrs. A. Felix Dupont, Jr., a member of the NAMH Board, as Chairman. Most people suddenly confronted with mental illness do not know where to go for help. There should be a center in every community to give information on local facilities and cooperation among all local groups. Legislators, politicians, women's clubs need to be made aware of the problems and needs of the mentally ill - so that their help can facilitate progress.

The fifth annual banquet was held at 7:30 P.M. F. Barry Ryan, Jr., presided at this meeting, -The Goals For Which We Strive- Luther W. Youngdahl, United States District Judge gave an inspiring address to approximately 600 persons. He stressed the necessity of treating sick patients with respect.

Sunday, 9:15 A.M., a general session began on Educational Activities for Mental Health Associations. Dr. Julius Schreiber, chairman of this session, is chairman of the NAMH Education Committee. This was followed by an 11:00 A.M. meeting on Workshops on Educational Methods.

The Education Committee, with Dr. Julius Schreiber as Chairman closed the convention. It was

NAMH (cont.)

brought out that mental illness stimulates anxiety which must be relieved, not excited. There are many false conceptions and much confusion which must be cleared up to clear the road for progress in treating the mentally ill. False pride must be dealt with among families. The point was made that any illness or behavior has not one, but multiple causes. Prejudices, against mental illness develop early, making it quite difficult to change them. Discussion brought out the idea that state mental health associations should have a broad view, with knowledge of all state facilities and personnel. Clinics should also be on a state wide basis so that personnel can be distributed wherever needed.

BECKLEY VA HOSPITAL

by Doris

Thursday morning, Nov. 17, immediately following group psychotherapy Dr. Owen and your reporter began a 2 1/2 hour drive to Beckley, where Dr. Owen was scheduled to address area hospital personnel at the V.A. Hospital. Despite snow rumors, the day proved clear, sunny, and exhilerating, a delightful jaunt with Dr. Owen at the wheel.

Upon arrival at the hospital, Dr. Owen was graciously welcomed by Miss Gladyce D. Garst, superintendent of nurses. A lovely room and bath were placed at our doctor's disposal, but indefatigable soul that she is, Dr. Owen preferred giving her time and knowledge rather than resting, -- which she considers a waste of valuable energy.

Miss Garst, greatly interested in the mental health movement, discussed at length various problems confronting workers in this field. She asked Dr. Owen for pointers in setting up a program for the W. Va. Welf Council Meeting to take pla next May in Beckley. Dr. O explained the value of havi workshop with qualified spe such as field representativ from the National Associati for Mental Health. She str two important objectives: s up an information center in Beckley that could be run b people and working for legis lation that will improve th of the mentally ill.

At 3:30 P.M., Breakdown, movie concerning treatment recovery of a schizophrenic patient in a state instituti was shown in the hospital au torium. Mr. Freeman, head of the psychiatric division the Veterans Hospital, intro Dr. Owen to an audience of approximately 80 people.

Dr. Owen stated that sinc audio-visual education is so important these days, she be ed the film would be helpful answering many questions peo have in their minds about me illness. She pointed out th the psychotic schizophrenic not imagine hearing voices b actually does hear them. Me illness is the illness that the highest recovery rate of serious illness given adequa treatment. When cured, there no residual disability. Inst the individual has insight a understanding which enables to live a happier life than before.

The question was asked if discharged mental patient wh another break does so because has not completely recovered. Dr. Owen explained that when a break occurs it is because individual did not remain hos talized long enough to get sufficient insight. A person with a low I.Q. can get well out much insight but one with high I.Q. wants to know what happened to him and must unde stand underlying causes.

VA Hospital (Cont.)

The Beckley VA Hospital at present is not using Thorazine. Dr. Owen was asked about its use in conjunction with other forms of treatment. She replied that all forms of treatment can be combined with Thorazine because it does not interfere with any medication. She stressed the fact that medicine does not cure the emotionally ill patient. He cures himself through gaining insight.

Referring to the stigma attached to mental illness, Dr. Owen stated, "Mental patients are just people." While many persons have the attitude that the mentally ill are not of the same clay, they never stop to think that but for the grace of God they could be victims of the same illness. Everyone has moments of irrational behavior, but well adjusted people bounce back quickly, regaining self control.

At the conclusion of the meeting many people joined Dr. Owen to express appreciation for her visit and the understanding they had gained. Among them were nurses to whom Dr. Owen had lectured during their student training in Charleston. Mrs. Nathan Pickus, chairman of the mental health department of the Beckley Woman's Club expressed a desire for Dr. Owen's help in forming a Mental Health Association in Beckley.

We left the hospital to enjoy a brief visit in the home of Mr. and Mrs. Jay Woods. Mr. Woods, Dr. Owen's first cousin, commented the visit was a special occasion, since Dr. Owen devotes so much time to her work that relatives see very little of her.

Then home - to Owen Clinic - with a stop at the Glass House near Charleston for a sumptuous shrimp dinner preceded by shrimp cocktail.

P.S. A trip with Dr. Owen is a treat!!!

## OWEN CLINIC CLUB

by Margot

The Owen Clinic Club met Friday Nov. 18, at the home of the club president, Edith Dean. Ten members and seven visitors were present.

Edith opened the meeting with a reading of Psalm 60, verse 3, followed by a prayer. The secretary read the minutes of the last meeting and the treasurer gave a report.

Mr. Harry Humphreys, sheriff of Cabell County, led an interesting discussion and told us of some of his duties as sheriff. The group was especially interested in his account of how mental patients are handled by the court.

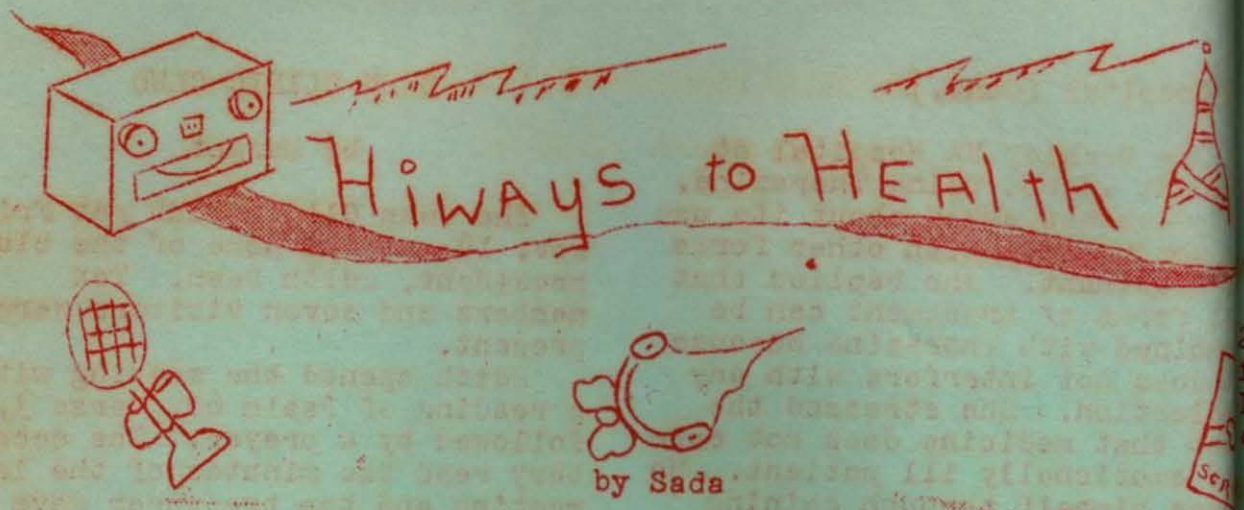
Later, we enjoyed delicious refreshments of cookies, nuts, coffee, and ice cream decorated with a Thanksgiving motif. The next meeting of the club will be the Christmas dinner, held at the clinic, Saturday, Dec. 17, 6:30 P.M. Cost will be the same as last year, $2.00 per plate.

## THANKSGIVING DAY

by Deaner

Thanksgiving Day was a busy day at Owen Clinic. The dinner was swell -- turkey, dressing, broccoli, celery, cranberry sauce, mashed potatoes and gravy. The patients had the freedom of doing what they wanted to do all day, except go to bed. Believe it or not Stemmie took off for a half hour to rest. Some were busy working on Longview, others wrapped Christmas presents for the State Hospital patients.

At 5:30 in the evening we were served supper -- cheese, lettuce, tomato salad, and pumpkin pie. The evening was spent in playing the piano, cards and watching T.V. Everyone enjoyed Thanksgiving very much.




by Sada

Every Sunday at 1:30 P.M. Hiways To Health continues to be heard over WPLH. Oct. 30, broadcast featured Colonel H. Edmund Bullis, Human Relations Engineer of Wilmington, Delaware. Some of the subjects touched on this program were West Virginia Schools' standards in relation to that of other states, qualifications of teachers, suggested helps to finance a broader, and better program.

* * *

November 6, a special program We The Patients, was presented. This program was the inside story, written and produced by mental patients of O.C. who, in their own words, told of their individual experiences. Patients spoke of beginning symptoms of their illness, treatment they had received, how they gained insight to help them reach the overwhelming realization that their steps are now unswerving and sure into the future. Many favorable comments have been received which lead us to believe that the time and effort spent in preparing this program was well worthwhile.

* * *

November 13, was a taped program, Everyday Worries, explaining how people can become afraid of trivials, or worry over things such as accidents, unemployment, sickness and things generally that haven't happened.

* * *

November 20, The Family Council was discussed by the Young People of the First Methodist Church. Emphasis was placed on the fa that the family is the basic of a nation who prides itself the excellent physical condit of its citizens. Since preve of contagious diseases depen upon parents taking the troub to have their children innocu it is then logical that we lo the family to build good ment health and prevent mental dis Music for this program was gi as usual, by O. C. Chorus.

* * *

November 27, the taped pro Father Belongs, was presented. Dealing with the role of the father in the family, this pr was adapted from a 15 minute script, originally published National Institute for Mental Health. It brings out the fa that both parents play an important part in influencing t child's ability to adapt succ fully to life.

* * *

Dr. Owen who attended the National Association for Menta Health meeting in Indianapolis the pleasure of meeting Mrs. Schaaf of Jamestown, Ind., who was hostess for the state of W.Va. Mrs. Schaaf displayed keen interest in Longview, particularly accounts of Hiway To Health programs. We apprec very much the hospitality show to our Doctor as well as the favorable comments received co cerning our paper.

# Has Been

by Deaner

Lillian visited the Clinic Oct. 29. Her mother, who has been ill for so long, is much improved. Lillian enjoyed her favorite game of Rook Saturday night.

* * *

Edith visited the Clinic Nov. 14. She is now working at the new Cabell Huntington Health Center, in the Baby Clinic and likes it much better than her old job. She is kept busy all the time.

* * *

Ione came to visit us Nov. 14. She is still going to school, getting straight "A's" in human anatomy. She says it is like learning a new language. In order to get her teacher's certificate she is also taking a course in elementary reading.

* * *

Loretta from Parkersburg visited November 14. Loretta is busy, as she has two small sons, and she is active in P.T.A. work.

* * *

Hazel visited the Clinic Nov. 14. She is active in garden club work, but never too busy to bake a delicious cake and bring to the Clinic. Thanks so much, Hazel. We all enjoyed it so much.

* * *

Nancy Hall visited the Clinic Nov. 21. She is very active in P.T.A. and church work. Recently she entertained her missionary society and gave a talk on "The New Mission Field," the field of mental health, which she wrote herself. This will be published next month in Longview. Thanks so much, Nancy, for the delicious fudge you brought.

# CAKE CANDLES

Nov. 7, Hazel's birthday was celebrated with a dinner she planned. We all enjoyed red cabbage slaw, fried oysters, french fries, green beans, chocolate pie with whipped cream (calories?) and two cups of coffee. Of course, some people just don't like oysters, so those of us who do, got that many more.

Hazel received several nice gifts, among them the inevitable panties, but no "longies." Many happy returns of the day, Hazel.

Margot

* * *

Rhema had a birthday, November 17, and all of us joined in wishing her many happy returns of the day over a delicious fried chicken dinner with all the trimmings. Her sister had sent in a maraschino chiffon cake, and as Martha brought this into the dining-room with two lighted candles atop it, everyone sang "Happy Birthday" to Rhema. She then opened her many gifts (dress, slacks, candy, socks) and passed them around for each to see. Everyone enjoyed Rhema's party and agreed that it had been a "happy birthday."

Josephine Connolly

Longview begins a new fiscal year Jan., 1956 and we thank those who have already contributed $1.00 for printing and mailing costs. If you do not receive your copy of Longview monthly during the coming year, tell us.

## COMMUNITY WELFARE COUNCIL

by Hazel Browning

The Community Welfare Council, Health Division, held a meeting November 21, 7:30 P. M., at the Council headquarters. Dr. Samuel Biern, Jr. presided.

The first point open for discussion was what criteria should be used in determining who is to receive aid from funds which are made available by the Huntington Clinical Foundation. Another item brought up was a proposal to have a committee appointed to study and recommend changes or amendments to legislation so that assistance could be given people living outside the city limits on such things as sewer lines, and water systems. Health officers are limited in this respect, as there is no zoning. Such zoning should be by counties. It is thought legislation should be changed on obtaining funds for public health service. Under the present system Huntington is not receiving funds from the state for this purpose.

Huntington does not have a school health program. In the past we have had part-time school physicians but this has been abolished. A program is being formulated whereby a child's record would be kept from first grade through high school. Any defects could be detected and a follow up made on them.

The need for a visiting nurse program was discussed. If a service of this kind could be established, people could be taught to give insulin and other medications they require and a large number could be kept out of hospitals.

Another problem discussed was the need for a rehabilitation service. A nurse could do quite a bit to help handicapped people to help themselves. A project similar to Good Will Industries, which is being carried out in larger cities, would be good. Furniture is given to handicap people, who repair and sell it thereby giving them some indep ence. One problem in such a p is that handicapped people cou be too sheltered and be reluct ant to leave to adjust in a competitive world. Another pr lem is to convince employers that handicapped people can be good employees.

What could be done for youn people coming into Huntington work or go to school was discu There are not enough facilitie for young people to get togeth and become acquainted with oth It was suggested churches coul much along this line by making recreational program available pamphlet giving information ab "Y" activities and church recr ational programs could be plac in the hands of personnel depa ments in offices and factories employment agencies, and other places of contact. Clubs and organizations where volunteer work is done, such as Huntingt Mental Health Association and new Cabell-Huntington Hospital could also be included. Thus young people coming into Hunti ton could obtain information a where they could go for recrea and some means of utilizing ti not spent at work or school.

The question of nursing hom was brought up. All nursing h in Huntington over four bed ca ity are state licensed and admi sion fees include drugs, and m cations. These nursing homes, well as new ones being opened, inspected periodically but per nel is limited and unsatisfact conditions sometimes exist unt complaint is received and chec One such condition was bed tra being given to patients. Now have dining rooms and have mea there.

# FLICKER FLASHES

Back To Life is the story of a factory worker who becomes mentally ill. He is hospitalized for about six to eight months and given treatment, consisting mostly of psychotherapy. Through frequent consultation with his psychiatrist, he gains insight and understanding of his illness and problems, and reasons for becoming ill. He is rehabilitated and when discharged gets his old job back with promise of advancement.

This film should be helpful to the general public, in helping remove the stigma which unfortunately still persists, to help understand causes and recognize symptoms of mental illness, and to instill confidence in people who need psychiatric help. It also shows that mental illness can be fully cured. "Jo"

* * *

Someone Who Cares deals with volunteer mental health workers in hospitals. It shows how a volunteer group can be organized in the community, and explains the routine and duties of volunteers. Most of them are housewives and people with other regular jobs. They donate several hours a week to visit the mentally ill, bring gifts to the patients, and help them with special activities and recreation.

There is a dire need for volunteer workers, as there is a shortage in personnel in most mental hospitals, and anyone who wants to help can make life more pleasant for the mentally ill. Many have been in hospitals for years, have no families, or have been forgotten by their families. There is little recreation and activity possible for the patients in state hospitals and a volunteer worker can do a lot to make the days shorter and more pleasant. "Jo"

* * *

Four Hundred Years in Four Minutes portrays the history of cake making and demonstrates the Betty Crocker method of cake baking.

Edyth

* * *

And So They Learn, a General Mills Production, shows how the principles of nutrition can be integrated into the school program.

Edyth

* * *

The School That Learned to Eat, a General Mills Production, is a story of what one community in Georgia did to improve nutrition.

Edyth

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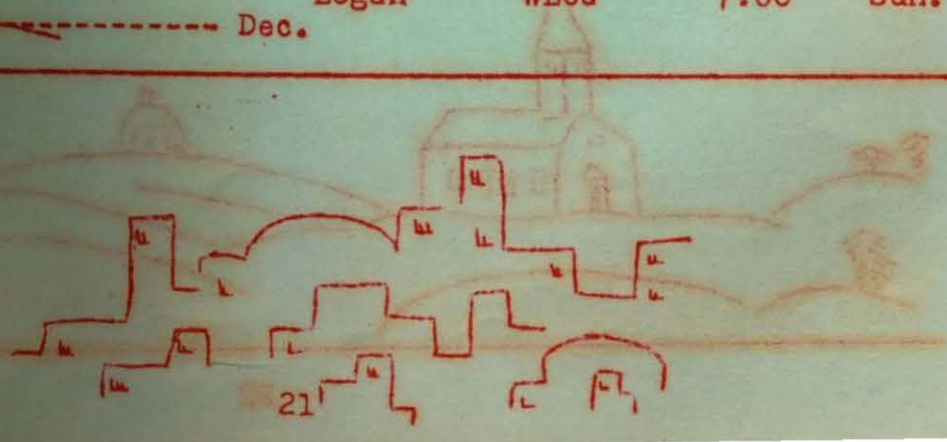
## Institute on the Air

Hiways To Health ---------- Dec.

| Place | Stat. | Time | Day |
|---|---|---|---|
| Huntington | WPLH | 1:30 | Sun. |
| Logan | WLOG | 7:00 | Sun. |



## HALLOWEEN PARTY

by Carol

Oct. 31 -- O. C. living room donned a veneer of black and orange witches, cats, owls, bats, pumpkins, half moons and skeletons. Crepe paper festooned the room. On the piano perched a lamp made from a camel's stomach with a Dead-Eye Dick design.

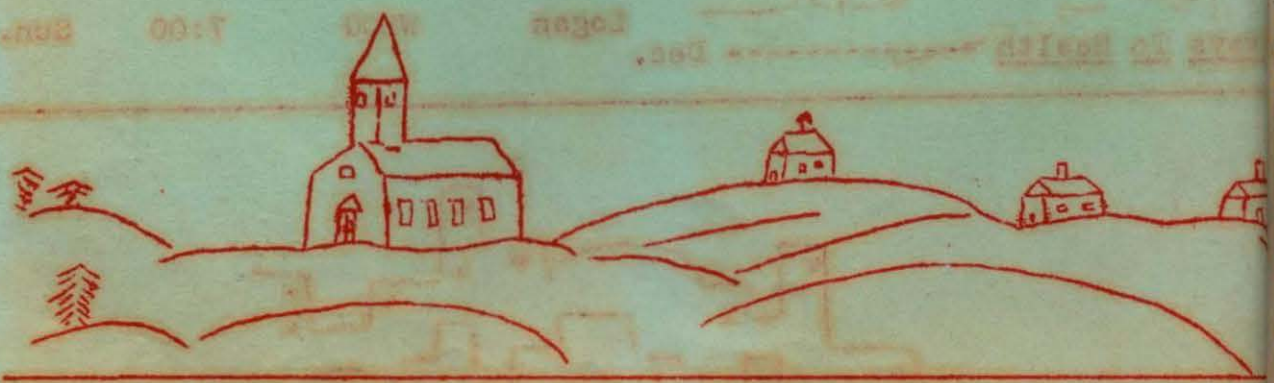
At 7:00 P. M. guests assembled. The party began by a grand march. Doris' garb was the prettiest. John, as a buxom lady, was the funniest. Miriam, as a vampire, let her ideal self go and won a prize for the most original costume. Stemmie, or Noah, acted as M. C. Dr. Owen appeared as a gypsy fortune teller. Dana came as Frankenstein's ghost, wearing an eerie mask.

June won the race of rolling a potato with her nose. Dale won the "Who Am I" contest, guessing her identity first. Refreshments were cid doughnuts, cookies, candied apples, nuts, and candy. Gue played a stunt game, performi varied humorous acts. Stemmi entertained by telling snake stories (yes, Cobras) for hal an hour. Tired and happy, everyone retired about 9:00 P

## Hail and Farewell

Rhema, latest arrival at Owen Clinic, is from Guyandotte. She has a daughter and two young sons. She worked for about seven years at Owens-Illinois in the Packing Department. Rhema enjoys housekeeping and takes a particular interest in cooking. She attends church regularly and enjoys helping in church work. All the gang at the clinic join in wishing her a pleasant stay here.

Josephine Connolly



# LONGVIEW

Vol. 8, No. 5, Jan. 7, 1956

PUBLISHED BY PATIENTS, OWEN CLINIC, HUNTINGTON, WEST VIRGINIA


## WHAT ARE YOU GOING TO DO ABOUT IT?

The following quotations were culled from the final report of the Central Inspection Board, American Psychiatric Association, based on the survey of W. Va. State Mental Hospitals completed in Jan., 1955.

Re: Huntington State Hospital

"The toilet and bath facilities in the older buildings are old and in poor repair in most cases. The number of fixtures would not compare favorably with modern standards even if overcrowding could be eliminated. The present dangerous degree of overcrowding has created conditions which are not compatible with the principles of public health. Two wards with more than 130 beds have only one bath tub and all of the other wards show intolerable deficiencies.

"All patients are supposed to be bathed twice each week. This routine, however, cannot always be carried out because of the inadequate bathing facilities."

***

"Much of the furniture on the wards is old and in poor repair. Some wards are inadequately furnished. The new building (1-A) has a number of classroom chairs which seem to be poorly adapted to sitting room use. Many of the beds are old. Many need paint and others need repairs. The bed making varied from fair to poor. Cotton mattresses are used. Some were stained and others had been used too long. Quite a few patients sleep on U. S. Army stretchers without mattresses or bed clothing. Some sleep on the floor. Quite a few did not have any night clothes. They slept naked on stretchers or floor. Many of the windows do not have insect screens."

***

"Most of the men wear pants and a shirt of the type worn by laborers. Jumpers are said to be available for those who need them. A heavy work shoe, an oxford and Romeos are available for foot wear. Quite a few male patients have Sunday suits. They are in the minority, however. The women wore brightly colored dresses and as a whole they made a better appearance than the men..... Some disturbed men wear a dress-like garment which slips over the head. They are very unattractive in appearance and they must be humiliating. A few strong dresses are worn by women."

***

"A standard ration allowance has not been adopted and the menus apparently have no scientific foundation. Menus are prepared for private patients, state patients and the small children.

Table waste is weighed, but no accounting of articles consumed is available in the kitchen.

"The menus for state patients, of which three consecutive weeks were examined, were characterized by monotonous repetition and a lack of meat dishes. Many meals were duplicated on the same day each week and the number of main dishes served was not large enough to make possible a desirable variation. Vegetables seemed to form the backbone of the diet and they were served in copious quantities. Fresh fruits were seldom served and citrous fruits did not appear on the menus examined. Eggs were served twice a week. Toast was not served. Pie and ice cream is served only on special occasions and other desserts average less than once a day. Milk is purchased when the farm supply is low and the supply seemed to be adequate in most of the dining rooms. Salads were seldom served."

***

"Restraint is used when necessary to prevent self-injury in the aged and to curb violence. The belt and cuffs are the only types of restraint used. Ten men and 20 women were in restraint at the time of the visit. More than half of these were old people who were fastened to the bed or a chair."

***

"The library is located in a room near the auditorium. The location is satisfactory but the space provided is inadequate. The storage space is crowded and no provision is made for reading or study. The contents of the library includes approximately 1,800 books. No current periodicals are received."

***

"The Supervisor of the Occupational Therapy Department has had extensive experience in the clerical field having been employed in that capacity by the Relief Administration and this hospital for approximately 15 years. She has occupied her present position four years. She is assisted by an occupati al therapy aide."

***

"The members of the present medical staff have not been tr ed in the use of psychotherap ic methods, and if they had b so fortunate, they would not the time to practice them und existing conditions."

***

"The hospital has a six ch EEG machine which has never b operated because of the lack skilled personnel. A few cas are sent to the neurological department of St. Mary's Hosp in Huntington."

***

"Approximately 150 men and women do some volunteer work the hospital. They are membe of the Hospital Auxiliary whi has about 300 members. Most these volunteers are working the Recreational Therapy Depa ment. They are oriented brie but a course of training has been established. They do no maintain any regular routine their efforts are sporadic."

***

"Only the medical and surg wards and the operating room under the direct supervision registered nurses. Attendant are in charge of all other wa There were 176 attendants of grades employed at the time o the visit. This included a barber and a beautician.

"Staff conferences are not and neither an administrative manual nor a procedure book w in use. The nursing facilitie were inadequate on most of th wards. It was said that nurs ing supplies were available i adequate quantities."

***

"The position of Assistant Superintendent has not been e

tablished and the position of Clinical Director is vacant.

"The positions of Pathologist, Director of Medical and Surgical Services, Director of Extramural Psychiatry, and Psychotherapist have not been established."

***

"The laboratory is located on the first floor of the Infirmary Building. The space available is not adequate, but the equipment is sufficient under existing conditions, with the exception of the microscope which is quite old."

General Picture

| | |
|---|---|
| APA Capacity | 767 |
| Actual patients | 1,449 |
| % overcrowding | 88.9% |
| M. D. needed | 17 |
| M. D. employed | 3 |
| R. N. needed | 91 |
| R. N. employed | 6 |
| Attendants needed | 272 |
| Attendants employed | 176 |

General Control

"The West Virginia State Board of Control consists of three members, not more than two of whom shall at any one time belong to the same political party. Qualifications for these positions are not mentioned in the law."

***

"The Superintendents of the different institutions are appointed by the Governor with the advice and consent of the Senate. The only reference to qualifications for these positions is a paragraph which states the Superintendent of the Lakin State Hospital shall be a legally qualified physician who has had at least six years of experience in the practice of his profession and shall be a person of good executive ability."

***

"Personnel departments have not been established in the office of the Board of Control or in the hospitals. The Superintendents and the Business Managers share the responsibilities of such a department. The Superintendent is responsible for the management of all employees working in the medical department and the Business Manager for all others. A Civil Service Department has not been established.

"Written applications are required in all cases and at least two satisfactory references must be furnished. Some candidates are referred by politicians and some appointments are made for political reasons."

***

"At the present time a large number of mentally deficient persons are cared for in the mental hospitals. This applies especially to the Huntington and Barboursville hospitals. The other hospitals are affected to a lesser degree. Mental defectives require special care which as a rule cannot be provided in a hospital for the mentally ill and the presence of the members of this group in the West Virginia Mental Hospitals contributes to the dangerous degree of overcrowding present and lessens the chances of adequate treatment for both the members of that group and the mentally ill."

***

"The state has not been divided into districts and patients from any part of the state may be sent to a given hospital. This is undesirable as it frequently causes patients to be sent to hospitals located at a great distance from their homes and it also opens the way for the use of political pressure as all patients must be accepted by the superintendent or a member of the Board of Control before they are admitted."

Published monthly by the patients,
Owen Clinic, Huntington, W. Va.

Reporters.....CW,JC,MH,HB
Group Psychotherapy.....JH
Has Beens.....GR
Radio.....JH
Art.....MH,CW
Typist .....HB
Journalism Instructor
M. G. Stemmermann, M.D.
English Instructor
Edyth

## PROGRESS

by Edyth and Sada

There are many places where we can see progress in the treatment and care of the mentally ill; however, many of the states are far behind in having adequate facilities for their care. Our goal should be to bring the truth to every person in the nation. Progress can be seen here in the publicity given on the radio and television. Attitudes must be changed. It is important to make the public realize that there is prevention, a cause, and a cure for mental illness.

More ex-patients are being identified with the mental health movement, which in itself shows progress in treatment, by helping to remove the stigma attached to mental illness.

Progress is being made in research that is going on. New drugs are being found that aid in the care of the mentally ill. Thorazine, Serpasil and others, combined with electric shock and insulin therapy, and, most important, group and individual psychotherapy have helped the individual to gain insight and understanding.

Although progress is being made slowly, we know that muc remains to be done and we tru that the day will soon come w the ills surrounding mental il ness will be corrected.

## BE IT RESOLVED

by "Jo", R.N.

A New Year is here once mo and we are, as usual, wonder- ing what it will bring. Ever year there is advancement in most everything, science, med industry, or a new trend of t ing. A lot is being done to improve the health of our peo better methods of improving n rition are introduced every d much has been developed to he prevent communicable disease. The latter is being accomplis in such a way as to make it possible for everyone to bene from such service, regardless financial status.

However, most important in way of progress is what is be done towards mental health, w still has a long way to go. There are an enormous number mentally ill in the United St who need help desperately.

I have not been in the hab of making New Year's Resoluti but this time I have one -- t do all in my power to help th other mentally ill. I ask Go to give me strength, humility, and patient understanding to help me to do my very best.

## MENTAL HEALTH

by Deaner

As well as helping the pati at Owen Clinic, Dr. Owen is do all she can outside for the men tally ill. She takes movies, as Breakdown and Emotional Hea to different organizations, churches, P. T. A., and other groups. She also directs play sponsored by the O. C. Instit

She is interested in getting mental health organizations started in different towns and cities, in order to give people a better understanding of mental health.

In the last six weeks she has traveled to Logan and Amherstdale and given the plays And You Never Know and Scattered Showers. If every one were as interested in the mentally ill as she, there would be more done about it. Through Dr. Owen and the O. C. Club there has been quite a lot accomplished this year.

The doctor's patients and friends were busy before Christmas, collecting presents for the patients at Huntington State hospital. We collected and wrapped 500 for Huntington and 85 for Lakin.

## 1956

by Hazel Browning

A whole new year of opportunity,
1956.
What will we do with it?
Will we live each day
In a useful way
Being kind, thoughtful,
considerate
Thinking first of others and
their desires?
Will we use every golden hour
To shower
Loving service, because we have
learned
We cannot earn
Many of the blessings on us
bestowed?
Will we live each week
In a way to seek
To know better our fellowman?
And, when we can,
Give to him a helping hand?
At the close of 1956
Will we feel we fit,
A place
No one else can take,
Be it small or great?

## ALOHA

Farewell, but not goodbye! I am leaving soon, to face what I hope is a new life. I hope I will not have to return as a patient, because no one wants to be ill, but I hope I may be welcome to return many times, to visit the wonderful friends I have found here.

When my doctor first suggested that I come to Owen Clinic, I felt that I had reached the end of everything. Now I feel that it was really the beginning. I believe that this illness is the best thing that ever happened to me. I have found renewed faith -- in myself, in my fellowman, and in God. Sometimes God has to slap us down to make us listen. I am listening now. I know that I can face the future and whatever it may hold, with an equanimity and confidence that I never had before. For all this, I thank God, the good doctors, and the girls here, who are so understanding and helpful to one another. One really learns a lesson in brotherly love at the Clinic. Will you let me come back to visit, if I promise to bring cake or cookies with me?

And so, Aloha,

Margot


We wish you all a very prosperous 1956 and trust that Santa did not leave the bank account so depleted that it holds insufficient funds for this year's subscription to Longview.

THE NEW MISSION FIELD

by Nancy Hall - Has Been

Today, I want to tell you about a boy. This young fellow had many talents which could be useful to his country, his God, and his fellowman. He had a good education and did not want for material things. But we find him now useless - helpless and dejected, feeling unloved and misunderstood. He is of no use to himself, no use to his family and cannot contribute anything to his church or community. Ten years ago there were about 650,000 people just like this fellow isolated from the American Way of life costing us in state and federal funds over one billion dollars. Further more this figure is mounting yearly.

WHAT DO YOU HAVE TO DO WITH THIS STORY?

1. Our Lord has imparted to each life a love--a love that will not only respond to His love, but that will reach out and touch the lives of other people, that will lift up our eyes and see the needs of others around us. Sometimes it is hard to love those who are not beautiful, cheerful or responsive, but still the call rings clear "recover those who are blind". "When I was naked ye clothed me, when I was thirsty ye gave me to drink".

2. Any one of you can suffer like the young fellow I told you about -- one out of twelve.

3. This situation not only faces the medical profession but also the Christian church.

THE PROBLEM IS MENTAL ILLNESS!

1. WHO ARE THE MENTALLY ILL? They are people just like you and me. They are sick people - people whose fears have told them what to do, how to think and what to say. They are people who are WAITING - WAITING WAITING for your love, your help, and your understanding.

Who are the mentally ill? Contrary to popular belief the have an illness which can be cured with proper care and treatment. They are living, breathing human beings, not people possessed by evil spiri They are not people just to be laughed at or made fun of. Th are people with attributes ly dormant, waiting to be put to use for you and me. They are people pleading for your appr and acceptance and for your understanding.

2. HOW ARE THESE PEOPLE CARE FOR? In clean modern staffed hospitals? No, the majority these is few. Most of these people just sit-sit-sit. No books to read, no clean cloth to wear, no one to take a personal interest in their welfa I know of a case where no rel tive had visited the patient twenty years. The patient ha long been able to return home, but did not know of any relat or of anyone to whom he could

State Hospitals are unders ed or are staffed with the wr kind of personnel, who have n personal interest in their we being. There is usually just one psychiatrist (or none) fo a whole hospital full of pati Of course these hospitals hou hundreds of patients - a terr condition. Most hospitals do use the modern drugs and treat ments for their patients, but use only mediaeval, outdated custodial care which is of no effect. It only serves to depress the patient more into his sorrow. One can only ask oneself -- how has this happen in America, the land of the fr and the home of the brave.

The land of plenty and weal Fortunately some states are a ening to the need and are doi something about this condition They believe in the patient's

worth and carry on an active program. This program has the patients participating in activities and seeks to return them home as soon as possible. They use every modern drug and treatment that will be beneficial to the patient. The hospitals that use this program return 40% of the patients well. Private hospitals return 90% of their patients home, well, active and productive individuals. So you see what can be done. Mental illness can be cured. It has the highest recovery rate of any serious illness, such as TB and cancer.

WHAT CAN YOU DO?

It was the people being uninformed that spread the misconceptions about mental illness, and it will be the people, through knowledge, love, and understanding that can correct this error. It is up to you as children of God, or merely as human beings, to help these sick ones --the ones who have no helpers. Almost each family is touched in some way by mental illness in some form. We are concerned for our loved ones. So let's help them. You can help by visiting someone you know who is ill. They are waiting for you. A card will be of great value, and a letter to show you care for them can do wonders. Sometimes letters work better than even the medicine. After all of what value is it to them to get well if no one really cares.

Many cities conduct active Christmas programs each year for patients in their mental hospitals. Many donate Christmas gifts or give parties. There are charity wards in the hospitals where your small or slightly worn clothes would be appreciated. Good magazines, candy or other items are always welcome.

It is up to the public, IT IS UP TO YOU to actively help these people. Acquaint yourself with mental illness and with those who are ill. Seek to improve hospitals and conditions through legislation. Go to them with your love and help these people and in so doing you will have obeyed our Master who said, "Inasmuch as ye did it unto one of the least of these, my Brethren, ye did it unto me."

(This is a reprint of an address which Nancy gave to her church Missionary Society.)

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## WEDDING BELLS IN THE EVERGREENS

by Edyth

The marriage of Margot Haeberle and Curtis Haines was solemnized, Dec. 17, in the living room of Owen Clinic. Preceding the ceremony the Owen Clinic chorus sang I Would Be True with a descant by Doris Kirby. The pianist, Josephine Connelly, played Christmas Eve.

Rev. J. K. Borresen, pastor of the Spring Valley Presbyterian church performed the double ring ceremony before a background of Christmas greenery and white poinsettias. The bride, given in marriage by her son John, wore a street length blue jersey dress, trimmed with rhinestones. She carried an arrangement of white roses and carnations.

Her attendant was Doris Kirby who wore a tan wool jersey dress with a tan satin sash. Her flowers were pink carnations. The best man for Mr. Haines was Charles Childers.

Following the wedding, a reception was held in the dining room.

# IT'S HOW YOU TAKE IT

by "Jo"

In the past weeks, the subject of our psychotherapy class has been "The Emotions". All our drives are activated by emotion. An emotion can best be defined as, "a strong feeling created by a stimulus, from inside or outside, accompanied by a general physical reaction".

Emotions are a form of energy, because they produce action. Energy is "that quality which makes it possible for a man, machine, or object to do work". To the psychiatrist, energy is emotion. Every emotion does something to us; every emotion makes us do something.

Thus, fear leads to the desire to run, anger to the desire to fight, both being activated by the drive for self-preservation. Elation and dejection, the twin emotions, are activated by the drive to excel; love by the love drive; wonder by the religious drive.

Like energy, emotions cannot be destroyed. However, this energy can be directed either to destructive or constructive channels. We need to provide vents for emotional outlets to keep from "blowing up" emotionally.

All of us are born with a certain amount of emotional energy. The quantity and quality varies in individuals. All our behaviour, including instinctual behaviour, is controlled by emotions. We can let them make us, or break us, according to how we handle them.

Fear is the first emotion that appears in the baby. It generates a lot of energy. It is a very valuable emotion, as it leads to self-protective measures. It is only harmful, when it is not understood. In that case, it is destructive physically, because glandular secretions are poured out and are not used up by muscular activity. It is destructive mentally, by leading to disor zed thinking.

To overcome fear, think o it as a help rather than a hi rance. Study it to find the cause, and face it. As you study the fear, it becomes l intense. If possible, subst tute some other emotion. "L casts out fear". Love is al a good substitute. If we tu fear of a person into liking affection and understanding, no longer fear him.

There are many unhealthy reactions to fear. Escape i the automatic response to fe by running away. It can be pressed in many different wa the commonest being withdraw from people, drugs, and alco It can easily become a habit, as every time we run away, i makes it easier to run away next time.

Timidity usually starts e in childhood, created through early impressions formulated first associations with peopl To overcome it, one can alwa remember that strangers are friends whom we haven't gott acquainted with yet.

The self-conscious person has "egoism" written all over him. He is so busy being con cerned with what impression h is making on other people, he doesn't have time to think about the other fellow. It i obvious that to overcome self-consciousness one needs to for get about oneself and think about the other fellow.

Worry is a chronic fear, which unlike acute fear, is never helpful. Worry only leads to complicated mazes. Thoughtful consideration of th underlying cause of the chroni fear leads to action, and thus alleviates worry. A good substitute for worry is faith.

## Institute Doings

by "Jo"

Farewell To Childhood was shown to the Wayne High School P.T.A. Nov. 28. Forty-two people saw this film, which deals with adolescent problems.

The question of proper curfews was discussed at some length. It is not advisable to set a time according to standards common during the parents' own adolescence. Changing times have a lot to do with social customs. What was not accepted as a decent hour when the parents were young, may now be generally quite acceptable. We must remember, however, that adequate rest and sleep is essential for physical health as well as good mental health.

Parents often show their distrust in the child when he comes in late by embarrassing him in front of his friends. Rather than making a big fuss over the situation, they should behave courteously to the child and his friends. If a critical talk with the child is indicated, they should do so later on. It is important to show confidence in the child. If he has a sound background, he will not deviate far from it.

Dr. Owen explained that adolescence is a very difficult period. It is normal to go through a period of rebellion. The child will get frustrated with the parent and experience anger. He needs to blow off steam once in while and parents should let him. Try to see the adolescent's viewpoint and be reasonable. Basically children want to please. The drive to excel is developing, and they want to be accepted. The child who "doesn't care" is one who definitely needs help.

Parents should not practice continuous "don't", as the child often develops a habit of ignoring them. There are many difficult phases during adolescence. The child will act like an adult one minute, and like a four-year-old the next. He also wants and should be treated according to his moods. When he feels like 20, he wants to make decisions. Other times he wants to be protected.

What can we do to help the adolescent? Find the problem, and try to understand. If something can be done, do it; if not, accept things as they are. Finally, there is a right approach to every teenage problem, you study and find it.

## VISITORS

by Sada

December first was a very busy day at O. C.; starting with journalism class at 8:30 A. M., venturing into Funkenstein tests, Longview publication, typing, gift wrapping, music therapy, preparing for Ruth's birthday party, making preparations for a wedding. In the midst of all our activities, we were happy to welcome a group of ministers, accompanied by Mrs. Lillian Weser. After attending group psychotherapy, the visitors were conducted on a tour through the Clinic and personnel quarters.

Our visitors were Rev. John J. Hayes, Director of Religious Education First Presbyterian Church; Rev. John W. Hollister, Pastor of Beverly Hills Methodist Church; Rev. Douglas Sheppard, Assistant Pastor of First Methodist Church. We hope they learned some interesting facts about mental illness and enjoyed the visit with us.

## AMERICAN LEAGUE AGAINST EPILEPSY

by Edyth

Dr. Stemmermann attended the annual meeting of the American League Against Epilepsy in New York City, December 8. The first session was a symposium on advances in medical therapy. Peganone, an effective new drug, is chemically much like Dilantin but does not produce swelling of the gums and other side effects.

Amino acids are being studied. Tissue from the brains of epileptic patients have been found deficient in two Amino acids present in normal tissue. In many patients, after treatment with these protein building blocks there is an increase in I. Q. as seizures are brought under control. These chemicals have no sedative effects, as do other anti-convulsants. It is believed by some that certain cases of epilepsy are due to disturbances in protein metabolism.

## RESEARCH MEETING

by "Jo"

Dec. 9 and 10, Stemmie, while in New York, attended the annual meeting of the Association for Research in Nervous and Mental Disease. This association is young, having been instituted about 30 years ago. Yearly, top authorities in the fields of neurology, physiology and psychiatry give a resume of work in their fields on the subject of the annual meeting. For this year's meeting the mental and physical aspects of aging were discussed. Due to the increase in life expectancy, the number of aged is also increasing.

It is difficult to differentiate between normal aging processes and disease. Is the ability to compromise and adjust to circumstances in later age due to fatigue, or is it accumulated wisdom?

The anatomy, physiology and function of the neurone, or nerve cell, explains a lot about aging. Nerve cells are unique; we have practically the same number of nerve cells at birth as we have throughout life. During the process of aging, the person "puts himself on the shelf" there is a deterioration of the neurone itself. The axone becomes shorter and narrower; many of the interconnections deteriorate. Other changes occur, many of which are normal and very gradual.

Dr. Irving Lorge, psychologist at Teacher's College, Columbia, discussed "Intelligence as Related to Aging." Dr. Lorge's definition of intelligence is: "The ability to solve the tasks posed by a particular environment." An intelligence test in itself is a very limited way of measurement, because one cannot measure attitudes, economic, cultural and social factors. These are just as important, if not more so, in solving problems of life.

Education results in an increase in I. Q. It is difficult to evaluate old people by I. Q. tests. They are often handicapped by speed essential in tests, as they have learned it is better to do things slower and with fewer mistakes. However, the old saying, "You can't teach an old dog new tricks", is not true. The brain cells are able to receive and function as long as there is outside stimulation.

Dr. Cameron of McGill University made the following statement: "Functional integrity depends on the richness of the external stimulus". That simply means, a person can only maintain a full, useful, purposeful life as long as he receives stimuli from the outside, books, music, art, work and contact with people.

## FREEDOM BANQUET

by "Jo"

Sat. Dec. 10, Dr. Owen, Doris and Jo attended a "Fund for Freedom banquet at the Ebenezer Church, sponsored by the National Association for the Advancement of Colored People. Mrs. C. M. Gray acted as toastmistress. At the beginning of the meeting the audience sang "America", followed by the invocation given by Reverend W. T. Richie. Then we repeated the "Salute to the Flag".

The menu included tomato juice, baked ham, peas, candied yams, hot rolls, coffee, and sherbet. During the course of the dinner, we were entertained by Mrs. Annie Turner, who played several piano selections, and a solo number by Theodore Moore.

Mrs. Memphis T. Garrison, founder of one of the Christmas Seals, introduced the evening's speaker, Attorney G. Howard Mitchell.

Mr. Mitchell discussed the goals the N.A.A.C.P. hopes to accomplish by 1963. This particular year was chosen because it is also 100th Anniversary of the signing of "The Declaration of Independence". Some of these goals are as follows:

1. Better quality job opportunities.
2. Freedom of residence and better housing.
3. Elimination of inconvenience of travel.
4. Better hospital and health services.
5. Elimination of filibuster in the U. S. Senate.
6. Voluntary association and brotherhood with white people.

He concluded with: "No one is free until everybody is free".

## W. VA. MENTAL HEALTH SOCIETY

by Hazel Browning

Mr. John T. St.Clair, president of the West Virginia Mental Health Society, authorized the formation of a special committee which met in Charleston Mon., Dec. 19. Its purpose was to discuss the report on West Virginia state hospitals made by the Central Inspection Board of the American Psychiatric Association, as requested by Governor Marland.

Miss Virginia Lewis and Mrs. Fred A. Weser were appointed to the committee to represent the Huntington area. Miss Lewis could not attend because of school.

Mr. L. Steele Trotter, treasurer of the West Virginia Board of Control, spoke about mental health conditions and needs in state hospitals, as given in the A.P.A. report.

The committee decided on the following program.

1. Set up an education program on a local basis, in affiliation with the State Society, using the media of radio, TV, press, and a speaker's bureau to enlighten the public as to conditions and needs in West Virginia mental hospitals.

2. Have members of local mental health associations interest legislators in the mental health program <u>before</u> they go into the legislature.

In West Virginia only 5% of the taxes paid is used for mental health. 60% is used for education. Hawaii allows $4.00 per day per person for mental patients and is asking for $8.00 per day. West Virginia state hospitals average $2.10 per day per person and one hospital, Huntington, allows only $1.54 per day.

Local associations are asked to start on this program immediately and continue with it -- not just make one splash and drop it.

# Hail and Farewell

She has graduated to personnel,
We wish her well,
In her duties as an aide
This decision she has made --
To help her fellowman.
We miss her as a patient
Her clever writing, which no
one surpasses
Her active part in all our classes
But with us she still shares
Understanding, and we know she
cares.
Though you have moved to the
Anchor, Doris,
We're glad you're eligible for
the chorus.

Hazel Browning

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Rhema from Guyandotte left the Clinic Nov. 30. Although her stay was short we became fond of her. Good luck, Rhema. We wish you a wealth of good health and happiness.

Deaner

***

Sada left Owen Clinic Saturday, Dec. 10 and it just hasn't been the same around here since. She went back to work, but this time with the same company where her husband is employed in Omar. She came to Owen Clinic last April and was always active in the interests of the group here. Sada hopes to resume activities in her church and Eastern Star Lodge, where she was Worthy Matron, 1953-54. She also hopes to help organize a Mental Health Society in Logan. Sada enjoys housekeeping in her apartment and fishing is one of her favorite pastimes. We all miss her sweet, kindly personality and we all wish her the very best in life.

Josephine Connelly

HAVE YOU JOINED THE
HUNTINGTON
MENTAL HEALTH
ASSOCIATION

## O. C. CLUB DINNER

by "Jo"

The climax of an exciting Christmas week was the Owen C ic dinner December 17. The l ing room was beautifully deco ted with boughs of greenery o all windows and doors with st of lights. The archway also decorated with greenery, cont ing bells and lights. At one of the room a stained glass w dow had been produced by usin different colored cellophane per, as well as a little elbo grease and patience. Under t window to the left the creche placed, and a beautiful Chris tree posed on the right. The middle was transformed into a altar, with two white and sil candles placed on tall silver candlesticks. Tables were pl along the whole length of the middle of the living room. I certainly was a beautiful set for a wonderful party. The l of the tables surely is a liv example that mental illness c cured. Stemmie, our so very satile doctor, was responsibl the table decorations, which also beautiful.

About 6 P. M. the guests b to arrive, bringing with them heaps of Christmas cheer and lowship. Forty-one in all we present. Dinner, consisting turkey and all the trimmings, delicious. During the dinner, the O.C. Club presented the Cl two lovely card tables, which all appreciate very much. Aft wards there was an exchange of small gifts and everybody join in singing Christmas carols, w Josie, of course, at the piano Everyone agreed that this was nicest party they had ever had one which would never be forgo

You never know what will happen next at Owen Clinic. T time there was an unexpected c max to the evening--but that's another story.

## HUNTINGTON M.H. ASSOCIATION

by "Jo"

Sunday, December 18, Drs. Owen and Stemmermann attended a called meeting of the Board of Directors of the Huntington Mental Health Association. There was discussion about how to spend $600 received from the United Fund. It was decided to use $100 on books for slow readers. Virginia Lewis was appointed to contact Mrs. Sullivan, who is in charge of that department of education. $225 was spent on Lakin State Hospital. The patients have already received a Columbia High Fidelity record player, $30's worth of L.P. records, and two copies each of the following magazine subscriptions: Ladies' Home Journal, Good Housekeeping, American, and Saturday Evening Post. In addition they will also receive between 40 and 45 books. The Arthur Murray Studio has also donated an album of dance records for the patients at Lakin.

$225 was spent for Huntington State Hospital. The following services were provided: a new Motorola T.V. for Ward 11, antennas for all floors of the new building, and a 3-speed record player. The record player will be attached to the public address system in the auditorium.

Also discussed was the "Adoption Plan" for the State Hospital. There are approximately 400 "forgotten patients" there, patients who have not been visited for years, or who have no family. Many of these could be discharged, had they any place to go. Names of these patients will be obtained from the hospital. Different organizations will then be approached to "adopt" them, remembering them on their birthdays and other occasions, visiting them, and getting them out, if possible.

## HUNTINGTON STATE HOSPITAL

by Hazel Browning

On Mon. Dec. 12, Carol, "Jo", Sada, Hazel, Doris and June went with Mrs. Fred Weser to help Mrs. Seymour with a Christmas party on Ward I at the State Hospital.

Mon. Dec. 19, Carol, June, Doris, Miriam and Hazel went to another Christmas party given for 500-600 patients. This party was sponsored by the Huntington Mental Health Association, in cooperation with the Women's Auxiliary of the hospital and the Girl Scouts, who entertained with singing and dancing.

Following the program, the patients were served cookies and punch and each one was given a gift. Five hundred gifts had been collected, attractively boxed and wrapped and identified as to contents, by us patients here at the Clinic.

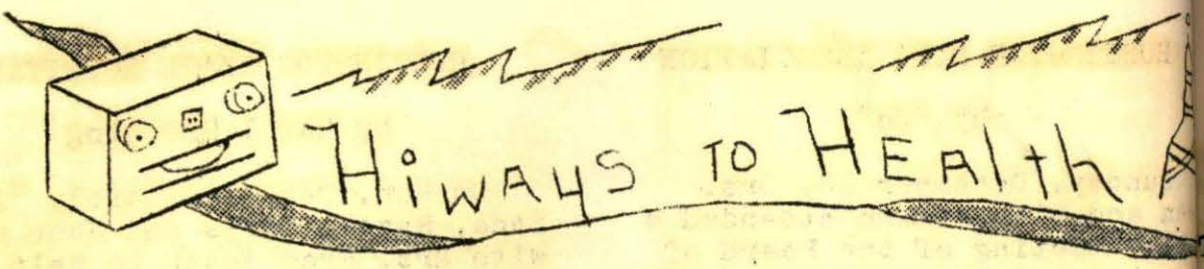
The patients enjoyed the program and refreshments and were very happy with the gifts. We were delighted to have a part in making their Christmas a little happier.

## PERSONNEL PARTY

by Margot

Dec. 22, 1955, the personnel of the Owen Clinic held their Christmas party at the Clinic. Preceding the party, nineteen persons, including the patients, enjoyed a delicious spaghetti dinner. Following the dinner, the group assembled in the living room to sing Christmas carols. Additional guests arrived, bringing the total number to twenty-four.

Dr. Owen distributed the gifts, which were many and varied. Everyone got a big laugh out of the pouch bag Dr. Stemmie gave the traveling salesman of the Clinic (Dr. Owen). Among the articles the bag contained were slip, shortie p. js., book, yarn, knitting needles and a blank check.




by "Jo"

On Sunday, December 4, Hiways To Health broadcast a live program, "Emotional Orphans". It dealt with "The Children of the Purple Heart Brigade", the outstanding one discussed being the shy dreamer. This type child is usually called "good", and "no trouble" by parents and teachers, but he also is the one most likely to become mentally ill later in life. The importance of recognizing these children was stressed, as they usually go unnoticed in the schoolroom. They must be given the special attention and help they so desperately need.

***

"Adding Life To Years" was the topic of Hiways To Health Sunday, Dec. 11. This taped program discusses the problems of our senior citizens, and what we can do about them.

There are three major type problems. One is a grandmother, for instance, who after her children have grown up and are rearing their own families, feels left out and has too much time on her hands. This person can find a variety of things to do: baby sitting, church activities, and volunteer work in hospitals.

Then there is the man, who, having reached the age of 65, finds himself retired, with financial problems, such as illness of his wife. Besides that, he really doesn't want to stop working. He is healthy, strong, and wants to work, but is unable to find employment, due to his age. If this person has had a trade, he can still pursue the same type of work opening a repair shop in his basement perhaps, or somethin similar in the line of his pr vious work.

Then, we have the retired business man, who doesn't nee the money, but is bored with his leisure time spent in spo and travel. There is a great need for people with business ability to direct welfare organizations, help on public recreation projects, or plead a worthy cause on radio.

The needs of our older peo are no different from those o any age group. They need to a happy, productive and purpo ful life. No one needs to be put on the back shelf, regardless of age. After all, one only as old as one feels.

***

"Religion and Psychiatry" the subject of discussion on ways To Health Sunday, Decemb 25. It was a recording previ ly made in 1952.

Mrs. Fred A. Weser made a for volunteer workers for Hun ington State Hospital, and dis cussed how people can thus hel to improve life for patients there as well as aid in their covery. Reverend Hall and Mrs Spangler discussed aspects of religion and psychiatry as related to each other, on the ba that the emotion of wonder is closely tied up with the relig instinct.

Music, as usual, was provid by the O. C. Chorus.

***

# Has Been

The latest from Jane Calvert.

"Guess you heard by the grapevine long ago that I'm Director of OT at Johns Hopkins..... I hated leaving Philadelphia -- all my friends and a job I liked so well, but was getting in a mental rut. I go back fairly frequently on weekends..... Marie is carrying a pretty heavy schedule (16 hours) and working weekends at Temple University Student Health Service. She isn't busy down there so has time to study while on duty.

"This department at Hopkins is huge. It covers one whole floor (two wings) plus a large area in the basement, plus another shop over in Osler building. They have so many tools and so much equipment that I still don't know what all we have. It is the same with the supplies in the stockroom -- haven't had time to wade through them all as yet. I have eight people on the staff and hope to have ten by the end of the year. In addition to these, I have several volunteers. This is one of the few OT departments I know of that has its own secretary, but we really need her. In addition to her regular duties, we are constantly being swamped by all sorts of crank letters that need to be answered. When people don't know where else to go for advice they seem to end up writing Hopkins.....

"I'm back in psychiatric work --or at least 50% of it is. As you know, the Henry Phipps Psychiatric Clinic, while in a separate building, is part of Hopkins. My main office, and most of the shops are there. Then, over in Osler building I have another office and shop. There we do GM & S, Physical Disabilities, Out-patient psychiatric, and amputee training. Sometimes I feel like a grasshopper, jumping about from one side to the other -- shifting my thinking from psychiatry to phys. dis., etc.

"I told Dr. Chant in the beginning that if my job ever got so big that I wouldn't have time for any direct patient contact I would quit. Right now things seem to be headed in that direction. I need two more people very badly.

"Let the staff choose, as well as possible, the type service they wanted -- and I took what was left. It was a 'please don't throw me in the briar patch' deal! They think I'm a martyr, but I got exactly what I wanted! That is, East and West I in Phipps. These are the two sickest (locked) wards. Am also doing the out-patient psychiatric service, which is brand new, radical, and a research project. Dr. Frank (psychiatrist in charge of the service) wants me to keep careful notes and do a paper on it after a year or two. I also 'pinch-hit' on the other services when needed.....

"I know it sounds conceited, but I don't think there is a better psychiatric OT dept. in the country than Phipps at the moment. That also goes for recreational therapy. That comes under OT here and I have two recreational therapists (both men). We have them (the patients) working at something every minute of the day -- then on weekends, and practically every night we have something going on. We take turns working at night. There are very few nights when there isn't a bowling party, a movie, a dance,

HAS BEENS (Cont.)

a card party, a concert, or something. We also utilize the facilities of the City and have people come in from outside to help. Some of the old timers were a little shocked at this but I convinced them it is good 'education for the public'. I organized an 'Activities Committee', and the patients meet with me weekly to help plan their own recreation. There are only about 80 patients in Phipps so we get to know them all quite well. We don't have much space for outside activities -- just a volley ball court, tennis and badminton courts, so I arranged with the City Park to take them there for softball, picnics, etc. Then I worked a deal with the Red Cross to get free bus service for them. We didn't have a garden, so I had dirt hauled into the two porches and we made one. Now I want an electric cable so we can use them in the winter.....

"There is a lot of teaching connected with this job (and you know what a great teacher I am!) I lecture to the student nurses, the aides, the internes, psychiatric residents, psychosomatic staff, and Osler and Halstead residents. We are going to set up a student training program for OT's and medical students but probably not until next fall. I want to get things going more smoothly first. I've gotten these lectures down to a system -- wrote out appropriate one for each of the above groups, put them in the file, and now I just read them over again the day a lecture comes due.

"I still get teased about the first lecture I gave to the psychiatric residents. I'd only been here a couple weeks and felt green as grass. It started a real battle in Phipps. Half the doctors thought it was wonderful and the other half thought I was too radical. One doctor walked out and wouldn't refer any patients to us for weeks. Now he is one of our staunch supporters. The thing contin to be argued out -- even in t doctor's dining room, for day Finally, Dr. Uhlenhuth, Chief Resident and a real great guy demanded to see my lecture no He was in complete accord wit me. (This is all your fault most of my material was quote Dr. Owen!) Your ideas really do get around!"

***

The Clinic received a news letter from Essie who lives i Cinn., Ohio. She is getting long fine. Essie, it wasn't jeep that ran out of gas, it Mrs. Weser's car. Don't you that things like that never h to Dr. Owen? She always chec her gas.

***

The Clinic received a lett from Jo Morris saying how ple she was to see Dr. Owen, Nanc Carol and Sada at Amherstdale other night. The play, Scatt Showers, was given and she en it very much. Jo, we all wou like to see you so much.

***

Lillian from Parkersburg visited Dec. 3. She is getti along fine. She has been goi to all the Parkersburg footba games this fall, and enjoying them a lot.

***

Nan, we thank you so much the delicious cake you brought Clinic before you left for Fl ida. We really missed you at the dinner. Hope you can make dinner next year.

***

The Clinic received a nice letter from Nancy saying how she enjoyed her visit here in Nov. She really enjoyed wr ping packages for the State Ho tal while she was here. She her doctors to slow down; she afraid they won't last long at pace they are going.

"Deaner"

# Back Talk

by "Jo"

Dr. Owen received a letter from Dr. G. W. Whiting, Dean of Bluefield State College, thanking her for his copy of Longview. He thinks Longview is a very interesting and helpful publication.

***

We also received a letter from Stemmie's aunt, thanking her for Longview. She too enjoys it very much and thought the Christmas issue was especially good.

***

Over the Christmas holidays we received a multitude of nice as well as good things. We wish to thank everyone very much.

Nancy Hall sent $5 to be used in the music department. It will be spent for a recording by Rimsky-Korsakov. We received $15 from Mrs. Hund, which will provide the woodworking shop a much needed hand sander. Sarah Batson sent a bushel of pecans; Sada Hart, a five pound box of candy; Ruth, Tennis and Sandy Gravely, a fruitcake; Edith Dean's mother, a white fruitcake; Dale, two boxes of peanut brittle; Ethel Marshall, a cake and fudge; Betty Garnett, brownies; Curtis Haines, brownies; Mr. and Mrs. Smith, cookies, fondant, and a set of pretty ash-trays; Betty Veres, nuts and a subscription to Reader's Digest; Mr. Layne, a ham; Mrs. Seymour, cake, cookies, and party favors. We all enjoyed everything very much. In fact we are enjoying a lot of the good things still.

## COMING EVENTS

Jan. 16, 7:45 P.M. Huntington Mental Health Association, Marshall College Science Hall. Breakdown and discussion of State Hospital survey.

Jan. 24, 7:30 P.M. Washington Elementary School. Preface To A Life.

Jan. 24, 8:00 P.M. Baby Clinic. Preface To A Life.

Jan. 31, 8:00 P.M. O. C. Institute Annual report of research committee.

Feb. 1, 8:00 P.M. Young Mother's Club. 1500 Charleston Avenue

Feb. 6, 8:00 P.M. Beverly Hills Woman's Club. Scattered Showers.

Feb. 11, 7:00 P.M. Logan P.T.A., Logan. Scattered Showers.

LONGVIEW

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PUBLISHED BY PATIENTS, OWEN CLINIC, HUNTINGTON, WEST VIRGINIA

## THE LEGISLATURE AND LAKIN

by Hazel Browning

January 17, the West Virginia egislature held a joint session t Lakin State Hospital, Lakin, .Va. The legislators went by us from Charleston. Dr. Owen, rs. Fred Weser, Mrs. Claudia pangler, Rev. Lyle Newman and azel Browning, representing he Huntington M.H. Association, ttended.

The morning session was open- d by Senate President Bean and fter an invocation by the ouse Chaplain, Mr. Bean intro- uced Governor Marland. The overnor said that those gathered ere there for the unique experi- nce of seeing on the spot one f the problems of national wel- are, our mental hospitals. He aid: "I was amazed when a book- let passed over my desk showing ome of the facts about our men- tal hospitals. Three-quarters f a million people are under are in mental hospitals, one- alf of all patients in hospitals or all diseases. There are ore people hospitalized for ental illness than polio, tuber- ulosis, or any other disease. here are one-quarter million eople admitted to hospitals ach year. Ten million Americans, n every 12, suffer from mental isorders. In industry 20 to 25% of employees suffer from men- tal disorders. These are just a ew of the facts that will be pre- sented this morning and this af- ternoon. You are primarily in- terested in what we are doing in the legislature and what you can do as far as the state budget is concerned."

Mr. James Donahoe, president of the Board of Control, said that people in institutions should be treated as part of someone's family, not as someone who has ceased to exist the day he went through the door of a hospital. He further stated that patients are in hospitals as a result of society's failure to understand and help with their problems, and as a result of pressure brought to bear on them because of society's demands. There are no lobbyists for those who are mentally ill. Newspapers and radios have taken up the cry but none have sufficient time to be full-blown lobbyists. He said: "Today, members of the legisla- ture, you be their lobbyists."

Dr. East spoke about the acute and the chronic patient, telling of the situation at Spencer. He stated that we have talked about mental illness for years. We have not made much progress. Our attitude and treatment shows our adjustment. Man's inhumanity to man goes on. We are more in- terested in industry than we are in people. We have forgotten man. Man's knowledge of man is not advanced. People fail to make adjustments--they retreat from life. He said that at Spencer they admit 175 to 180 patients each year. 18% of these cases acute, 81% are chronic.

Legislature And Lakin (cont.)

The problem is to prevent the acute cases from becoming chronic. Their need to help do this is personnel. It is difficult to keep personnel because of low salaries. Their attendants are paid $120 a month or 50¢ an hour, working 60 hours per week. The new drugs will help in preventing acute cases from becoming chronic, but it also takes people.

"People helped them to become ill, and people must help them get well." He said his hospital was operating on $1.90 per day per patient, clothing two thirds of them.

He showed a chart on which was listed personnel to come up to American Psychiatric Association standards. Spencer has 6 on the medical staff whereas it should have 15; 4 nurses and should have 67. Where the A.P.A. standard for attendants is 208, Spencer has 121. The same lack of personnel is shown in all other departments, social workers, occupational therapists.

Dr. H. Sinclair Tait spoke about intensive treatment vs. custodial care and of the situation at Weston. He stated that they have used shock treatment, drugs, psychosurgery. Chlorpromazine now allows others to get behind the disturbed condition of a patient. Then the behavior, thoughts, actions must be explained to him in a way that he can understand and gain insight into his problems. The new drugs will not cure but they will enable the staff to work with the patient in psychotherapy, occupational therapy and other helpful ways. "We should take our part in the new treatments, preventing acutely ill patients from becoming chronic patients. We are now not satisfied with custodial care." At Weston they have 2285 patients housed in buildings which should accommodate 1450. 72% of these patients are chronic ones. They have one psychologist and need 2 more. They n 27 doctors on the staff, to meet A.P.A. standards--they have 9. They have 12 nurses and should have 146. They should have 430 attendants an have only 141. Nurses and attendants have not had psychiatric training. They should have a training center. Dr. said: "Building new building for patients is not the answ We need more doctors, more p sonnel."

Dr. S. O. Johnson, of Lak spoke briefly about the need auxiliary personnel in the i sive treatment program. He ted that at Lakin they had l awaited an opportunity of su magnitude as the project at He said he felt sure the gro was confused by this time. Johnson said intensive treat was "Close to my heart and h been for 30 years." Approxi ly 85% of all mental illness can be improved or cured. I could be prevented. "We nee facilities to treat patients well as individuals who are trained to treat them. Tre spells the difference betwe hospital and asylum or custo care. We must do something treatment or we will not be to build enough hospitals t house them. To treat the p early and intensively we ne people who are trained, and people. We need professiona people, recreational therapi volunteer workers, chaplains beauticians, barbers. We kn drugs, surgery, shock and in will go so far but there mus a time when, to carry the pa over to adjustment, we must back on individual therapist cial workers, job rehabilita to try to create understandi the community."

A film was projected in w patients were shown in witho or disturbed conditions. Th were interviewed again after

ceiving Thorazine for approximately three weeks. Several were withdrawn, uncooperative, would not take part in activities, careless about personal appearance. After receiving Thorazine they became more active on the wards, in group activities, took more interest in where they were and why they were there, showing interest in getting well enough to go home. Delusions and hallucinations were decreased. Those disturbed, combative, uncooperative were quieter, better able to stay in contact with their surroundings. The fact was brought out that none of these patients had been cured with Thorazine, but were now in contact enough that with other treatment, psychotherapy, occupational and recreational therapy, they could get well.

Dr. Mildred Bateman and Dr. Jones interviewed personally several patients who were receiving Thorazine, showing the same results as those interviewed in the film. One patient, an alcoholic who recognized his need and asked for help with his illness, appeared to be quite a comic. He made a plea for recreational facilities, as well as occupational ones, for the patients at Lakin. Laughingly referring to the legislators' interest in the turnpike, he said he also was interested in it but "How about letting grass grow on the turnpike and giving more attention to people?"

Dr. Johnson was asked how much it cost to give a patient Thorazine. He answered that 50¢ a day is the approximate cost per patient. He stated that massive dosage costs more, but is not always indicated. He was asked if their budget allowed them to treat all patients for whom it was indicated. He answered that they could treat only 15 to 20%. Dr. Johnson in answering a question about their most immediate needs, stated that they needed personnel--people who are trained or have potentials for training. They cannot keep personnel after training because they are offered much better opportunities in the way of salary and living conditions in other states. Referring to the plea made by the patient, "the Senator from Lakin," for "something to do," one of the legislators asked what was recommended for Lakin. Dr. Johnson replied that they needed a recreational building for patients.

"Problems that cross the Desk of a Board of Control Member was the subject of Mrs. Betty Sammons Blosser. Finding a bed is one of the most distressing problems. Patients are held in jail, until they can be placed in a hospital. They also handle transfer of patients from one state to another, which sometimes takes a long period of time.

Dr. Margaret Morgan, Chief Counselor for mental hospitals in Indiana, said that there are four main things needed in treating mental illness:

1. Hospital treatment centers.
2. Additional research into causes of mental illness.
3. Make the lives of those we have failed to help happier.
4. Educate the public, sponsoring clinics, thereby cutting down on readmissions.

Patients should be treated <u>where</u> they need it, <u>when</u> they need it. Patients are denied treatment because we do not have personnel and equipment.

Mr. Donahoe gave the recommendations of the Board of Control. He said that the recommended appropriations are for one-half million dollars more this year than last year. We can go ahead with the program of $90,000 for drugs for our hospitals. The recommendation was made that an immediate program be put into effect to start working on accreditation of our hospitals by meeting A.P.A standards, first in personnel, then equipment and facilities.

At the close of the afternoon session the legislators toured the hospital in groups of ten.

Published monthly by the patients,
Owen Clinic, Huntington, W. Va.

Reporters.....CW,JC,EY,HB
Group Psychotherapy .....JH
Has Beens.....GR
Radio.....JH
Art.....CW
Typist.....HB

Journalism Instructor
M. G. Stemmermann, M. D.
English Instructor
Edyth

## ONE EXTRA DAY

by Us

February 29 is on the calendar this year for the first time in four years. Leap year is lightly referred to as the year when the female may propose to the male of her choice.

Leap year will not only upset the customary proposal, it will change the longest day of the year and also the shortest day of the year. This extra day will lengthen the year of 1956. Scientists may be able to make an important discovery on this day or within the year because it is one day longer.

As we face this new year we should ask ourselves how we are going to use it. To spend it profitably we should not sit around complaining about our lot but should spend it in service. There are many fields in which workers are needed, but one of the most outstanding is in the field of mental health.

If you had only so many days to live, the hour of death was coming close, and then, out of a clear blue sky you were handed an extra day, would you not grab it eagerly?

It would be well for us to ponder over this thought--a wh day more to live and work in. should use this day to its ful and try to see how much we can complish in it, how much more can learn in it, and then patt the rest of the days according this plan.

This year Dr. Owen has agai started a drive, to try to get help to the patients at the St Hospital. People are so ignor of how the State Hospitals cou improve and help their patient She attended a meeting in Char leston Jan. 9 with the Governo trying to get him to understan and see just how things could be adjusted. We are hoping and praying the year 1956 wil bring help to the patients th so they can receive better treatment.

A day is a valuable thing- thousand, four hundred forty utes of time, in which to exe our strength and effort to im everything upon which we have any influence.

What are YOU going to do with it?

## W. VA. M. H. SOCIETY

by "Jo"

The Board of Directors of W. Va. Mental Health Society Saturday, January 14, in Char ton. Those attending were Fred A. Weser, Miss Virginia Lewis, president elect, Mrs. M. Gray, representing Sheriff Humphreys, and Dr. Thelma Owe all from Huntington; Dr. Davi Wayne, Rev. Byron W. John, t urer, Rabbi Wilmer, Dean G. Whiting, all from Bluefield; John St. Clair, president, M Lillian Nagy, secretary, Mrs. Divilbiss, Mrs. Farrell, and torney John Fisher, all from Charleston.

It was decided that more standing committees are need

W. Va. M. H. Society (Cont.)

A legislative committee was formed, with Mrs. Farrell appointed as chairman. She is to select her own group.

Miss Virginia Lewis was appointed chairman for a committee which will meet with Mr. Fisher. Its aim is to try to iron out legal aspects of the constitution and by-laws. Others on this committee are Mrs. Nagy, Mr. St. Clair, and Reverend John.

The Organization committee is to go to different localities to stimulate interest in formation of local mental health groups. Mrs. Fred A. Weser, chairman, with Dr. Owen, Reverend John, and Mr. St. Clair, agreed to go at their own expense to help organize local societies to affiliate with the state association.

Dr. Owen was appointed chairman of a committee to outline Mental Health Week activities. Mental Health Week is April 29-May 5.

There was discussion of affiliation of the local group with the national association for mental health. Any organization can work better when affiliated with the national organization. Efforts are being made to raise $1000, in order to join. Dr. Owen and Dr. Stemmermann are starting the drive with $500. Anyone who wants to contribute to the Fund for affiliation may do so by sending contributions to: Rev. Byron W. John, 814 Albemarle St., Bluefield, W. Va. Anyone living in or about Huntington, Charleston or Bluefield should join his local organization, anyone can join by becoming a member at large by sending $3 to Reverend John. Cards will be printed to be sent for voting rights.

Mrs. Farrell reported on what has been done to date in publicizing the report of the Central Inspection Board of the A. P. A. on State Hospitals. Newspaper articles and tapes are being prepared and radio and T.V. will be contacted to assist with publication.

# Back Talk

by "Jo"

We received a letter from Ann Hetrick, former office secretary. She lives in Napoleon, Ohio. Ann leads a busy life. Aside from her regular job at Campbell's, where she also works the switchboard during relief periods and vacations, she is Worthy Matron of the O.E.S. in Napoleon, and was president of the Worthy Matrons in 1955. She enjoys her work very much and plans to stay active as long as possible.

***

We want to thank Don Young for sending $100 for the Owen Clinic Institute. Part of the money is to be used for his lifetime subscription to Longview.

***

We received a letter of thanks from Beatrice R. Reams, corresponding secretary of the Women's Auxiliary, for sending gifts to the Huntington State Hospital at Christmas. We certainly enjoyed doing it, as much as we hope the patients there enjoyed receiving the gifts.

***

Carol received a letter from one of her friends, who enjoys Longview and thinks the column on psychotherapy is helpful advice for herself and also her friends.

***

Dr. Owen received a letter from Eva Harris, an old friend of hers. She keeps up on all the news through Longview and enjoys it very much. She says that especially during the Christmas season she is reminded of the kindness of Dr. Owen, who constantly does so much good for so many people. Unfortunately Eva's sister is still ill. She feels that with Dr. Owen's help she could have gotten well.

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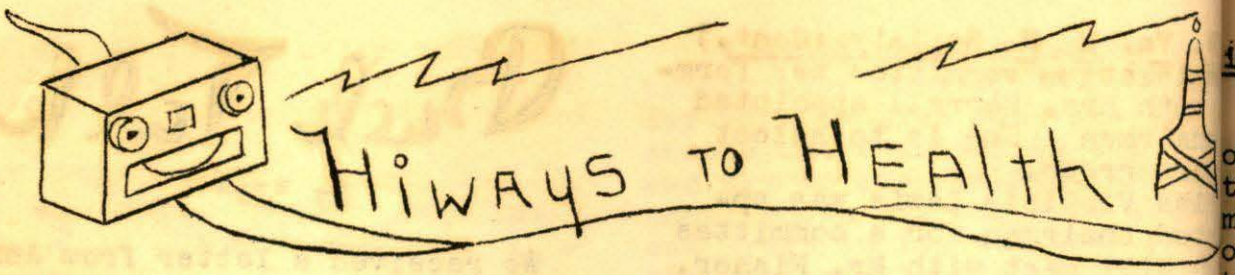



by "Jo"

Jan. 1, Hiways To Health presented "One Sick Child". This is a case history. We shall call the patient "Jane".

Jane's emotional conflicts first became apparent at the age of 10 when she practiced absenteeism from school and displayed frequent attacks of what on the surface appeared like appendicitis. However her troubles were found to be emotional, aroused by feelings of insecurity. Being larger than most children of her age, she was very self-conscious. Her mother, the oversolicitous type, babied her constantly. Jane should have had psychiatric guidance at this time but did not receive it until she was 20 when she entered a mental hospital.

Through careful guidance, consisting of both group and individual psychotherapy, as well as a planned educational and recreational program, she gained insight into her illness and problems. She learned not to feel self-conscious of her size but instead use it constructively. She soon prided herself in being the strongest person of the group and one of the best ball players. Thus she became a well-adjusted and capable person.

***

"Sibling Rivalry" was the topic of Hiways To Health Jan. 8. It deals with fighting among brothers and sisters and its causes. This problem usually arises due to jealousy, especially when there is a new baby. It is drummed into the child very early in life that he must always love the baby although he often has a pretty good reason not to love the baby. Thus, instead of voicing his frustrations and dislikes, he seeks other less acceptable channels of expression. "Pi fights" is a very common one. The child should be permitte express his dislike once in while, as everyone knows per well, it isn't possible to l everyone all of the time. O course, that does not mean t child should be allowed to h the baby, but he should not looked upon in horror if he sometimes calls the baby a "squalling brat".

Immunization against men illness begins early in life is much like immunization fo communicable disease. Every is susceptible to both but s people more so than others. since we don't know which ch ren are going to be more sus ible to mental illness, it i best to "immunize" all of th

The best place to begin t ing the child how to become well-adjusted person is the where the early foundation f everything is laid. Learnin take frustrations from broth and sisters while young teac the child to live in a world people of different opinions.

***

An ad lib program, "West Virginia State Mental Hospit was presented on Hiways to H Jan. 15. Participating in t cussion were members of the ington M. H. Association, Re Lyle Newman, Mrs. Fred A. We Mr. Naseeb Tweel. They discu conditions now existing in o mental hospitals, especially Huntington State Hospital.

Hiways To Health (cont.)

Questions were asked to clarify some of the confusion and misunderstanding about state hospitals. Among the points discussed were food, clothing, and sanitary facilities--or rather the drastic lack of those things.

Meals at state hospitals are colorless and lack vital nutrients. No dieticians are employed except at Weston.

Sanitary conditions are now, today, as bad as they were in general hospitals at the time of Florence Nightingale. Facts and figures show that if an attempt were made to bathe all 130 patients of one ward around the clock, it would take about 4 days to give them all their turn, not allowing time in between to clean the tub.

The clothing question is just as bad. Clothing provided for men is mostly shapeless. Some are unattractive garment-like affairs. Some are in such a state as to be downright humiliating.

Those are just a few examples of present existing conditions. The report made by the Central Inspection Board of the American Psychiatric Association is a recent one. Similar reports have been made before. They landed on some shelf, lying there forgotten and gathering dust. Shall this report be placed neatly beside the other ones, or will something be done about it this time? Remember--no one is immune against mental illness. It can happen to you. Would you like to spend years in one of the state mental hospitals, to be forgotten? We must be vigilant!

***

Sunday, January 22, Hiways To Health presented the professional staff of Lakin State Hospital in a program recorded in 1952, called "It's No Disgrace." It gave facts about mental illness to clear up some of the misunderstanding and false ideas connected with this illness.

The Lakin staff told the story of a young man committed to a mental hospital by his mother. It gave some background, his personality type and early signs and symptoms. Then it went on to explain the treatment he would receive, explaining electric shock, insulin shock, occupational therapy, and psychotherapy.

Also brought up were some of the popular misconceptions about committing a patient, and the common reactions to mental illness. Fortunately it is not as stigmatized as it was. Or is it?

## Institute on the Air

### Hiways To Health

Huntington, W.Va. WPLH
Sunday, 1:30 P.M., weekly.

Bluefield, W.Va. WHIS
Saturday, 6:30 P.M., monthly.

Roanoke, Va. WRIS
Saturday, 10:30 A.M., weekly.

To be announced:

Oakhill, W.Va. WOAY
Kingsport, Tenn. WKIN

WPLH Schedule

Feb. 5. "Occupational Therapy"
Feb. 12. "One World"

If you do not receive your Longview after this issue, it could be for one of two reasons. You may not have sent your dollar to cover paper costs--or the mails may have failed. In either case please drop us a post card.

## GOVERNOR'S CONFERENCE

by Doris Kirby - Has Been

On Mon., Jan. 9, Rev. Mr. Lyle Newman drove Mrs. Newman, Dr. Owen, Nan, and Doris to Charleston for a meeting with Governor Marland in his state house office at 1:40 P. M. During a one-half hour conference, a delegation of fourteen members made a plea for bettering the lot of W. Va.'s neglected mentally ill.

The group pointed out existing conditions which place W. Va. low on the list in comparison with states using modern treatment programs. They noted the need of setting up a training program for personnel, using available local resources. While well-equipped buildings are necessary, without adequately trained staffs and proper rehabilitative programs, mental patients can receive only custodial care. The public is thereby deprived of a vast number of citizens who would otherwise be productive members of society. Instead, they are burdened with patient care for unnecessary periods of time, often years.

The clergy was represented by Lyle Newman, Huntington, Royal Walther, Charleston. Mrs. A. Gardner of Charleston attended in place of Reverend Bryon John, of Bluefield, treasurer of the W. Va. Mental Health Society. Other members of the group representing various organizations were Mrs. R. J. Divilbiss, president of Charleston M.H.A.; John St. Clair, Charleston, president of W. Va. M.H.Society; Mrs. Nan Embry, Huntington M.H.A.; Arnold Faulk, Charleston, Kanawha Welfare Council; Mr. Leckman, Charleston, professor of sociology, Morris Harvey College; Mrs. D. M. Horton, Secretary of Christian Social Relations, Woman's Society of Christian Service, Charleston district; Mrs. Lillian Weser, Huntington, state mental health chairman of W. Va. Federation o Woman's Clubs; Charles Rogers, Charleston, Community Chest; Dr Thelma V. Owen, Huntington, Neu psychiatric Division of W. Va. State Medical Society.

Mrs. Weser, first spokesman for the group, stated: "We wan the budget increased for our mental hospitals. We need more volunteer workers, people who should work from the outside in cooperation with the hospitals. The community is willing to hel

Dr. Owen brought out that up request of the governor, the American Psychiatric Associatio which has the Central Inspectio Board report on conditions of o state hospitals, will send inve igators to determine available resources of local communities. If someone would look objective ly at the prevailing situation, unknown resources would be disclosed. For example, Huntingto has an ideal set-up for a coope tive training program since it a state hospital, V.A. hospital medical hospitals, a private mental hospital, and a college which could work together. Me hospitals should not be a poli cal issue but should be placed in the health department, as mental illness is a public heal problem.

Mr. St. Clair told the gover "This group has come through a deep interest in the promotion better mental health, to get si people back on their feet so th can contribute to their communi ties."

Dr. Owen, in adding to his statement, commented: "We want to know what we can further do be helpful."

Governor Marland advised the delegation, "The Board of Public Works is interested in t problem. Until drastic action is taken, there won't be any

Governor's Conference (cont.)

money for physical aid. Mental institutions have received as much or more than any other department. At this state I don't know what we can do, except to spend more money. Capital expenditures at this point are very remote possibilities. The people interested in mental health have received as much consideration as any other group in this legislation."

Mr. St. Clair asked Governor Marland if he felt the legislators had been educated to the needs of our mentally ill.

The Governor replied: "Some have, some haven't. Their interests are in different fields. About the best thing anyone can do to further progress is to educate the taxpayers. A certain amount of money available has been distributed to the best of our ability. The Board of Control should be talked to about this problem." He recalled the recent expenditures on new drugs for mental illness.

Dr. Owen pointed out that the successful use of drugs only stimulates patients to the point where they need an occupational therapy program to further the getting well process.

Said Reverend Walther, "We want to do what we can for people, all of us. We need to increase the allotment of money per capita for the use of our state hospitals. Citizens concerned about this situation would like to go all out in a publicity program to educate the public."

Dr. Owen quoted statistics on Kansas, which showed an increase in taxes from $3.53 to $3.63, an allotment used for modern therapeutic programs and employment of more personnel. Although the mental hospital population of the nation is on the increase, a decrease was evidenced in the number of patients being cared for in Kansas institutions. Taxes for mental patient care increased in other states which did not have modern programs from $3.72 to $3.97.

Ten years ago the population of Huntington State Hospital was over 900. Today the population is over 1400. The consensus is that money allocated for erecting more buildings for custodial care will not supply the answer. The answer lies in using increased taxes for training personnel, setting up complete, modern, rehabilitation programs, and treating mental patients as human individuals, giving them understanding and respect.

Dr. Owen, acknowledging the interest shown by Governor Marland regarding this problem, agreed with him that progress has been slow in this state.

At the conclusion of the meeting, the governor encouraged the group to continue their efforts to give understanding to the public and to stimulate our legislators to action.

## Has Been

by Deaner

Sarah flew to the Clinic, Dec. 30, for a few days. She is teaching school and is active in mental health work. She has no mental health association to belong to, but she goes to Mississippi State Hospital to visit the patients about every two months. She has on her list twenty patients She takes presents such as harmonicas, crochet thread, cigarettes, card games and many other small items. Five of these patients have no relation or friends outside the hospital.

***

Loretta visited the Clinic Dec. 30. She has been real busy since her last visit here with us.

Has Beens (cont.)

The post office for which her husband is mail carrier gave a big Christmas party that she attended. There was also a Christmas party given for the grade school children where her son is a student. As a member of the P.T.A. Loretta helped make cookies for the party.

***

Sada visited the Clinic Jan. 13. She is working every day and enjoying her new job fine. Sada is interested in mental health work and in getting a local organization started in her home town, Logan, W.Va.

***

Hazel from Parkersburg visited the Clinic Jan. 7. She is getting along fine. She and her husband are planning a three weeks vacation in Florida. Hope you have a nice vacation, Hazel.

***

The Clinic received a newsy letter from Betty Veres. She was pleased to see all the folks at the Christmas dinner, and to share in all the fun. Her husband went deer hunting and brought home a deer. She seldom gets to visit the Clinic and Longview keeps her in touch with the ones that mean so much to her.

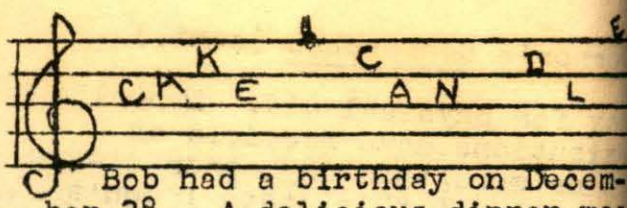
***

The Clinic received a letter from Nancy. She had a merry Christmas. Her small daughter Susie has been ill, but is better now. After her husband's graduation they will move--but where is the $64.00 question. Happy landing, Nancy.

We want to know just what do you mean by the statement "you left the Has Beens dangling in air" about the exciting climax to the O.C. Club party??? Since when is a wedding an every day occurrence at Owen Clinic??? Or don't you read your Longview?? Better look again, Nancy!

***

Edith visited the Clinic Jan. 21. Edith is enjoying her new job fine, but is kept rather busy.




Bob had a birthday on December 28. A delicious dinner was given in his honor, consisting of turkey, dressing, gravy, french fries, broccoli, lettuce with french dressing. For dessert there was fruitcake. His dessert held a lighted candle as the group sang "Happy Birthday." After dinner he opened his packages and cards. May yo have many happy birthdays, Bob.

Edith

***

"Jo" had a birthday Sun., De 18, and the clinic group wished her many happy returns of the d over a delicious fried chicken dinner served with all the "trimmings." When time for des sert arrived, Martha brought in a lovely white frosted cake wit one lighted candle, and everyon in the dining room sang "Happy Birthday." After the cake was served, "Jo" opened her gifts which were then passed around for each to see. When the grou went into the living room, tabl were set up for games and at th end of the evening all agreed had been a happy birthday celebration.

Josephine Conn

***

Miriam celebrated her birthday Monday Jan. 16. A delicio dinner was served in her honor. She chose for her menu: french fried shrimp, french fries, gar den salad, and hot rolls. As Martha brought in the cake, the group sand "Happy Birthday," Miriam.

After dinner Miriam opened h gifts. She received some lovel ones. A bottle of cologne fro Psyche, bath powder from Tinker hose from the doctors and a nu ber of lovely cards. The evening was spent in singing and c playing. We all wish for you many more happy birthdays, Miriam.

## Institute Doings

And You Never Know was given
members of three women's
rcles of Johnson Memorial Church
ursday, Jan. 5. About 75 peo-
e were present.

A covered dish dinner was
rved preceding the play. Dr.
owning spoke briefly about the
eaching Mission. Mrs. Lowry,
o is supervisor of all the
rcles in the Methodist churches
Huntington, spoke to the mem-
rs. After a short devotional
. Owen was introduced by Ruth
rt. Members of the cast, in-
uding Linda Hoover, who played
e part of the daughter for the
rst time, were introduced by
. Owen.

During a discussion period,
ich was lively and interesting,
. Owen was asked: "Do you
ink it is sincere when a child
ys, 'You love her more than you
me', referring to a sister?
uld it be used as an excuse?
. Owen answered that sometimes
could be used as a way of get-
ng attention or as a means of
tting what is wanted.

Reference was made to the fact
at leading magazine articles
y parents should treat all
ildren alike. Dr. Owen said
ch child should be treated as
individual.

"Don't you think parents
ould pick out some good point
e jealous child has and make
mething out of it?" Yes, in
e play the mother did just this
d the child responded to the
nfidence placed in her. Identi-
cation with the father helped
e child to overcome jealousy.

"Do you think you should over-
ok jealousy?" It should not be
erlooked but can be overcome
a child is allowed to express
mself when he does not like
mething a brother or sister has
ne or said.

"Should you let children quarrel and fight among themselves?" Children should be allowed to settle disputes themselves, if possible. They can do it verbally. You would not let a six-year-old boy hit his baby sister, but he can be shown that it is all right for him to say that he would sometimes like to hit her.

"Suppose you have three children and the middle one shows dancing ability but the other two want to take lessons because the sister does. You can't afford to give all three lessons. Do you think it fair to hold back the one with talent?" The child with a special ability should be given lessons and the others could be guided along the lines in which they excel.

One mother asked what she could do to help her oldest child, 3½ years old, to learn things in which he was interested. She has a child 2 years old, who is not able to learn the things the older one wants to know and interferes with his progress. She also has a baby six months old. Dr. Owen suggested that the oldest child could be put in a nursery with children his age and could learn. Then he could teach his brother.

Hazel Browning

***

Dr. Owen presented a mental health program to three classes, two health classes and one food class, at East High on Monday, Jan. 16. She explained some of the conditions at the state hospitals and urged that the students wake their parents up to these conditions. She reminded them of the great tax burden that would be theirs if conditions were not improved so that patients could get well. In two of the classes the film, Emotional Health, was shown. A discussion followed the film.

One student asked, "Should one feel uncomfortable about himself?"

Dr. Owen explained that one should not be concerned about brief periods of this kind but should be concerned if he continues to feel this way.

"Is not one of the problems of young people, thinking too much about themselves?" Dr. Owen explained that young people normally think of themselves as they must build themselves before they can give much to others.

In the discussion it was brought out that the principal difficulty of the boy in the film was breaking ties of dependency. Dr. Owen made it clear that one cannot tell the mentally ill by looking at them. They are not necessarily queer. She pointed out that mental illness is curable and has the highest recovery rate of any serious illness; furthermore, it leaves no disability.

In the food class Dr. Owen pointed out to the girls that they should be concerned about mental health from the standpoint of their own mental health. As prospective mothers they need to know how emotions influence life. A frank discussion followed concerning the problems brought about by promiscuous petting.

Edyth

***

Preface To A Life was shown to the Baby Clinic Mon., Jan. 24. Twenty-seven saw this film. Dr. Owen asked if there were any questions--none were asked. As she is interested in the state hospitals she gave a short talk explaining just how the state hospitals needed to be improved, and how the state needs more money to do this. If you are interested please donate to the N.A.M.H. - National Association for Mental Health - or your own W.Va. Mental Health Society.

Deaner

***

On Tues., Jan. 24, Preface To A Life was shown to the Washington Elementary School P.T.A. Mrs. William B. Tabor moderated the film before a group of approximately 45 parents and teachers.

One parent wanted to know if child who stayed to himself sho be of more concern than one who was boisterous. A happy medium best. The "good" child, who st to himself, may carry it over i adulthood. Each of us is born with certain potentialities, so to be leaders, others followers. The follower type child will us ally comply with directions and be a quiet individual in accord with his personality. This doe not mean he is maladjusted or a to become mentally ill. It is when the child is excessively s and content to live in a world fantasy that there is danger. Schizophrenics, the predominant type of mental patients, were " trouble at all" in childhood. children they found the world c make believe more pleasant than reality. Their fear of people excessive and therefore unhealt

Someone commented that it is difficult to know when to push and when not to push a child. child should never be pushed. Children need a certain amount encouragement, but if shyness i problem, parents can take remed steps without pushing. Nursery schools are an excellent medium for helping a child to adjust to others.

The question was asked if there are any facilities in Hun tington to aid emotionally mal justed children. There are no facilities in W.Va. which offer complete therapeutic treatment for the pre-school age group. Psychiatric evaluation is avail able. Free clinics for treatme are non-existant in Huntington.

One of the group asked if s funds diverted to clinics for p ventive treatment would lower cost of maintaining state hosp als. Preventive treatment wou

Institute Doings (cont.)

do much to relieve a situation which at present is an expensive burden on the taxpayers. The psychiatrist's aim is to teach good mental health concepts and give preventive treatment to the maladjusted to prevent the loss of productive individuals to society.

"Are there funds available to help the mentally ill?" Yes, if the public takes an active interest and presents its needs. The W.Va. State M.H. Society, incorporated a year ago, is striving for members and funds to work toward bettering the lot of the mentally ill. With enough people working together, our legislators would meet requests for improving present deplorable conditions.

One of the group asked who supports the local mental health association. The local association is a member of the United Fund. $3.00 yearly dues buys membership in the local organization and affiliation with the State Mental Health Society.

Doris

***

Emotional Health was shown Sun. night, Jan. 33, in the Recreation Room of the Beverly Hills Methodist Church to a group of approximately fifty people. Seven of the group from the Clinic accompanied Dr. Owen. Melvin Haas presided. He introduced Dr. Owen, who after showing the film, led the group in a general discussion.

The first question promptly asked was, "Does a sudden shock cause mental illness?" "No, becoming mentally ill is a long, drawnout process, or one thing following after another."

"Does mental illness start in adolescence?" "No, most emotional patterns are laid down in childhood." Dr. Owen gave the startling fact that fifty per cent of the people going to doctors are having emotional rather than physical disturbances.

Dr. Hollister, pastor of Beverly Hills Methodist Church, asked if there was any relationship between mental health and religion. Dr. Owen answered, "If the love drive is developed, there is no worry about the other drives. We must have the religious drive satisfied."

When Dr. Owen was asked the difference between a psychologist and a psychiatrist, she answered that a psychologist studies to understand the normal reactions and the psychiatrist treats illnesses of the mind. At the end of the discussion Dr. Hollister thanked Dr. Owen for appearing on the program, and she, in turn, told the audience that visitors were welcomed at the Clinic. As the Owen Clinic group came back to the Clinic, it was agreed that it had been a well spent, enjoyable evening for all who attended.

Josephine Connelly

## Sharp-Drivers

Welcome to the Clinic'c latest staff member, Mabel. She is a trained laboratory technician, who has worked in several hospitals. She is manually adept. Mabel shows interest in the Clinic. May her drive to excel lead her to help the mentally ill.

C. Woodman

***

Dr. Owen received a letter from Dr. Johnson, Superintendent of Lakin State Hospital, thanking her for her interest in the work of mental health. He also mentioned Sheriff Humphreys, feeling that he too is doing an outstanding job in mental health as well as his own job.

"Jo"

***

Stemmie received a letter from Ruth Wylie, former nurse, thanking her for Longview and wishing her success in her work.

# Peoples UNITED NATIONS Section

C. Woodman

The big news at the UN has been the admission of 16 countries to UN membership: Finland, Romania, Hungary, Austria, Ireland, Spain, Italy, Ceylon, Laos, Cambodia, Nepal, Bulgaria, Albania, Libya, Jordan, and Portugal. O. C. UN Class located geographical position of the new members all over the living room floor. On the Security Council rests the principal responsibility for maintaining world security. Five of the Council members are permanent, China, France, Russia, Great Britain, and the United States; six are temporary. The permanent members' power of veto causes dissension.

Dec. 29 Carol went to the UN headquarters in N.Y. She went on a guided tour to General Assembly, Security Council, Economic and Social Council, Trusteeship Council, Bookshop, Postal Counter and Gift Centre. The General Assembly is a parliament of mankind. Regular sessions convene in Sept. The Assembly appoints the Secretary-General recommended by the Security Council. It admits new members on recommendation of the Security Council. Chinese, English, French, Russian, Spanish are the official UN languages. The Assembly has 6 Main Committees: Political and Security, Economic and Financial, Social Humanitarian and Cultural, Trusteeship, Administrative and Budgetary, and Legal.

The site of Headquarters is international territory owned by the UN. There are 15 miles of carpeting. In the Headquarters area are 12,000 windows. Structures are the low-domed General Assembly, the metal and blue-green glass Secretariat, the long river side rectangle, and the Library. Trees and ground cover are west of the Secretariat and east of the Library. The north area has landscaped gardens of roses, cherry trees, hawthorns, sweet gum, and honey locust. A children's playground is in the north end.

The fundamental architectural purpose was to plan the most desi able and beautiful working space. Rooms are open and admit sunlight. Headquarters visitors' entrance i north of the marble and limestone Assembly. The sweeping, low line of the last contrast the 39-story Secretariat. There are 7 nickel-plated doors leading to a lobby with a 75 ft. high roof. Clean, modern lines of flying balconies and subdued lighting are present. The Assembly has 750 seats for delegates, 270 for observers, 23 for the press, and 800 for the pu lic. It is accoustically perfect

Conference area is comprised o a long, low building joined to General Assembly by means of spacious corridors. It is made up o the 3 main Council rooms and a pa of lounges. A Swede designed Eco nomic and Social Council room. Rectangles of black, gray, and white decorate exposed pipes and ducts. Trusteeship Council room was designed by a Dane. It uses fine woods and color in a light, clean outlook. Ash wood helps th accoustics. The red, tan and bla mural painted by a Dominican arti is in the public hall outside. Security Council room goes around a big mural painted by a Norwegia artist. This symbolizes a promis of future peace and freedom. Nor way supplied furnishings. The bu ding has a Secretariat personnel cafeteria, a delegates' restaura and 2 dining rooms. Below street level are a fire-fighting unit a maintenance workshops.

A fountain in front of the Secretariat is a present from children of U.S., Alaska, Hawaii, Puerto Rico, and Virgin Islands. In the space between Secretariat and Conference are a bell and a Japanese pagoda. An iron grille fence borders the entrance of Secretariat and Assembly. A rim of flags fronts the UN Plaza.

HUNTINGTON MENTAL HEALTH ASSOCIATION

"Jo"

Monday, Jan. 23, the whole "Owen University" gang piled into the Jeep and Buick and went to the monthly meeting of the Huntington Mental Health Association held at Marshall College. Sheriff Humphreys discussed briefly the budget and appointed a committee consisting of Mrs. Weser, Dr. Owen, Mr. Scott, and Mr. Gregg to meet with him Jan. 28 at the New China to discuss the budget further. Sheriff Humphreys then read a letter of thanks from Dr. S. O. Johnson, superintendent of Lakin State Hospital for the consideration during the Christmas season.

Mrs. Weser reported on the "Adoption Plan" for the Huntington State Hospital. The project has been turned over to the Auxiliary, and Mrs. Weser was informed that the Huntington Mental Health Association would be notified when members could go to work on it. She also reported on the last meeting of the State Society and stated that one of its purposes was to encourage the governor to invite the Survey Committee of the A.P.A. to study all mental health resources in W.Va. so that they can be pooled for a total mental health program. Another project is to remove the mental hospitals from the jurisdiction of the Board of Control and place them under a mental health department headed by a qualified psychiatrist as administrator.

Dr. Owen stated that the biggest problem right now is to affiliate with the national association. If we affiliate we will not only be able to do more, but also, during mental health week, 85% of the money collected will go to the local and state associations. Dr. Owen repeated that we should urge everyone to join his local organization and contribute.

Dr. Owen then reported on the gifts sent to Lakin State Hospital and Huntington State Hospital. Someone is to be appointed to check about what books are needed at Lakin and to buy and collect books.

Directly following the meeting, the film, Breakdown was shown. Discussion was held and many questions were asked.

Was this a true account of schizophrenia? Yes--it was a typical textbook picture. 50% of the mental hospital beds are occupied by patients with this illness. Schizophrenia has the highest recovery rate with treatment--the lowest without treatment.

Was there any way that the girl's break could have been avoided? Yes--by recognizing the early signs and symptoms and prompt treatment.

What were such symptoms that should have been recognized? Especially in childhood these are the "too good" children. They are shy, withdraw from people.

How does Thorazine help a patient get well? It makes the patient accessable to psychotherapy. Alone it does not cure--no drug cures--insight is essential.

What is insight? Understanding of the problems of a person and of his illness by the patient himself--literally being able "to see inside himself."

Dr. Owen also mentioned the Funkenstein test, which is a laboratory test showing physical reactions to artifically induced stress situations. Finally she explained the over all treatment program which includes educational, occupational, and recreational therapy--each one helping each person in a different way.

# LONGVIEW

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## O.C. INSTITUTE

by "Jo"

Jan. 31, the yearly report of the Research Committee was presented by Dr. Stemmermann at the O.C. Institute meeting. Thirty people attended. Stemmie first talked about the new drugs used in mental illness.

Bromides ha e been used since early in the last century, 1826. Their action is first quieting; if toxic doses are consume d, they produce hyperactivity. Used in proper dosage, they depress electrical activity, especially in the motor areas of the brain. Bromides are now rarely used, except in some cases of epilepsy.

Barbiturates have an action similar to bromides. They are used ineffectively in mental illnesses as they require large doses and the effect is not too satisfactory.

Amphetamines are powerful central nervous system stimulants. In mental illness their usage is not very advantageous, as they produce a state of euphoria in the patient. This is superficial and subsides as soon as the drug is withdrawn.

Insulin was first introduced in the early thirties. It is useful in long term illnesses, mainly in patients of the adolescent and middle age group who have no other physical disorders.

Metrazol acts much like insulin but is not used very much now. It was formerly used to produce a convulsion.

The newest drugs now being used are reserpine (Serpasil), chlorpromazine (Thorazine), Meratren, Miltown and Frenquel. Meratren is used as a "pickup". Miltown is a muscle relaxant and has a quieting or tranquillizing effect. Frenquel wipes out hallucinations.

Reserpine and chlorpromazine were introduced 3-4 years ago. They are the two most commonly used now.

Reserpine, also called Serpasil or Snakeroot, has two effects. 1. It lowers the blood-pressure. 2. It has a quieting effect. It actually is a stimulant, since it probably stimulates the cortex, the site of foresight and judgment. This in turn regulates the part of the brain where the emotions have their origin. Reserpine was first used for treatment of high blood-pressure. At O.C. it is used mainly in mental illness for patients who carry some degree of hypertension. Some types of mental illness and high blood-pressure go together. In these patients blood pressures do not stabilize after a period of rest.

Chlorpromazine, also called Thorazine, has two effects. There is (1) an anti-adrenalin effect and (2) quieting effect. Thorazine can be used with any other drug without any untoward reaction. It quiets the patient,

## IT'S HOW YOU TAKE IT

by "Jo"

As we have been diving into the unconscious mind, in an effort to gain understanding of the complexities of those difficult subjects, we have discovered the mental mechanisms. These are devices which enable a person to adapt himself to different life situations and make adjustments in his environment. A lot of it is automatic and unconscious. Some of the mental mechanisms are helpful little gadgets--others are not so helpful.

Mental mechanisms make possible the social adjustment of the five basic drives which in turn are energized by the corresponding emotions-fear, anger, love and others. Adjustment is made by changing actions, wishes and urges into a socially acceptable type of behavior.

Suppression is a conscious forgetting of incidents, memories or ideas that are painful, embarrassing, or otherwise uncomfortable to the ideal self, leading to depreciation of our self-esteem. This is a useful psychological device. All our "little white lies", are a form of suppression--we are perfectly aware of the fact that we are either stretching or detouring the truth a little. Suppression is exemplified by asort of Scarl O'Hara type person--who goes along saying: "I'll think abo it tomorrow." That can often work very well. Sometimes pr lems we have put off until to morrow won't need any more th "tomorrow". By that time the have worked themselves out. danger in using suppression l in kidding yourself along, by practicing it so much that we get so we believe our "little white lies" ourselves.

Repression is a much more gerous mechanism. It is the unconscious forgetting of un sant facts, ideas, incidents wishes. We refuse to admit ourselves the fact we are pu something into our unconscio

In order to understand our selves and gain insight into problems, those repressions m be brought up to the conscio mind, and looked at objective Needless to say, this is not easy. There is however a ver important clue to a repressio "Whenever your behavior is ou of all proportion to the size the stimulus--one thing you be sure of--your ideal self repressing some unpleasant f and providing for conscious sumption a most unreasonable facsimile of the truth."

## COMING EVENTS

Feb. 13, 7:30 P.M. Scattered Showers, Logan P.T.A., Appalachian Power Company building.

Feb. 24, 8:00 P.M. Monthly meeting O.C. Club, Mrs. W. E. Seymour, Chestnut St. Speaker Mr. David Baker, attorney.

Feb. 26. Madison Avenue Christian Church, Rev. Mr. Newman, pastor 6:30 P.M. Emotional Health. 7:30 P.M. Scattered Showers.

Mar. 5, 8:00 P.M. St. Mary's Alumnae Assoc., St. Mary's Nurses' H Breakdown.

O. C. Institute (cont.)

but he can be easily awakened without groggyness. It is ideal for the hyperactive patient. The only undesirable effects found with this drug are jaundice and a lowering of the blood count. However, when routine blood counts are done every 2-3 weeks for the first few months of treatment, this can easily be detected and prevented. At O. C. Thorazine has been found to affect the Funkenstein test by pushing an abnormal curve either up or down to the normal. Aside from mental illness this drug is also useful in the treatment of nausea and vomiting.

These new drugs do not cure, of course, but they do make the patient accessable to psychotherapy, which is the only thing that will make the patient well. He must get insight.

So far none of the new drugs have been found to be habit-forming. After a slight initial groggyness, the patient experiences no special feeling from the drugs, and neither does he have any when the drug is withdrawn.

Dr. Owen called an intermission for doughnuts and coffee before Dr. Stemmermann resumed discussion of latest work with the Fu kenstein test. This test reflects pretty well the conditi of the patient.

There are definite physical changes in mental illness, but as in most cases of diabetes, tal illness cannot be diagnose after death, as the physical changes in both diseases canno be seen under a microscope.

Stemmie discussed the use o the Funkenstein test in chroni illness, especially tuberculos Studies show that 50% of such patients are maladjusted. One of the biggest problems in san toria is getting people to sta long enough to get completely well. The number of discharge against advice is great. The Funkenstein test may be useful in spotting the most likely su pects of self discharge so tha psychological rehabilitation c be started promptly. Psychiat treatment will help them to fa the world better when they are discharged and ready to go bac to work.

The group attending was a very nice group of people and seemed to enjoy the meeting ve much. All of them are avidly interested in mental health.

## LEGISLATURE AND OUR STATE HOSPITALS

by Doris Kirby--Has Been

Sat. Jan. 28, Mrs. Lillian Weser, Mrs. Marion Grey, and your reporter attended a regular session of the House of Delegates at the capitol in Charleston. At 11:25 A.M. Dr. Hiram Davis, superintendent of Huntington State Hospital, was introduced by acting chairman Mr. Horner Davis to clarify the issue of a $250,000 appropriation requested by the Board of Control for purchasing a farm for the hospital. Dr. Davis stated he was not aware the appropriation had been requested in the budget.

He told the committee he wanted a chance to do what he could for the state hospital without being saddled by additional difficulties. He said h was satisfied with the present farm located 10 miles from the hospital grounds and saw no ne for additional land. They had found patient employment unsat factory, and operating expense for another farm would have to be absorbed by an already crip pled budget. "The appropriati is needed to feed and treat ou patients," said Dr. Davis. "I

Legislature (cont.)

understand the money allocated for the farm cannot be redirected but I believe our laws are made to serve the people and can be changed to their benefit."

Members of the committee asked many questions concerning the recent inspection report of the American Psychiatric Association, whose standards the hospital is unable to meet for accreditation. Noting the dire need for trained personnel, Dr. Davis pointed out that personnel, in addition to low salaries and long hours, receive no credit for their work and therefore qualified people are not attracted to employment. He urged the Legislators to read the APA report for the plain, bare, ugly facts. He asked that the $645,000 cut from the budget be reinstated and the additional $250,000 appropriation used to the best advantage of the hospital.

Chairman Davis said it had been suggested that the conference committee might ask for certain increases or supplementary increases to the extent of Dr. Davis' initial request but there is no method by which members of that body could grant such a request. He expressed appreciation for Dr. Davis' appearance before the committee. Dr. Davis thanked the legislators for an opportunity to speak in behalf of W. Va.'s mentally ill.

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P.S. He got some of what he asked for -- and no farm!

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D O N'T F O R G E T

T O

V O T E !!

How do the candidates for state office feel about mental health and management of our state hospitals???

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PUBLIC MENTAL HEALTH

by "Jo"

Friday, Feb. 3, Dr. Stemmermann gave a lecture to first year and senior students at St. Mary's Hospital, at the request of Isabel Drury, R.N., public health nursing instructor. She is also on the State Board of Examiners. About 85 people were present.

The lecture was divided in two parts. The first part dealt with the situation in West Virginia's State Mental Hospitals. Figures regarding the nursing situation are as follows: number nurses now employed (30); budgeted for (39); recommended quota by the A.P.A. (344); present number of nurses per patient at Huntington (one for 227).

Registered nurses in mental hospitals should devote about 75% of their time to teaching and supervision. The situation as for other hospital personnel is just as bad as it is for nurses.

The second part of the lecture described what can be done about it, what the students as nurses and citizens can do. Mental illness is the number one public health problem today. It needs immediate attention. The answer is the same as for any other illness--prevention. This comes under the field of public health nursing.

Everyone should be interested in mental health and join, or get their families to join, local chapters of the West Virginia Mental Health Society. If there is no chapter, they can become members at large. As for the student nurses, they too will be future tax payers and must not leave to their children the tax legacy for mental hospitals left to them by their parents. The present project of the W.Va. Mental Health Society is to get the care of mental patients out from the Board of Control and into qualified hands.

Published monthly by the patients, Owen Clinic, Huntington, W. Va.

Reporters----------CN, JC, EY
Group Psychotherapy----------JH
Has Beens----------GR
Radio----------JH
Art----------CW
Typists----------CN, JH

Journalism Instructor
M.G. Stemmermann, M. .
English Instructor
Edyth

## CITIZEN RESPONSIBILITIES

It is a responsibility of ea citizen to banish fear, stigma, and ignorance of mental illness. Radio, T.V., movies, books, magazines, meetings, and conversation will help. Be well informed and pass on the data. Let your neighbor know the mentally ill are "just folks" yearning to be assisted. C. Woodman

***

If each citizen could see that he could very well be one of the many hospitalized in mental instiutions, this fact, alone, would bring it close "to home," and make him band his efforts with others to help eradicate this illness. He would be on the look out for the danger signals which point to the beginning of mental illness and seek the help of those who are qualified in this field. If each citizen went into this project with the idea that "an ounce of prevention is worth a pound of cure" much could be done in the field of mental health.

Josephine Connelly

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The drive for mental health is on. What are we going to do about it? This seems to be the $64.00 question to most people. Why can't people understand more about mental illness? Is this because they aren't interested? It is because they are uninform about conditions of our state hospitals. In the coming election we should vote for the legislators we think are interested in our state hospitals.

Citizens should visit the state hospitals and see with th own eyes the condition they are in and thus get a better understanding. We all think that mental illness cannot happen to us, but actually one of every twelve becomes mentally ill.

"Deaner"

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Conditions in the state hospitals of West Virginia have been revealed by the American Psychiatric Association. Gross inadequacies are seen in every department. The public has an obligation to remedy these conditions. What can be done? Join the local, state, and national mental health associations. Then, too, support for office those who are interested in the mental health movement and plege themselves to do all they can to improve conditions. It is the duty of every citizen to take part in this humanitarian effort. Edyth

## RIGHTS AND RESPONSIBILITY

by "Jo"

Each of us as a person, a human being, is endowed with th right to life, liberty, and the pursuit of happiness. But with those rights go certain human responsibilities, responsibilities to ourselves and our fello men--especially our fellowmen.

"No man is an island. No ma can stand alone." A person ca live by himself as on a desert island and never look at the other fellow. To live without genuine interest and love for other people is not conducive t personal happiness, nor good men tal health. To have one, one have the other. Besides, it i

Responsibilities (cont.)

not fulfilling our obligations as citizens of the world. It is not enough to be a citizen of this great America. We are all brothers and sisters of the world and thus it behooves us to make use of this privilege to belong to "One World", to unite and really be brothers and sisters.

NAMH VISITS US

by Doris Kirby--Has Been

Thurs., Jan. 26, the Clinic welcomed three visitors. Mrs. Lillian Weser and Mrs. Claudia Spangler came at 10:00 A. M. Miss Lydia Blakeslee arrived, accompanied by Stemmie, who had met her train. Miss Blakeslee, Field Representative for Region II of the National Association for Mental Health, displayed a charming personality and warm, sincere smile that established a mutual atmosphere of fellowship.

Our visitor joined us for journalism, digressing into a discussion of a favorite topic--our state hospitals and ways of helping mental patients. Miss Blakeslee noted that "mental health associations are a citizen participation movement." She explained the work of field representatives, who assist associations in the throes of organizing and writing by-laws.

At present there are eight field representatives of NAMH--three hired last Oct. and five in Jan. Miss Blakeslee, a trained psychiatric social worker, is in charge of the area including Va., W.Va., Md., N.C., and the District of Columbia, with field headquarters located in Washington, D.C. One interesting personal note was the fact that Miss Blakeslee received a grant to study at Smith College from the Clifford Beers Foundation.

Following lunch and group psychotherapy Miss Blakeslee toured the Clinic and Anchor. The remainder of the afternoon she listened to several of our taped radio programs on mental health and held forth in animated conversation with our doctors. Miss Virginia Lewis, Chairman of the State Association's Constitution Committee, came to dinner and had a long discussion with Miss Blakeslee about framing the constitution.

At 8:00 P.M. a group of citizens met with Miss Blakeslee in the downtown office to discuss the local mental health movement. In addition to answering numerous pertinent questions, she gave several pointers for a fund raising campaign, explaining that only 15% of funds collected by the state society from local associations goes to NAMH. There is no set amount to be raised by local organizations before becoming affiliated.

Our guest left to catch her train at practically the last moment. We sincerely hope she enjoyed her visit with us, as much as we enjoyed having her.

O.C. CLUB

by Nan Embry--Has Been

The Owen Clinic Club met at the office, 1319-6th Avenue on January 27, 1956. An interesting and challenging calendar for the coming year was reported by the program committee.

Our guest, Mrs. Fred Weser, gave the report on the affiliation of the W.Va. State Mental Health Society with the National Association for Mental Health. Following her report the meeting was adjourned and lovely refreshments served by our hostess Ginny Hoeing were truly enjoyed.

P.S. Your Mental Health organizations need you and you need them. Get into the swing of this worthwhile movement and give yourself, as well as others, a chance for far greater happiness and good Mental Health.

## Outside Doings

Feb. 6 Dr. Owen, Carol, and Edyth attended Scattered Showers (given by OCI) in the Beverly Hills Woman's Club to 40 people. A prayer, pledge to the flag, and devotional preceded the play. The first vice president introduced Dr. Owen who presented Scattered Showers. In 3 months more than 1000 have seen this drama which takes up the problem of pre-schoolers.

In the discussion, Dr. Owen stressed attainment of a happy medium in rearing children. Early childhood influences are vital. Mother blames herself when a child becomes mentally ill and is hesitant to take him to a psychiatrist for emotional disturbances. You have to learn to handle your emotions. Mental illness recovery rate is the highest of any serious illness if treated adequately.

Since many of the audience had read the newspapers lately, Dr. Owen gave a vivid picture of present conditions in W.Va. state mental hospitals. Mental illness has been shrouded in ignorance and fear for too long a period of time. We, the people, ought to think a lot about our state hospitals. The Clinic psychiatrist is endeavoring to educate the masses concerning emotional health. C. Woodman

***

Feb. 1 Dr. Owen, Carol, and Terry went to Miss Keck's home and gave Breakdown to the Child Development Club of twelve. Dr. Owen moderated to an alert audience. We of this generation must do something about the state mental hospitals. There are fewer state hospital releases than admissions and therefore "backlog" is incredible. W. Va. is second or third from the bottom in state mental hospital rank. We, the tax payers, are responsible. People should j a mental health association a get patients out of politics. Here they are political pawns there is graft. W.Va. is wor toward a Commissioner of Ment Health. We have money and it misappropriated. We always e deavor to avoid facing our re sibility concerning mental he Breakdown shows a common ment illness and how the mentally get well, when adequately treated. C. Wood

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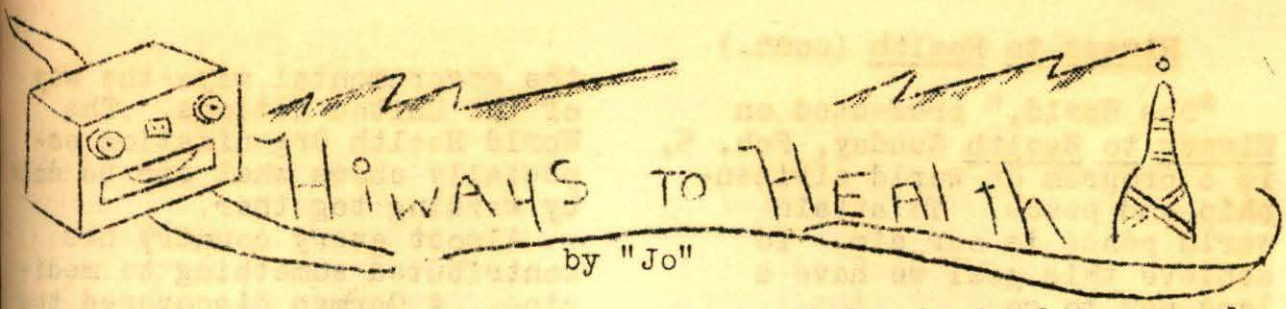
Feb. 13 Dr. Owen, Carol, a the cast of Scattered Showers motored to Logan. Sada and M Mullens, PTA president, met a took them to dinner. Followi a delicious steak dinner, the cast presented the play on th Founder's Day program to 75. Scattered Showers, a Temperat Zone play, deals with the ove all climate of the home.

Someone brought up the com question of spanking. It is admission of failure that oug to be for the child's sake, n to relieve the mother's anger Taking away privileges is bet Stealing is one symptom of ma justment for which mother wil take her youngster to see a p chiatrist. The emotionally starved, neglected child ofte becomes mentally ill. A shy, sensitive, withdrawn, dreamy youngster is a candidate for schizophrenia, which starts i childhood. An anxious, tense, fearful mother may infect her child with the same symptoms.

One year ago the W.Va. Ment Health Society was formed. We must band together to take ou mentally ill out of politics. W.Va. has 28 psychiatrists. I is every citizen's duty to vis our state hospitals, since the public does not believe the st hospital reports. Each thinks he will not get mentally ill.

The audience was alert and held an intelligent discussion C. Woodman




by "Jo"

Sunday, Jan. 29, a program ss presented on Hiways To Health a a sequel to the one given wo weeks before, "West Virginia tate Hospitals." The first had een concerned mainly with food, lothing, and bathing facilities. his program concentrated on the ersonnel question.

For 5376 patients, the total mber of patients on all state ental hospitals in W.Va. at the ime of the A.P.A. inspection, here are 30 registered nurses mployed. Needless to say, it is mpossible for those nurses to et around to all these patients, et alone give them any care at ll and help them get well.

There is an increasing number f mental patients each year, nd the reason for it is not the eneral increase in population. he population only doubled, hile mental illness has increased almost four-fold. One of the easons is that people who are dmitted to our state hospitals re not gotten well because here is not enough personnel o get them well and keep them ell. Of the patients who do et out, many are only half well, nd when in the outside world, reak again.

The new wonder drugs are of ome help in the treatment. hey do not cure. But the drugs o make the patient aware of his rroundings and accessable to sychotherapy. He will want to et well. But how can they, if here is no one to help themace their problems, guide them nto understanding their problems, and so help them get well.

The new drugs, as well as any ther form of treatment, as insulin and electric shock, arouse the need for trained personnel. They are not without danger and require close supervision of the patient.

The main problem in curing mental illness is not more buildings but more, and most important, better trained personnel--psychiatrists, nurses and other ancillary personnel.

* * *

"Occupational Therapy" was the topic on Hiways To Health, Sunday, Feb. 6. In this program a former occupational therapist of the Owen Clinic explains what occupational therapy is all about.

Occupational therapy is very important in the treatment of mental illness. It is especially useful in long term illnesses. It helps a patient make use of his creative drive and helps to pull him out of his dream world and into reality.

A former patient tells about her daily activities and how each one helped her along on the road to mental health. She explains how typing teaches concentration. She also tells about other activities such as reading, music therapy, woodworking, handwork, gardening, and classes in different subjects.

There is an increasingly great need for trained people in this field, especially in state mental hospitals. We need volunteer workers, who, under the supervision of a trained occupational therapist can help patients help themselves get well. With a planned O.T. program patients can be kept busy, as well as satisfied, by doing something they enjoy instead of just sitting on a bench. A bench is no substitute for life.

## Hiways to Health (cont.)

"One World," presented on Hiways to Health Sunday, Feb. 5, is a program on world citizenship and peace. To attain world peace is our aim. To achieve this goal we have a long way to go.

There are four major steps to aid us in this achievement. The way of understanding is one--to understand each other as just plain people, as friends, be they Jew or Gentile, colored or white. To show genuine friendship, one need not speak the language of the people -- a smile goes a long way.

The second step is the way of responsibility. We are our brother's keeper. The refugees of the world, as well as the refugees in our mental hospitals, are our responsibility. Our mountains, plains and resources of oil, coal and others were not given to us. They were only loaned to us, to keep in trust for the generations to come.

The third step is the way of mental health. All of us need to learn about the vitamins of good mental health, just as we learn about the vitamins of good physical health. To be citizens of the world, we must promote good mental health. Now, more than ever, we have at our disposal information about personality development and how the human mind works. This knowledge--applied to ourselves and passed on to others will help promote mental health.

Finally, the fourth step towards world citizenship is the governmental way--the way of the United Nations. The World Health Organization especially shows what can be done by working together.

Almost every country has contributed something to medicine. A German discovered the causative agent of tuberculosis; an Italian the treatment of collapsing the lung for tuberculosis. An American contributed anesthesia, an Englishman penicillin and there are many more. This is just one example of the many ways contributions have been made by different people of the world, for all the world. The UN may not fill all expectations politically, but certainly it is active and growing.

"Jo

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Sunday, February 12th, at 1:30, Hiways to Health discusse the role which music plays in the treatment of mental illness. Patients of the Owen Clinic, with their choral director, Mrs. Smith, and piano instructor Miss Lewis, presented one half hour of music, "Songs of the People," which included songs of the early settlers, spirituals, modern folk songs, and two piano selections.

The value of music as a mean of therapy for the mentally ill has been recognized for many centuries. Today we are aware that through music old interest may be revived or new ones discovered. Group music challenge the best from each member--all working together to produce an harmonious whole.

Catherine Mabe

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NATIONAL MENTAL HEALTH WEEK

APRIL 29--MAY 5

JOIN! GIVE! HELP!

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## WHY DID OUR STATE HOSPITALS LOSE ACCREDITATION?

by C. Woodman

Doctors Owen and Stemmermann, t the request of the W. Va. ental Health Society, wrote a eries of articles describing onditions in our state mental ospitals. The data is based n the official report of the entral Inspection Board of the merican Psychiatric Association. he articles are entitled"WHY ID OUR STATE HOSPITALS LOSE CCREDITATION?"

Article I, "Could You Keep lean?", deals with sanitary onditions. Could you keep lean if you were one of the 130 untington State Hospital patents using the same tub?

Article 2, "Who Says We Have arm Surpluses? Not the Mentally Ill," discusses diet. In untington, "a standard ration llowance has not been adopted nd the menus apparently have o scientific foundation. The enus for state patients..... ere characterized by monotonus repetition and a lack of eat dishes." Deficiencies in ietetics departments are eplorable.

Article 3 is "Why Did These atients Die?" The answer is hat nobody knows because of nadequate laboratories poorly taffed.

Article 4 discusses clothing. "What Do New Clothes Do for You?". n a mental hospital a patient ight to present a neat, clean, ttractive appearance.

"Can You Care for Patients ithout Nurses?" treats the nursing problem. The A.P.A. discovered there are 30 registered urses for 5376 patients. If he quality of the care is of mall importance, you can tend he sick without nurses. Yet, ou cannot cure mental illness ithout good nursing care.

The sixth paper, "Can a Bench e a Substitute for Life?," treats occupational therapy. A patient's dejection is aided by useful, creative activity. He will not find LIFE on a bench. Occupational therapy is a well known type of treatment. Mental patients require a great deal.

Article 7 concerns the "Lost or Forsaken--Who Are They?". It is estimated about 10% of our hospital population belongs to this class. An effective social service department can prevent patients from being "lost."

"Progressing Backwards" discusses personnel shortage. Patients require treatment to achive health and maintain it. Treatment implies trained staff--doctors, nurses, social workers, psychologists, occupational therapists, recreational therapists. Rehabilitation workers help. Doctors trained in psychotherapy are a "must."

"There Oughta Be a Law!" discusses poor management of our mental hospitals. Too little treatment is given because of personnel shortage. Why have our hospitals lost accreditation? Blame yourself. Fifteen years have passed and we have failed to provide legally for a Department of Mental Health, led by a psychiatrist as Commissioner. Mental hospitals' loss in money and persons is an ever climbing deficit due to poor management. "There Oughta Be a Law" letting us transfer management to well qualified persons.

The last article is entitled "The Mentally Ill Need Your Help." We should unite and see that the recommendations of the American Psychiatric Association are put into effect. We, the tax payers, are responsible for the care of the mentally ill; we must band together. Join a local mental health organization. It will be a part of the W.Va. Mental Health

Hospital Accreditation (cont.)

Society which is affiliating with the National Association for Mental Health. This is a citizen's group that gets authoritative recommendations from national mental health leaders.

The above articles have appeared in the Beckley Post Herald and a Bluefield paper. The Beckley editor also wrote several outstanding editorials on the subject.

Following perusal of WHY DID OUR STATE HOSPITALS LOSE ACCREDITATION, a community near Bluefield is planning to initiate a mental health group. The town, Blue Jay, contains a church, a store, a school and about 12 Christians.

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## VISITORS

by Doris Kirby--Has Been

Thurs., Feb. 16, the Clinic welcomed Mr. and Mrs. G. Y. Yanagi and their nine months old daughter. They arrived with Elfreda Smith, our choral director, at 10:30 A.M. Mr. Yanagi, who is majoring in psychology at Marshall College, talked at length with our doctors about a favorite subject -- mental health.

Following lunch, Mr. Yanagi and his lovely wife toured the Clinic and Anchor. Along with them went two representatives from the Board of Health, making their annual inspection.

Mr. and Mrs. Yanagi are Hawaiian Japanese. Mrs. Yanagi and daughter, perfect replicas of dainty Dresden dolls, were the center of attraction. Some of us took turns at holding the baby, along with Dr. Owen, who managed to elicit some smiles.

After commissary our visitors said good-bye and we reluctantly handed over their daughter. Mr. Yanagi expressed appreciation to the doctors for the information and understanding they had given.

## Hail and Farewell

Margot left the Clinic Jan. 
We were glad to see her well ag
but we miss her. She was marri
during her stay here at the Cli
She returned to housekeeping an
to her job with the Veterans' A
ministration. We wish her much
luck and happiness. Edyth

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Hazel left us to return to her home in Huntington, W.Va., Jan. 28. She is working for Alexander G. Kerr Glass Company We are glad to see her well again, but we will miss her lo ly personality. While a patie here, she contributed her abil as a typist. Our best wishes out to her and her son, Jack, we hope they have many good years ahead. "Dean

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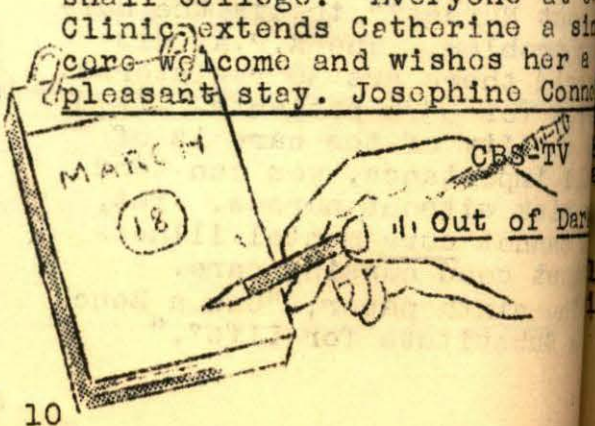
Catherine came to the Clini February 11. She is auburn-haired and has a ready smile for everyone around her. Cath rine, who is from Huntington, is a homemaker by profession, and especially enjoys cooking. She has one child, a fifteen-year old son. Bridge is her favorite game. She collects stencils antique furniture an finds this an absorbing inter Another of her hobbies is gro flowers. Before coming here, was a part time student at Mar shall College. Everyone at O Clinic extends Catherine a sin core welcome and wishes her a pleasant stay. Josephine Conn



# Has Been

by"Deaner"

The Clinic received a letter from Betty Brickles, Gallipolis, Ohio. She listens to our radio programs and likes them very much. At Christmas time her Brownie Troop took small gifts to a cottage of girls at the State Institute. They were the only gifts the girls received. She wanted to know if it would be wise to form a club for people interested in mental health, and if so how she could do about it.

* * *

The "gang" received a letter from Nancy. She had received her January issue of Longview and found it very interesting. She found the A.P.A. report of the W.Va. State Mental Hospitals very pitiful, but interesting. She is trying to get enough nerve to go down and get a beginner's permit to drive. But keep this under your hat - - will you?? If she doesn't pass, she doesn't want anyone to know. She is playing the piano full-time at their church now. The pianist is expecting a baby in March, so they turned the job over to Nancy. She is planning her trip to the Clinic soon, as she is getting homesick.

Nancy celebrated her 26th birthday. (Don't tell anyone.) She received many nice presents. Her nicest gift was a big hickory-nut cake from her 81 year old grandmother. Nancy, don't you know you aren't supposed to eat cake? We all are glad you had a happy birthday and wish you many more.

* * *

The Clinic received a nice letter from Ethel. She is still improving and is so thankful for Owen Clinic -- especially Dr. Owen and Stemmie. Her father and mother celebrated their golden wedding anniversary Jan. 29.

* * *

Sada visited the Clinic Jan. 27 for a week end. She and her husband attended the O.C. Club meeting Friday night. She is working every day and enjoying her work so much. She typed ten stencils for Longview while she was here. Gee! She is looking swell -- and feeling the same way. She has been visiting some of the shut-ins in the hospital at Logan and is also active in her church Circle again.

* * *

Loretta visited the Clinic Feb. 10. She is working hard these days -- house cleaning, washing walls. Loretta is also active in P.T.A. work, as she has a small son in school.

* * *

Ione visited the Clinic Feb. 5. She is still going to school, and the last semester she is continuing to take anatomy. Saturday night she and Dr. Owen had a Scrabble game. Don't you know, she beat Dr. Owen! Ione, you must be a champion, because she is hard to beat.

* * *

Traveling in Florida--by Mail

Hazel Casto took the Clinic on a trip to Florida, leaving Jan. 14. First stop was Charleston, W.Va. and from there to Bluefield. The Castos enjoyed the turnpike so much. The trees were covered with frost and snow. Hazel has never seen a more beautiful sight.

Through Wytheville, Va., is beautiful country, with such lovely farms. In North Carolina, they have beautiful mountain streams, and the Nandiva bushes are so pretty. Highlap mountain is a good spot to get out of the car and look

HAS BEENS (Cont.)

over. The ground is clay and when plowed with the sun shining, it looks like a fire.

In Columbia, S.C. Hazel visited her friends who have a shoe store. There are so many new homes and motels, Hazel is wondering where everyone is getting all his money. Georgia isn't much to talk about, but now on to Jacksonville, Florida, and Daytona Beach. Hazel has friends from Parkersburg who run a motel here. She surely hoped we all were enjoying this trip with them.

Between Hollywood and Miami is the race track, Gulf Stream, and it is beautiful. In Miami the Castos found O.E.'s cousin and his wife and had lunch with them. While in Miami they went to the Fontainbleau hotel. It is regarded as the largest luxury resort in the world and covers fourteen acres, costing $15,000,000. Don't you know they had the nerve to go to the Coffee shop and have lunch.

Hazel thinks one can live so much cheaper in Florida than here in West Virginia. She told of so many things that are cheaper. She attended church on Sunday morning and was served orange juice and cookies. She also visited Everglades National Park.

At Fort Myers, Hazel went fishing at Pine Island and caught several fish. Saw John L. Lewis hideaway called "Pineaire". Fishing in the Gulf is also good. The Castos caught 19 fish there in one day. There is also a marine museum here, where there are shells from all over the world. Some of these are Conus Gloria and Morris Chemnitz or "The Glory of the Sea". It is the rarest shell in the world, was found off the coast of the Philippines and cost $1200. The Castos told so much more it is hard to explain.

IT'S HOW YOU TAKE IT

by "Jo"

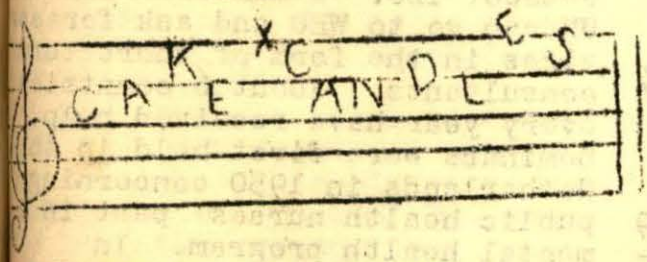
These past weeks we have begun to study the drives. Every human being has certain powerful basic wants and desires: to live, to love and be loved, to be with people, to excel, and to believe in something everlasting.

All our desires arise from the master drive, our desire to live, preferably forever--- the drive of self-preservation. This is also our creative instinct. In its simple, primitive form this drive is demonstrated by people who are starving and have to struggle for mere existence. Many of us, however, do not have to worry about food, clothing, and shelter, so have ample time, energy and opportunity to satisfy other wants and desires. Thus this time and energy left over we can use for eternal preservation, by channeling it into actions and deeds for the preservation of the race. It does not matter whether we do it physically, through a baby, or culturally, through a book, a piece of music, or a painting. In any case the creative drive will be satisfied. By expanding our energy created by the drive of self-preservation altruistically, we find we can live happier and better satisfied.

The desire to love and be loved is the second basic drive and is one of our strongest drives. We do not seek to deny it. We are proud of it because it is our chief claim to humanness and it has a God-like quality. There are four stages of the love drive. Self-love, which is present first in the baby, as we grow up, matures to self-respect. If it does not, an egoistic,

lf-centered person results. ve of the same sex begins out the age of eight and lasts til adolescence. We do not se this either as we mature, t expand this energy into mpanionship and altruistically rough clubs and other social ganizations. Love of the opsite sex begins at adolescence d lasts until about the age of rty. This is also called the mantic stage. This is followd by the last stage, and this, s the person matures, becomes ve of fellowman.

The love drive is the most portant one of the five. Good justment in the love drive is sential to good mental and otional health.




June, a former patient, who s now housekeeper here at the linic, had a birthday, January 0. Everyone here extended her ry best wishes over a luscious inner consisting of tomato juice ocktail, the Mexican dish, hot amales, french fries, and brocoli. A beautiful chocolate ake with three lighted candles, ne for each year she has been ere at the Clinic, was brought nto the dining-room to an acompanying chorus of "Happy irthday, dear June."

After the cake was sliced and rved, June opened her gifts, hich she displayed to the group. s a special treat on this ocsion, a second cup of coffee s served to those who wished t. After dinner, members of he group spent an informal vening of their own choice of ntertainment, some playing cards and others listening to recorded music. June and others of the group elected to watch the T.V. show, "Festival of Music," which featured the Metropolitan Artists, Marian Anderson, Rise Stevens, and Roberta Peters. At the end of the evening, all agreed that it had been a very happy birthday celebration.

Josephine Connolly

* * *

Martha had a birthday on February 8. A delicious dinner consisting of fried chicken, french fries, peas, cottage cheese and pineapple salad was given in her honor. For dessert there was ice cream. Her dessert held a lighted candle as the group sang "Happy Birthday." After dinner she opened her many packages and cards.

Edyth

* * *

Betty's birthday celebration was a gala event Tuesday, February 14. Her chosen dinner, which consisted of fried chicken, potatoes, and green beans, was especially delicious. For dessert a chocolate-topped marble cake was brought in, as everyone extended Betty best wishes. Betty then opened her gifts of clothing and jewelry which were passed around for everyone to see.

After dinner, the group went into the living-room where The March of Medicine film--"We, The Mentally Ill-was shown. This movie showed Dorothea Lind Dix in her effort to enlighten the public in regard to mental illness, and to help all to realize "that the problem of mental illness is not an insurmountable one."

As good nights were said, everyone at the Clinic agreed that it had been a very happy birthday.

Josephine Connelly

# Peoples Section

by C. Woodman

The World Health Organization (WHO) is a governmental body which promotes world health by international meetings, by providing consultation services, and by contributing funds for specific drugs and fellowships. World Federation for Mental Health (WFMH) is a non-governmental, international organization which works with governments. It is a group of psychiatrists and ancillary personnel that promotes mental health among all peoples, works with the UN Specialized Agencies, and promotes the establishment of better human relations. WFMH is a consultative body to WHO.

WHO had no concern for mental health in the beginning. In 1949 a mental health section was founded. Dr. J. R. Rees, executive director of WFMH, was instrumental in this establishment. Dr. Rees attends to organizational matters, travels to foreign countries as advisor, and is head consultant to WHO. The mental health section of WHO works through headquarter's studies, expert committee meetings, consultation service, seminars, and fellowships.

In headquarter's studies a consultant is hired who reads the books. He pays visits to other experts on the subject. If indicated, he visits various international institutions. Dr. Bovet, consultant, led a discussion on juvenile delinquency. There are studies done by questionaire and an expert. A study concerning juvenile schizophrenia is in progress in 1956.

Mental health is a public health problem, which ought to be under public health services. It is essential to--concentrate on prevention of mental maladjustments in children, train nurses in public institutions and, hold meetings with other Agencies such as WHO, UNESCO, ILO. A member nation of UN can go to WHO and ask for services in the form of short term consultants. About 6 countries every year have received help. Seminars were first held in the Netherlands in 1950 concerning public health nurses' part in a mental health program. In Norway, 1952, the problem of children in hospitals was studied. Several seminars involved alcoholism. Some are held in collaboration with UNESCO.

When persons receive fellowships, they are sent by their governments to get training in various countries.

Dr. Frank Fremont-Smith is immediate president emeritus of WFMH. He spoke in Charleston in the fall of 1955. Dr. Fremont-Smith discussed the following misconception: "Mental health means mental hospital, mental hospital means mental illness, so mental health means mental illness."

## COMING EVENTS

Mar. 9, 9-11:30 A.M. Mental Health Workshop, Federation of Woman's Clubs, Greenbriar Hotel, White Sulphur.

Mar. 13, 8:00 P.M. Huntington Mental Health Assoc., City-County Health Center. Panel discussion: minister, teacher, physician, social worker.

Mar. 20, 7:30 P.M. "And You Never Know." Johnson P.T.A.

Mar. 21, 7:30 P.M. "Scattered Showers." Methodist Church, Logan

April 5, 7:30 P.M. "Scattered Showers." Nitro P.T.A., Nitro.

April 10, 7:30 P.M. "And You Never Know." Wayne Grade School,

# LONGVIEW

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## DREAMS DO COME TRUE

By Virginia Hoeing, Has Been

According to psychiatrists, the only worthwhile dreams are those practical enough to eventually become a reality. A psychiatrist and a medical director, applying this principle, saw their dreams come true, Tuesday, March 6, at the Clinic office.

As with most dreams that become cold fact, this one was not achieved easily. After eleven years of working on the part of Dr. Owen and Dr. Stemmermann, they could finally observe the results of their labor. The Owen Clinic Institute, a non-profit mental health organization, at last was to take over the properties of the Owen Clinic hospital. In this way the Institute's program would be rounded out to include treatment along with education and research.

The Board of Directors of the Owen Clinic Institute, Inc., and the Board of Directors of the Owen Clinic, Inc., assembled at seven o'clock to hear Mr. Richard Smalley, president of the Owen Clinic Institute, state that the purpose of the meeting was to clarify final details of the transfer. Mr. Tom Baker, attorney, read a contract whereby the stock of the Owen Clinic would be given to the Owen Clinic Institute. This means that all Dr. Owen and Dr. Stemmermann have built up in all these years is to be donated to the Institute so that the outstanding work done by them in the mental health field can be carried on.

At eight o'clock the Board Meeting was adjourned and a Meeting of the Stockholders of the Clinic was held (Dr. Owen and Dr. Stemmermann being the outstanding stockholders) and papers, pertaining to the transfer were read and approved. Following this meeting the Board and stockholders approved final papers and the meeting was adjourned.

This last paragraph sounds rather stark when written in black and white. The feeling of achievement felt by the doctors can hardly be recorded--nor the feeling of pride on the part of the Board Members that the doctors had trusted them with such a responsibility. Mr. Smalley put into words what we were all thinking when he said it made him feel very humble to accept the trust.

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Make your reservation now for the Institute dinner on April 27. Everyone is welcome! Miss Lydia Blakeslee of the National Association for Mental Health will be guest speaker.

## HUNTINGTON MENTAL HEALTH ASSOCIATION

by Josephine Connolly and "Jo"

The Huntington Mental Health Association met Tuesday night, March 13, in the new Science Hall at Marshall College with about fifty persons present. Eleven from the Clinic represented O.C.I. at this meeting. Mrs. Fred A. Weser led a panel discussion after the introduction of the following members: Miss Virginia Lewis, Mr. Jackson Rudy, Mrs. Russell Embry, Rev. Lyle Newman, and Dr. Samuel Biern.

Mr. Rudy told of the mental health program of the State Health Department, which is primarily public education. He stated that there are four outpatient clinics, none of which is fully staffed. There is a need for twenty clinics in West Virginia, since six per cent of the population is disabled by serious mental illness. He said that there are mental health films available for showing and that some pamphlets are distributed.

Reverend Lyle Newman made the statement that every minister should be interested in the field of mental health. Every person interested in mental health is the minister's ally.

During the five minutes which Virginia Lewis was allotted, she showed the audience the pamphlet, "Role of the School in Developing Personality." She also told about Colonel Bullis' work in starting the mental health movement in the schools.

Dr. Samuel Biern said that 60% of the people who go to doctors have emotional illnesses and that it is up to general practitioners to cope with this situation.

Mrs. Nan Embry gave a heartwarming speech from the standpoint of housewife, mother, and ex-mental patient. She gave herself as an example that mental illness can be cured, if treated. She spoke about visiting Huntington State Hospital and the deplorable conditions there.

When Mrs. Weser turned the meeting over to a period of general discussion, several points of interest were made. It was stated that the two objectives of the State Mental Health Society program are affiliation with other organizations and taking mental hospitals out of politics.

In the question, "Are the Bullis books being used in Huntington schools?" the answer was "Yes, six of eight Junior High Schools in Huntington are using them or something similar." Two suggestions were made for educating the public in mental health: (1) there should be no stigma attached to mental illness and (2) medical doctors should be educated to refer patients who need psychiatric care to those trained in this field.

The question of expense in mental illness as compared to other diseases came up. Mrs. Embry promptly answered from her own experience that the cost of medical treatment before psychiatric care exceeded the latter by thousands of dollars. Mrs. Embry showed great poise and dignity and held the interest of the whole audience.

Rev. Newman suggested a minister's mental health workshop to spend a day with the ministry, thereby arousing their interest. Taking refresher courses and counseling under trained men would be helpful to them, also. Rev. Newman said that some of the finer seminaries have had training in mental health for about 10 years.

## OWEN CLINIC CLUB

by Josephine Connolly

The Owen Clinic Club met at he home of Mrs. Seymour Friday, ebruary 24, with twenty-one resent. Edith Dean, president f the Club, opened the meeting, ollowed by Nan Embry, secretary, ho read the minutes of the preeding meeting.

Mr. David Baker, attorney-t-law, was introduced to the roup. He gave an interesting alk on the Fifth Amendment, dealng with laws protecting the rivate citizen. He stated that e cannot be tried twice for he same offense and that it is ot a crime to belong to the ommunist party.

The group then discussed menal health problems. Mr. Baker tated that the situation is not ood, when mental hospitals are nder political control. Miss akeslee, psychiatric social orker and field representative f the National Association for ental Health, was at the clinic hen the group left for the eeting. She had been persuaded o go along and proved to be an nteresting participant on the rogram. She said that there re other organizations in the ountry similar to the O.C. lub, but none just like it. r. Baker made the statement hat he had learned at this meetng that the mentally ill can et well. Questions went thick nd fast at this interesting thering. Refreshments of ndwiches, cinnamon rolls, and offee didn't interrupt the conersation. At 10:30, the meeting as still going on, but finally as disbanded with everyone greeing that it had been a leasant, informative well-spent vening.

The next meeting of the Club ill be held at Nan Embry's, 19 21st. Street, Representatives f the press, radio and T.V. will e guest speakers.

## OPERATION CLUBWOMAN

by M.M

One of the highlights of the Annual State Convention of the Federation of Women's Clubs, which met at White Sulphur Springs, was the workshop on mental health conducted by Dr. Owen. Lillian Weser, State Mental Health Chairman, had asked Dr. Owen to come to the convention and present a program which would arouse the interest of the club members and enlist their help in organizing local chapters of the W.Va. M. H. Society.

The film Man to Man was shown. Then Dr. Owen presented a very forceful address in which she emphasized three main points: 1) conditions are deplorable in our state mental hospitals; 2) citizens have rights and responsibilities to the mentally ill; 3) what can be done.

Dr. Owen stated that the aim of the W. Va. Mental Health Society is to have a local chapter in each county. She mentioned the two-fold program of the society--to have a bill ready for the 1957 legislature to take state hospitals out of politics and have qualified administrators in charge; ask the American Psychiatric Association to send experts to survey all state mental health resources.

The newspaper articles, which were written for the mental health society, created much interest among the group. Many asked for the articles for their newspapers. Dr. Owen was asked to come to Beckley, April 6, to form a local association.

Dr. Owen was received with much enthusiasm and she felt that she got a total response at this meeting. It is hoped that the women's clubs will stimulate the organization of many local mental health groups.

"Operation Clubwoman" was a success!

Published monthly by the patients,
Owen Clinic, Huntington, W. Va.
Reporters----------MM, CM, JC, EY
Group Psychotherapy----------JH
Has Beens----------GR
Radio----------JH
Art----------CW
Typists----------CW, JH
Journalism Instructor
M.G. Stemmermann, M.D.
English Instructor
Edyth

## THE CHALLENGE

by Catherine Mabe

The week of April 29 to May 5 is Mental Health Week. Each person's reaction to these words will, in all probability, vary according to his experiences in life and his observations of the world of people about him. To some, these words may be vague and will elicit only a surface response. To others, who have known the suffering and defeating experiences that patients and their families suffer because of mental illness, the true significance of the words, "mental health," carry a depth of meaning.

The words, "mental health," project to us a picture of well being, the person in a state in which he can respond to the pleasures of life. This cannot be, for those who are mentally ill.

The original Mental Hygiene movement was founded by Clifford Beers in 1909. It was composed, as it is today, of lay persons, with psychiatrists as consultants. During the last war, the conscientious objectors added their support to the amalgamation of several mental health organizations. The National Association for Mental Health came into being. The purpose of this organizati is to educate the public in th prevention, cause, treatments, and the cure of mental illness.

The National Association fo Mental Health wants us, as cit zens, to know the whole pictur It wants the public to be enli ened with the knowledge that i a few short years the science healing the mentally ill has m unbelievable progress. New dr new types of therapy, and reha itation programs can give the mentally ill a new hope.

NAMH asks for the strong ar of local participation in supp Our state in particular should take inventory of its resource as well as its limitations. I should work out by means of ca ful planning, a way of elimina ting the misappropriations of funds, not only by outright gr but by unwise spending. These deny the patient his allotted share of the money which is pr vided for his care.

Might it not be better if o mental hospitals were taken ou of the state administration an set up under a board of contro Would it not be more logical t have a trained psychiatrist wi administrative ability at the head of the hospital? This l suggestion is not a remote dr for there are many good men wi can qualify on both counts.

In the meantime, the patien are waiting until thoughtful persons meet the challenge.

## MENTAL HEALTH WEEK

Mental Health Week, April 2 May 5, is directed and coordin ted by the National Associatio for Mental Health in co-sponsor ship with the National Instit of Mental Health. The theme "The Mentally Ill Needs Your Better than ten million perso in the U.S. now have some typ mental illness. Only 3/4 of

million are in mental hospitals. In the past year more than 2 1/2 million received treatment for mental disorders. Perhaps 6,000,000 general hospital patients are discharged from the average state mental hospital.

Most hospitalized mental patients get custodial care solely. Institutions are understaffed, overcrowded, and underequipped. There is an acute bed shortage. State mental hospitals spend about $3.00 per day for total care and treatment. They need five times as many registered nurses, twice as many doctors, and four times as many social workers. At present there are 9,500 psychiatrists in this country; 13,000 are needed. Mental health clinics are also essential. Research has increased recovery and improvement. Mental illness has the highest recovery rate of any serious illness when adequately treated.

C. Woodman

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In order to treat people and get them well, we need personnel and more personnel. Since an adequate number of trained personnel is not, and will not for a long time be available, here is where the volunteer workers come in. There are vast opportunities to do volunteer work. Anyone who wants to help, can. The field is open in various activities in mental hospitals, especially in the occupational and recreational therapy departments. If a person feels he is not suited to work with mental patients, there are still ways in which he can help. He can work in the record room, in the office. Outside the hospital he can organize groups to go to the hospitals while he is handling publicity. He can raise funds or contribute time and effort on radio and T.V.

Everyone, as a citizen, can help. The first step is to join your local chapter for mental health. If you have no local chapter, join the State Organization which will help you to organize a local one. Begin by joining and contributing--if not in money, do offer a helping hand.

"Jo"

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What a lot is included in the simple sentence The Mentally Ill Need Your Help! This is the theme for Mental Health Week, and is made especially emphatic by an exclamation point ending the sentence, indicating force and strength in the feeling tone. April is the month for planting; seeds are planted in the earth to spring into flowers and vegetables. This April, seeds should be planted to develop into full-blown action to help the mentally ill. Josephine Connolly

## GARDENING

by Edyth, Margaret and Deaner

People of all ages in every part of the world grow food and flowers in gardens. It can be a pleasant recreation or an absorbing hobby. It can be enjoyed by anyone who loves nature and who has a few square feet of soil in which to work.

Most garden plants love sunshine. Soil which is in good condition is necessary for success. The gardener should study the soil in his plot. He must understand the methods whereby the texture of his soils may be improved.

There are many kinds of gardens. The first gardens were made by primitive peoples as soon as they discovered that they could settle down in one spot and bring in the wild roots and other edible plants to grow near their homes.

The next type of garden was the medicinal garden, where healing herbs were grown by priests and physicians. The Greeks and Romans had gardens of this type.

In dry countries like Egypt

Gardening (cont.)

irrigation of gardens began. In ancient Egypt, vegetables, grain, fruits, herbs, flowers and various trees were grown in the temple gardens and on great private estates.

Gardening has been highly developed since very ancient times. The Hanging Gardens of Babylon were one of the Seven Wonders of the World. Nebuchadnezzar built them for his wife 500 BC. because she missed her homeland of hills and trees. Terrace gardens were also built in Assyria. The formally planted courtyard and the plantation of trees came originally from Persia.

Groves of sacred trees were planted in China many centuries before Christ was born. Chinese gardens reached their highest development about A.D. 1370.

Pot gardening was first carried on in Greece as a part of the worship of Adonis, the god of green growing things. The science of botany also developed in Greece. Roof gardens came to us from ancient Rome. Practically every citizens in Rome had his vegetable patch where he grew cabbage, root crops, and asparagus.

During the Middle Ages in Europe, most of the gardens were in the monasteries. Fruits, vegetables and medicinal herbs were grown. During the Renaissance, gardening made great progress throughout Europe. Flowers, herbs, clipped trees, lawns, hedges and fruits were formally planted. Fountains, statues and pools were added to lend interest. The garden movement started strongly in Italy. Country villas were beautified by rectangular gardens enclosed by clipped hedges decorated with statuary. In France, formal terraces and pla ed beds stretched before the country houses in regular desig Spain originated the patio, or planted courtyard.

The formal gardens of Englan in the 1600's reflected all the influences. These gardens ofte covered as much as thirty acres of ground. Summer houses, stat uary, clipped shrubs, and form flower beds were found in many these formal gardens.

Here at Owen Clinic gardenin is part of our program to help get well, along with many other things. Most of the patients a anxious to get out and work, af being in all winter.

As soon as the weather perm we will be out spading and get ting soil ready to plant the seeds and plants. We have alr brought in soil and are gettin our seed boxes ready to plant tomato and pepper seeds. The plants should be ready to tran plant from six weeks to two mo after we have planted the seed The plants should be from four to six inches high before they are transplanted. From this t on we will be kept busy the re of the spring hoeing and weedi these plants. But the nicest thing of all is to sit down to dinner having our own fresh vegetables from the gardens.

We have a beautiful flower garden with many different var ieties of flowers. We raise o own marigold and zinnia plants and transplant them. When tha all are in bloom the Clinic is more beautiful than ever.

* * *

Dr. Owen has her own rose garden, which is beautiful. Patients, you had better stay out--she takes care of it her

NATIONAL MENTAL HEALTH WEEK

APRIL 29 -- MAY 5

JOIN ! GIVE ! SERVE !

## CAREERS FOR WOMEN

by "Jo"

Thursday, March 8, Dr. Owen attended a meeting of the Business and Professional Women's Club. The program consisted of a panel discussion of various professions and vocations. Junior and senior students of Vincent and Ceredo-Kenova High School participated by asking various questions. Dr. Margaret Hampel, director of the meeting, introduced Mrs. Rebadene Kinnaird who led the panel.

Mrs. James Herring, journalist and social studies teacher, gave a brief account of the field of journalism. Journalism has lately become a highly specialized field. Today there are many opportunities for women in this field, especially in the woman's department, but also as general news reporter. Journalism is not a glamorous job. Rather it is often nerve-wracking because you are working under a lot of pressure. A good basic education is essential, preferably 4 years of college with stress placed upon English. There is much more to journalism than just knowing how to write--organization, ethics and editing all must be taken into account.

Dr. Owen talked about medicine. First, 4 years of college are required. After that 4 years of medical school followed by at least one year of internship. To become a physician, one should have a high "I.Q." and at least a "B" average in college subjects. A good way to find out your qualifications is to note whether chemistry, physics, and other sciences, as well as mathematics, come easy. It is advisable to have at least two years of general practice before specializing in one field. Psychiatry takes five more years training. In general, medicine is strenuous, expensive but very satisfying. There is a place in medicine for people of any personality type.

Mrs. John Robinson, clerical supervisor and secretary, discussed government service. She talked mostly of the requirements of shorthand, typing and dictation. In dictation 80 words per minute are required. In shorthand stress is placed on accuracy.

Mrs. Wilammine Wykel, R.N., talked about nursing and medical technology. The trend in nursing now is to combine college and nurse's training in a four-year program. After graduation you have a B.S. degree and are eligible for State Boards. Medical technology includes laboratory and X-ray. 3-4 years of college are the basis in addition to one year of training for clinical laboratory work. There are other related positions, such as dietician, medical librarian, dental hygienist. Nursing itself requires a lot of personality and adaptability.

Miss Lucy Wilkinson, secretary, said that the basis for secretarial work is a college education, at least two years, with great emphasis on English.

## SCHOOL VIA TELEVISION

by C. Woodman

March first, 2:30 P.M., "The Camera Goes to School" displayed Miss Virginia Lewis and Beverly Hill Junior High students. This featured a Council Meeting of the pupils. The students gave a short history of Huntington. The children had an album which is to be sent to a foreign school in exchange. The class also displayed a donation for underprivileged children.

March 7 the Owen Clinic Institute saw Virginia's sister Lucy Lewis hold a class in sculpture on the same TV program. Media employed were soap, wood, and some plaster.

## Institute Doings

Feb. 26 Dr. Owen, Jo, Carol and Terry went to the Madison Avenue Church of Christ, Reverend Lyle V. Newman, minister. Emotional Health was shown to 25 at a Young People's Meeting. The film brings up out patient guidance.

Doctors are to blame for the limited amount of mental health taught in school. It is important to educate our youth. Clergyman and psychiatrist should work side by side. Man can get into a terrible muddle. He should be treated as a complete individual. Man has a religious drive which he must develop. If any basic instinct is upset, it will radiate and a person will become mentally ill. Mental illness is treatable and recoverable. The mentally disturbed are not different, they are like you and me. You have good mental health when you work hard, play hard, and sleep well.

You have to develop faith in yourself, fellowman in general, and God. If you get right with yourself, you can feel right with your neighbor. The development of love progresses through four stages: self love, love of the same sex, love of the opposite sex, love of fellowman. When you develop the love drive, you are all right.

Following discussion of Emotional Health, the congregation sang a few hymns, had a Bible reading, a prayer, and collection. Many of the young people's group remained to swell the audience to 70. Dr. Owen introduced the play, Scattered Showers, by saying that mental illness is a long term illness which refers back to childhood influences. Owen Clinic Institute goes anywhere with the Temperate Zone plays, which were originally produced through the National Associati for Mental Health and are suited to amateurs.

Dr. Owen moderated Scattere Showers to an attentive group, and stressed the importance of early childhood environment. The church has a strong influe on our lives. Religion teache faith and prayer. A question was asked concerning types of grandparents. One will spoil grandchild and take no respons bility. A second has patience and will take the lead from th parents. Corporal punishment underwent a short discussion. It is ever an admission of def as there is always some better way to discipline, such as seclusion. C. Wood

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Dr. Owen was guest speaker Cabell School P.T.A. Thursday night, March 15. Carol and Jo went with her to this meeting where there were approximately forty in the audience. The fi Emotional Health, was shown af a few minor adjustments were m on the sound equipment and pr tor. This movie shows a teen-boy who thinks he has heart t after he has been confronted w an emotional conflict. After conflicts are brought out int the open, with the aid of a c petent psychiatrist, his symp disappear and he begins to le happy, normal life.

After the movie was shown, Dr. Owen invited the group to enter into the discussion an to ask questions. The first question asked by one who ide tified herself as both a pare and a teacher was, "What is wrong with a child who sudden seems to change in personalit

Dr. Owen answered that any sudden change in personality, such as a child beginning to steal, can be a symptom of maladjustment. Where parents often make a mistake is in no giving the child responsibil

Institute Doings (cont.)

ities--he is happier if he has certain duties.

Dr. Owen made the interesting statement that mental illness, when properly treated, has at least a seventy-five per cent recovery rate. Our state hospitals give only electric treatments and if citizens don't wake up and make adequate treatment available, our children will be left with a terrific burden. The aim is to take mental patients away from the Board of Control.

Dr. Owen told about Mental Health Week starting the twenty-ninth of April, and said authorities hope to have a hundred thousand viewing parties to see mental health films on T.V. Sheriff Humphreys is president of the local association in Huntington and Virginia Lewis is president-elect of the State Mental Health Society.

At the end of the meeting, Mrs. Hoover, program chairman, thanked Dr. Owen for appearing on the program, and invited the group to have coffee and cookies at the opposite end of the room. The Clinic group didn't stay for refreshments, but left with the feeling that it had been a very successful evening. Josephine

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Dr. Owen showed the film, Breakdown, to the Wayne's Women's Club, March 19. There were several questions asked. "Can mental illness happen to anyone?" Dr. Owen explained that one out of every twelve would become mentally ill.

She also explained the conditions in the State hospital, how patients need more treatment, aides and doctors. The question was asked how we can go about helping them. First, form a mental health association. Second, learn more about the men for whom you vote. Vote for legislators and a governor you think is interested in mental health. The Club is interested, and is planning to organize a local mental health association.

"Deaner"

***

And You Never Know was presented to an interested group of approximately forty, March 20, at the Johnson P.T.A. Jealousy and rivalry between brothers and sisters is very common and begins early in childhood. You have to help them overcome it from the very beginning.

The ninth newspaper article about the state hospitals, "There Oughta Be A Law," was passed out. Dr. Owen spent about fifteen minutes telling the audience about the state hospitals and our aim to take them out from under the jurisdiction of the Board of Control and put them in qualified hands. She told the group that approximately four or five present would have a child who would spend some time in a mental hospital. She explained that mental illness has the biggest recovery rate of any serious disease, if adequately treated (eight out of ten get well with treatment), but untreated it has the lowest. Dr. Owen mentioned the local and state organization for mental health, and urged everyone to join. "Jo"

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March 21 Dr. Owen and Carol motored to Logan. They were fortunate enough to have a lovely day to drive around the West Virginia hills. Around noon the Rotarians convened and President Leslie Browning invited Dr. Owen and Carol to sit at the speaker's table. Numerous influential persons were there--Republican candidate for Governor, Cecil H. Underwood, Mayor McGuire, the Supt. of Schools, Mr. Winters. An uncle of Nancy Hall, David

Institute Doings (cont.)

Smith, handled the program. Following a pleasant lunch Mr. Smith introduced Dr. Owen as one ''who brings people from darkness to light.''

Dr. Owen informed the group that the cruel aide in Man to Man is similar to West Virginia state hospital attendants. Only a few members of the Rotary Club had ever visited West Virginia's state mental hospitals.

Following the film, Man to Man, Dr. Owen moderated. For many years the mentally ill have received custodial treatment when what they need is active therapy. The whole world is retarded in treatment of mental illnesses, due to the lack of psychiatrists and research which are vitally needed. Today thorazine and snake root are prescribed abundantly. The $1.50-2.00 per day allotted for care and treatment in our state hospitals is pitiful. Blame us, the citizens, for not doing our duty by the mentally ill.

In the afternoon the Huntingtonians went to the lovely Memorial Methodist Church where they met the minister, Dr. G. R. Curry. Dr. Owen informed him that she is State Mental Health Week Campaign Chairman and that Logan should approach ''money,'' labor, radio, and television. Reverend Curry showed keen interest in the establishment of a Logan chapter of the West Virginia Mental Health Society.

Dr. Owen said that she and Rev. Lyle Newman of Huntington are willing to set up a ministerial workshop in Logan. The Reverends Thompson and Poole of Logan also are interested. People go to church for assistance and to get emotional help. Since man is the sole animal who has a basic religious drive to believe in something everlasting, ministers should be trained in counselling.

Dr. Curry believes a prominent native business man is ideal as a mental health leader. He thinks an information center is importa with a well-versed committee to give information on drama and films. The West Virginia State Mental Health Department has innumerable good mental health films.

Mrs. Charles Larkin had the visitors to the home. Afterward Dr. Owen and Carol waltzed over to Sada and Kent Hart's house.

Around 6:00 P. M. seventy-fiv persons attended the Memorial Methodist Church covered dish dinner that was delicious. Following the repast Dr. Curry quoted scripture about Jesus wantin to share in the lives of others. He called Dr. Owen "a feminine Apostle Paul" who aroused peop to work toward mental health an was "a student of the spirit." The film Emotional Health was then presented. Much mental ill ness is preventable since the ba sis is laid in childhood. Medical training is essential in finding out how a mind gets twi ted. You cannot win with the attitude, "this can't happen to me!" People are becoming l terrified of going to psychiatrists. Youngsters sense emotions prior to communicating th thoughts about them. Parents should know mental health precepts.

Uncovering the cause of illness is essential. The mentall ill are sensitive. They should know and control daily, monthly seasonal emotional cycles. Liv is complicated. Life is a long series of obstacles which we me more or less successfully.

In closing Dr. G. R. Curry said it was a "rich evening," and something had to be done.

It pleased Carol and Dr. Owe to see Mr. and Mrs. (Betty) Michael Veres of Omar in ''the friendliest town in West Virgin Logan.

C. Woodma

# Institute on the Air

Sunday, March 4, a program was presented on Hiways to Health, entitled "Everyday Worries." This is a good piece of psychotherapy. It compares acute fear, which is useful in emergency situations, to chronic fear, as worry, which is detrimental to physical and emotional health. "Jo"

***

Sunday, March 11, Hiways to Health presented a live program, entitled "Volunteer Services." Stress was placed on the fact that the field of volunteer work is open to anyone who wants to help the mentally ill. The mentally ill need a friend more than anything--someone who cares--and it takes no special skill or talent to be a friend.

Another very important fact was brought out--why are so many people afraid of mental patients? They are not men from Mars. They are people, just like you and me. They are sick people who need help. Bill Tabor, who played the part of a psychiatric aide on the show, said that he was more afraid of being in front of the microphone than he ever thought of being while working as an aide. "Jo"

***

"We the Patients" was rebroadcast Sunday, March 18. This program consisted of singing and talks given by patients who have recovered or are recovering from mental illness. The patients included in their discussion the kinds of treatment used. Along with Thorazine, electric shock, and insulin, psychotherapy is used to help the patient get insight into his or her own case. Occupational therapy, which includes woodworking, weaving, gardening, and house keeping are used to help the patient gain an interest in useful pursuits. The patients also related that there are classes in English, history, journalism, nutrition, United Nations for the benefit of the patients. M.M.

***

Hiways to Health presented a recorded tape, "The Young Artist," on Sunday, March 25. Mrs. Ruth Ettling from the Huntington Art Galleries spoke about the role drawing and painting play in child development.

There are several important "do's" and "don'ts" to be remembered when guiding a child in this type of activity. Do give the child large pieces of paper, large brushes, and paints that really cover. It is discouraging to the child to have thin, transparent paints and colors. The child's muscles have not developed sufficiently for him to handle small brushes successfully. Suggest things and events for the youngster to draw and paint, but let him use his own imagination. Never discourage him--and never laugh at him, even if his master-piece does not look like anything to you. Encourage him to talk about his work.

One can usually tell the child's age by his work. At age three it consists of plain scribbling. At four he draws abstracts--large blocks of color. At six he begins drawing objects, becoming clearer as he gets older.

Such work is important, both for child development and mental health, in two ways. It helps develop the creative drive and provides a constructive outlet for the child's emotions. The young child is unable to express his feelings verbally, but he can express his fears, hostilities and resentments through his drawing and painting.

Secondly, it arouses and maintains interest in the more beautiful things of life. "Jo"

# Has Beens

by "Deaner"

Lillian from Parkersburg visited the Clinic March 3. She is feeling fine and working every day. Lillian loves to play rook and always gets a game up while she is here.

***

Sada visited the Clinic March 9 and 23. She is getting along grand and enjoying her work so much. Thanks for the fudge. It was delicious. The Harts are buying a home in Logan and will be ready to move in June. As usual, Sada served as typist while here.

***

Nancy from Ind. visited the Clinic Mar. 13 for a few days. She was very helpful as a typist while here. Nancy brings a ray of sunshine into the Clinic on her trips here. Thanks so much for the Hi-fidelity recordings of "Classical Selections" and "The Story of the Boston Pops" that you brought.

***

Hazel C. and Loretta both visited the Clinic March 17. Both are doing fine. Loretta has learned to drive the car and is enjoying driving very much.

***

Ione visited the Clinic March 24. She is still in school, and getting along fine. Her small son, Mark, has been ill, but was able to come to Huntington with her. Ione painted a picture of Terry while here.

***

Has Beens, don't get excited when you come to the Clinic. The new doctor is still Dr. Owen with a new hairdo. She surprised the patients March 19 when she walked into the Clinic with her hair cut. Gee! She certainly looks swell.

# Back Talk

by "Deaner"

The Clinic received a letter from Jo Morris who used to be an aide here. She has moved from [illegible] to Lewisberg. Bob is working at the Ford Garage there. They have nice four-room apartment over the garage. Jo's people also live in Lewisberg. Carol was disappointed because Jo couldn't attend her birthday dinner but appreciated the fact that Jo enjoyed the visit from her Aunt's family from South Charleston.

***

The Clinic received a nice letter from Miss Lydia Blakeslee, Washington, D.C. She sent her [illegible] for LONGVIEW, although she knew that as the National Association representative she would automatically be on the mailing list.

"I wish to thank you very much for forwarding the back issues of LONGVIEW, the Hiways to Health scripts and for placing my name on the list to receive current issues of LONGVIEW. I have read them all with great interest and my fund of knowledge has greatly increased. The many fine articles of particular concern to me have been catalogued for ready reference."

SHIFTING STAFF

Feb. 18 Mabel left Owen Clinic Institute. March 1 Joyce returned as nurse. It is a pleasure to have her work again. March 3 [illegible] left O.C.I. Hazel Browning came "home" as an aide March 5. Among her talents she has advanced typing. This is of value to us all. She lives in the "Anchor," her 13 year old son, Jack, rooms with Terry and Bob.

C. Wood[illegible]

## IT'S HOW YOU TAKE IT

by "Jo"

At about the same time that the love drive develops into the second stage, the drive to be with people of ones own age and interests makes its appearance. This drive is conductive to our happiness and well-being. A person without friends is not a happy person. As with any drive, we are qualitatively different. Some of us need to be around others most of the time; some of us tend to spend more time alone. It is not mentally healthy to go to either extreme. Extreme gregariousness is not healthy, as one needs to develop some inner resources. On the other hand withdrawal from people breeds boredom. Boredom breeds daydreaming and thoughts of nothing but self, which is but a step from a break with reality.

The drive to excel is one unique to man. It receives its stimulus mainly from the three drives to live, love, and be with people. It also is a drive very likely to get us into trouble. We, as humans, have a tendency to want to be "on top of the heap." We use this desire to drive on to higher and higher goals solely for our own satisfaction. Like love, it begins as a purely selfish drive, but as we mature, so should our drive to excel. A strong drive to excel can be an advantage if it is used for the good of others.

The drive to believe in something everlasting is the last drive that appears. It also is one unique to man. This drive is our religious instinct and important to our happiness. There are as many religions as there are people. It is our right and privilege to pick our own church and our own faith. In the first stages our belief in eternity goes to things but as we mature we turn to ideals.

Our faith should help us to be unselfish, to do our best, to change things when they can be changed, and to accept things, as they are, without resentment when they cannot be changed.

## OWEN CLINIC CLUB

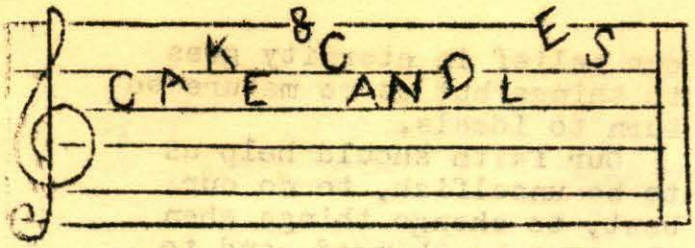
by "Deaner"

The O.C. Club met at the home of Nan Embry March 23. The Club received a letter from Rev. Mr. John of Bluefield thanking the members for the $25 that they had contributed to the State Mental Health Society. A letter was also read from Oregon State Mental Health Society--wanting to know how members run the O.C. Club. Instead of the regular monthly meeting in April there will be a dinner sponsored by the O.C. Institute, Ministerial Association and O.C. Club. It will be held in the Governor Cabell Mezzanine Lounge April 27, 6:15. Mrs. Lydia M. Blakeslee will be guest speaker.

The two guest speakers for the evening were John Phillips, manager of radio station WHTN, and Nick Basso from WSAZ--TV. They brought up two points on getting programs on television and radio.

1. Gain the interest of the people you are dealing with.
2. Have someone to lead and guide these programs.

After their talks, there was a discussion on mental illness. Nan gave a short talk on how she had been a patient in a mental hospital, was cured and was now better able to carry on than before. Nick Basso said, "Some one who has that much confidence should be able to get a program on T.V. Just keep annoying the stations."




Carol celebrated her 37th birthday, March 4. A delicious dinner was served in her honor. The menu included:

tomato juice garden salad
egg foo yung and rice
rolls and butter
Roquefort cheese - crackers
coffee and nuts

"Happy Birthday" was sung and a slice of Roquefort cheese with one candle was brought in. Carol made a wish and happily blew out the candle. We all extended best wishes and enjoyed watching Carol unwrap many delightful and unusual gifts. One gift at first sight we thought was bottles of champagne but after closer inspection turned out to be sparkling grape juice with champagne corks. Everyone enjoyed dinner, especially the egg foo yung, which was prepared by Dr. Owen.

M.M.

***

Dr. Stemmermann celebrated her birthday, Monday, March 12. Her dinner menu consisted of turkey, rice stuffing, green peas, gravy. Her dessert was chocolate cake with chocolate icing. As it was being brought into the dining room, the group sang "Happy Birthday, Stemmie." After dinner she opened her many presents. Among them were some exotic flowers from Hawaii. Edyth

***

Margaret celebrated her birthday on March 8. The dinner menu consisted of chicken and dumplings, kale, garden salad, and mashed potatoes. The birthday cake baked by Margaret's cousin was a chocolate one. The gang sang "Happy Birthday" as the cake was brought into the dining room. After dinner she opened her packages and cards.

Edyth

# Hail and Farewell

We are so glad to welcome Margaret into the group. She i from Kentucky and has been a teacher in the public schools for twenty-five years. She attended Eastern State College at Richmond, Ky., has a major in history and political science and lacks only seven hours more work on a major in music. In addition to her academic work, she is an accomplished musician playing both classical and popular piano music. She has bee active in church choirs, clubs, and cultural groups in her community. She has given much of herself to the group--and we give to Margaret our best wish

Catherine M

***

Edith from Guyandotte entere the Clinic in February. Prior coming to the Clinic she worked in a shoe factory. She has fo children, three of whom are married.

Edy

***

Louise, who came to Owen Clinic recently, was born in Huntington and has lived here all her life. She has two son who are eight and five years o age. She keeps house and enjo working in both flower and vege table gardens. Louise likes to sing and is an addition to the soprano section of the O.C. clo Everyone here extends Louise a very hearty welcome and wishes her a pleasant stay.

Josephine Conn

## CANADIAN BALLET

Monday, Feb. 27 Jo, Betty, Carol and June went with Dr. and Mrs. Russel Smith to see the National Ballet of Canada. The troupe danced COPPELIA or "Girl with the Enamel Eyes" and OFFENBACH IN THE UNDERWORLD from TALES OF HOFFMAN.

C. Wood

# Peoples UN Section

by C. Woodman

The Middle East is a trouble spot partially due to poor handling. Dulles and Eden met in Baghdad lately. Under-developed Arab nations surround Israel, which is rapidly becoming a well developed country. She has the top brains of Judaism and educated refugees. Israel received billions of dollars from U. S. and Britain. It is easy to start a world war over something like Arab-Jew melee.

***

Giovanni Gronchi, Italian President 1955-62, conferred with Eisenhower. He complimented Prime Minister Adenauer of West Germany, panned North Atlantic Treaty Organization, and said U.S. foreign policy is too rigid.

***

In a main party meeting Khushchev defamed Stalin. This means Russian history books will have to be changed. Furthermore, the Russian said his country could get along with the West.

***

India is trying to get along with communism and democracy. It is anti-colonialist and is building heavy industry. India achieved independence in 1947. The year 1957 will be a century celebration of the Sepoy Mutiny against the British.

Prime Minister Jawaharlal Nehru has held his present office nine years. Perhaps he will be succeeded by Vishna Menon, the UN delegate.

Cypriots are rioting. Cyprus yearns to belong to Greece. About 80% of population are Greek, 20% Turk.

Malta wants to become part of British Commonwealth.

***

Reasons given by the O. C. minority for letting Red China into the UN are:

1. better influence when they are one of us;
2. relations of Reds and West could not be worse than they are;
3. millions of Chinese not presently represented should be.

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United Nations General Assembly Major Decisions at Tenth Session.

| | |
|---|---|
| I | Admission of 16 new Members |
| II | Vetoed admission of Red China (vote, 42-12) |
| III | Election of Yugoslavia and Philippines to alternate on Security Council |
| IV | Adoption of international Commission for peaceful uses of atomic energy |
| V | Human Rights Commission to include non-Members of UN |
| VI | Voted immense budget of $48,500,000 |
| VII | Agreed not to consider Charter review till 1957 |
| VIII | Decided Algeria-Morocco melee was a private French affair |
| IX | Continuation of United Nations Reconstruction Agency (UNKRA) rehabilitation |

Ap. 10, 7:30 P.M. "And You Never Know," Wayne Grade School.

Ap. 27, 6:15 P.M. O.C. Institute Annual Banquet, Governor Cabell Hotel
8:00 P.M. Open meeting, Lydia Blakeslee of N.A.M.H.

Ap. 29-May 5. NATIONAL MENTAL HEALTH WEEK and Annual meeting, American Psychiatric Association. Dr. Owen will be out of town.

LONGVIEW

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## MINISTERIAL WORKSHOP

by C. Woodman

March 5, the ministerial workshop committee met in the Clinic. Reverend V. N. Blankenship, Vinson Memorial Christian Church, was appointed by the Ministerial Association to work with Huntington Mental Health Association and to set up a workshop on May 7. All ministers are invited to attend. Mrs. Fred A. Weser and Dr. Owen convened with the Reverend Lyle Newman and V. N. Blankenship. The workshop is to be a teaching affair headed by Rev. Dix, professor of pastoral counselling, Duke University. Dr. Leon Saltaman of Washington, D.C., will present the psychiatrist's views on religion and mental health.

Following their meeting, the Committee came to the specialty of Dr. Owen--group psychotherapy. This class is held daily to study native drives, emotions and mental mechanisms. In psychotherapy one may side track any time. Group discussion is encouraged.

The topic discussed was, aptly enough, the emotion of wonder. This emotion is distinctive to man. When used constructively, wonder produces something beneficial. It leads to humility and faith. Rev. Newman said humility is "a teachableness, a willingness to work with others and to learn." Rev. Blankenship stated it implied man "recognizes he knows a part" and yearns to learn more. Stemmie stressed perspective and teachability. Dr. Owen said we see ourselves in relation to others, a speck of dust. We should count our blessings--our ability to be of service to fellowman.

Rev. Lyle Newman announced that calling on people helps him as much or more than the people he visits. Ministers should respect personality and not force religious tenets. They should endeavor to lead, love, and help people to better lives. Reverend Blankenship said, "too many turn in on themselves." The Church should help them turn outward, as in sponsoring youth groups.

Wonder leads to faith--faith in self, fellowman, and God. According to Dr. Owen, "Faith teaches us to change things when they can be changed and, to accept without resentment when they cannot be changed." Give a child faith in the adult world. Having faith is a sign of maturity and religion is an important part of maturity. The religious drive must be satisfied. Rev. Newman corroborated the ideals of Dr. Owen.

The interesting statement was made, "Ministers are often trained so seriously in theology, they miss the essential principle of religion."

The ministerial workshop will be held at Marshall College from 10 A.M. to 3 P.M. Lunch will be served in the college cafeteria.

## BECKLEY ON THE MARCH

by "Jo"

Friday, April 6, Dr. Owen and Mrs. Fred A. Weser were guest speakers at the Beckley Woman's Club, for the purpose of forming a local chapter of the State Mental Health Society. Before the meeting a fifteen minute mental health talk was tape recorded at Radio Station WWNB. Discussed were state hospitals, mental health information for parents, and the State Mental Health Society.

The meeting of the Beckley Woman's Club took place at 2:30 P.M. at the Clubhouse. About 60 people were present. Mrs. Fred A. Weser, Mental Health Chairman of the W.Va. Federation of Woman's Clubs, gave a talk on the state hospitals, placing emphasis on the importance of joining and forming mental health organizations.

The evening meeting had thirty five present, and represented people from various fields, including Dr. Margaret Ross, psychiatrist at the Beckley U.M.W. Hospital. Mrs. Rose Pickus was mental health chairman. Dr. Owen first gave a history of the national mental health movement. She spoke about the one year existence of the state organization. She then told about its two specific aims: 1. to present a bill to remove the state hospitals from the authority of the Board of Control and form a State Mental Health Department with a qualified administrative psychiatrist in charge; 2. ask the governor to request an APA survey to determine and correlate all our mental health resources.

Active discussion went on after Dr. Owen's talk. Dr. Margaret Ross spoke about public education's being necessary to remove the stigma from mental illness. Dr. Owen said that the O.C. Club has done a lot in Huntington in that respect. She said that the Club would gladly be helpful in orienting people concerning mental illness. After meeting, Mrs. Weser and Dr. Owe drove to Charleston, spending t night at Mrs. Weser's son's hom Since Dr. Owen's visit, a Steer Committee has been organized to form a Raleigh County Mental He Society. It consists of seven sons, with co-chairman Mrs. Nor Franks, district manager of the Social Security office in Beckl and Paul Reed, director of the family counselling service at t Beckley Memorial Hospital. Oth members are Mrs. R. P. Daniels, Eugene Burke, Dr. Margaret T. H William C. Reed, the Rev. O. W. May, Dr. Richard B. Hartley and Carl Cossu.

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## NEUROPSYCHIATRIC MEETING

by Edyth

On Sat., April 7, Dr. Owen and Mrs. Weser had breakfast a the Daniel Boone Hotel in Char ton with Mr. Shepherd, chairma for the Mental Health Week Dri They also outlined points on c selling in ministerial service

They then traveled through rain and reached Weston State Hospital at 2:00 P.M. where Dr. Owen attended a meeting of the Neuropsychiatric Section of th State Medical Society. Dr. Wilson talked about the psychi atric aspects of the integrati problem. Mrs. Weser toured th hospital and found them redeco ating and working on improvements. Dr. Owen said that Dr. Tait was in full accord with t plans made by the Mental Healt Society and pledged his suppor

In the evening as each one registered for the chicken dinner, he was given a pair of cuff links. A box of match that was artistically decorat by patients in the Occupation Therapy Department was placed each plate.

## Institute Doings

And You Never Know was played at Douglas High School Monday, March 26 at 7:30 P.M. to an audience of about 60 parents and teachers. Dr. Owen held a discussion period following the play. Mrs. Marion Gray took an active part in the discussion. She also brought some fudge squares as a gift to the cast. One of the audience spoke of jealousy among her three children. Edyth

* * *

Dr. Owen was invited to be guest speaker at the Pritchard Hotel at a luncheon meeting of American Business Club, April 2, 1956. There were thirty men present.

The film Man to Man, was shown. Quite an interest was shown in the discussion of the film. One question asked, "Was that a factual picture?" Dr. Owen replied in the affirmative and stated that 25% of chronic patients with treatment can get well. Edyth

* * *

Wayne Graded School P.T.A. met in the school cafeteria Tuesday night, April 10, with Dr. Owen as guest speaker and moderator of the play, And You Never Know. Dr. Owen, Dr. Stemmermann, Edyth and Josie from the Clinic attended this interesting meeting. Approximately fifty people attended and proved to be a responsive audience. Edyth and Josie distributed mental health literature among members of the group before the program was turned over to Dr. Owen.

The cast of the play consisted of Sybil Hoover as Mrs. Hollis, Bill Tabor as Mr. Hollis, and Rosalie Cartmill as Margaret, their young daughter. After the play, Dr. Owen invited questions from the audience. One of the questions was, "Don't all mothers leave important decisions up to the father?" Dr. Owen's answer was, "No." She said that the child likes father for one thing and mother for another and that parents should show a united front.

One woman in the audience said that children seem to hate each other at times and Dr. Owen's reply was that it is possible to love and hate at the same time. "We may love a person but at times hate the way he behaves."

Josephine Connelly

* * *

April 17, Mrs. Fred A. Weser took Carol, Terry and Bob to 10th Ave. W., the home of Mrs. George Saunders. Circle Eleven of the First Methodist Church held a meeting of 9 members to whom Man to Man was shown, sponsored by O.C.I. Department of Education.

After the film Mrs. Weser gave a short talk. She said it is important to have psychiatric aides who are kind to patients. Although W.Va. does not train them, we need a better caliber of attendant. There is a great turn over in state hospital personnel, as well as lack of treatment. One of every 16 Americans is mentally ill. Mental hospitals are over crowded. When properly treated, mental illness recovery rate is high. "Nervous breakdown" means mental illness, a disorder which goes back to childhood. To eradicate the stigma, "Let's accept mental illness just as another illness!"

We must make our state society strong. The American Psychiatric Association should send a commission to survey all West Virginia's mental health resources. We should also remove state hospitals from the authority of the Board of Control. State hospital superintendents are in accord with this. We should have more local mental health chapters. Everyone should join his local mental health society and help give programs. During Mental Health Week anyone's time, money and assistance will help.

C. Woodman

Published monthly by the patients,
Owen Clinic, Huntington, W. Va.
Reporters- - - - - - - -CW, LF, EY
Group Psychotherapy- - - - - - -JH
Has Beens - - - - - - - - - - - - GR
Typists- - - - - - - - - - - -CW, JH
Journalism Instructor
M. G. Stemmermann, M.D.
English Instructor
Edyth

## BLOOMS IN MAY

What all gardeners await is the flowering of the plants which have been carefully planted, nurtured, weeded and guarded from destructive forces. Clifford Beers, who at one time was confined to a mental hospital, might be called the head gardener in this effort to help people adjust themselves to their environment and lead happy, useful lives. Through this wide spread campaign for mental health which he started and cultivated, an untold number of people have been helped to reach full maturity and go forth into the world, with a well-adjusted personality, enjoying the challenge which living offers. Josephine Connelly

* * *

Again the season is changing, rhythmically and undisturbed by happenings in the world. The last month or so we have been sowing seeds which are beginning to sprout and we are hoping will soon grow and bloom, showing the results of our work.

So it is with the mental health movement. The seed has been planted. Newspaper articles have been written and other literature has been distributed in order to give understanding of mental health and mental illness. People have been informed of the conditions existing in state hospitals and what they can do about them. Campaigns have been started to fight mental illness--to fight the cause of it through preventi measures and mental illness itself through treatment for peopl who need it. Everyone has been urged to join organizations for mental health. Yes--the seed has been planted.

But--the best plants will no grow and the best seed will not sprout, unless given care. After the seed has been planted, the work has only begun. The mental health movement cannot bloom unless we work at it continually. The more cultivation of soil and care of the plant--the prettier the flowers that result. So--the more people we educate and join together for The Cause, the better the fruit of our labor. "Jo

* * *

Mental health seeds have bee planted this winter. We hope they will be in full bloom in May. In order to cultivate the young plants and keep them grow ing, we all must work.

The seeds that have been pl ed we hope will be helpful to the state hospitals in getting patients more and better treatment. To plant your seed you should join the National Associ ation for Mental Health or some local organization. Please, f out about the men you are votin for as governor and legislators in this coming election. Plant your seed and cultivate it, as well as Dr. Owen is taking care of hers. Dea

## FLOWERING OF THE PERSONALI

by C. Woodman

Your personality and mind i all of you, your total reactio to the world within and around you. It needs cultivation. Lacking assistance, the personality will not flower; it may become stunted. The majority have trouble assessing their l

bilities and assets. Psychological tests help--so may an objective person.

When normal thought processes have become distorted and exaggerated, a psychiatrist is indicated. This doctor has specialized in treatment of the mind, the part of us which regulates environmental adjustment. The psychiatrist helps you to adjust effectively by means of psychotherapy. Under his guidance you attain insight, internal sight. Basic drives stimulate you to behave selfishly in order to preserve yourself and your self esteem. Psychotherapy encourages your personality to flower outward in love of fellowman, to show you how to live happily in balance with yourself and fellow humans.

To encourage a flowering personality, you will strive for social maturity. You will change things when they can be changed and accept without resentment when they cannot be changed.

W.VA. M.H. SOCIETY

by C. Woodman

Dr. Owen, Miss V. Lewis and Mrs. Fred A. Weser attended a Board of Director's Meeting in Charleston March 14. Mrs. Nora Franks, Co-Chairman of the Steering Committee to form a Raleigh County mental health chapter, said interest is still high in Beckley. Reverend John, Rabbi Wilmer, Mrs. Divilbis, Mrs. Nagy and Mr. St. Clair represented Charleston. From National Headquarters, came Miss Lydia Blakeslee, who sent her love to Stemmie and the Owen Clinic girls.

Various committees gave reports. There is no organized W.Va. fund raising campaign this year because the State Society is too young. The Society hopes to receive contributions. Send donations c/o postmaster, local association or Rev. Byron W. John (state treasurer)--814 Albemarle St., Bluefield. The first $3 will give you state membership-at-large.

Mrs. Franks reported there is an interested Logan group who will soon need steering. Miss Blakeslee said the Constitution and By-laws of W.Va. M.H. Society were generally in accord with National. The revamped Constitution will be submitted to the Board of Directors. Mr. F. A. Shepard asked the State to finance billboards for Mental Health Week. The State Association will match local funds.

## Back Talk

by Deaner

Mrs. Margaret Hund writes that when she arrived home March 5 she was glad to have a letter from Dr. Owen--also Longview telling her how the Christmas money had been used that she had donated to the Clinic.

She was pleased that Mrs. Spangler had sent her a tape recording of one of our radio programs, "We the Patients." Most of all she enjoyed hearing Stemmy's youthful voice, and Carol.

Her daughter recently passed away and Mrs. Hund has donated to the Institute $250.00 from her estate. The Clinic wishes to thank you.

* * *

"Jo" Morris took a job in Lewisburg in a dentist office. She is working for Dr. Richmond. His office is very modern, and all she has to do is push a button and all those gadgets come flying out. She has Thurs. afternoon off. Too bad you gotta wear a white uniform instead of blue jeans. How in the world do you stand it? The doctors and patients are glad you like your new job.

## WANTED:------- A GUIDANCE CLINIC

by Hazel Casto--Has Been

March 29, Dr. Owen, Carol and Hazel attended a meeting at the City-County Health Center, called by the Community Welfare Council, to discuss again trying to start a Mental Hygiene Clinic. The Chairman was Mrs. Stevens, president of the Community Welfare Council.

The speaker was Mr. Jack Rhudy, chief of the Mental Health Bureau of the State Health Department. He spoke briefly on things that must be considered before a clinic can be started. How much does the community desire a clinic? How great is the need for one? How can the community raise the money to help support one? He felt that Huntington should strive to get a full time clinic, for, as he said, it is only through a full time clinic that the best results can be obtained.

West Virginia has four part-time clinics, which he felt was a wonderful start, but to do the best work and get the best results, clinics should be full time. Full time clinics can diagnose, plan treatment, and treat patients. But, as he pointed out, it takes about $40,000 a year for a full time clinic and $15,000 for a part time one.

Representatives from different agencies that were there did not doubt the great need for such a clinic. Some even felt it was desperately needed, especially for children. Mr. Rhudy brought out mental health is the number one problem facing the nation today. He said it is estimated that 6% of the nation is mentally disturbed or about 9,000,000 people. More than half of our hospital beds are filled with mental patients.

It was brought out at the meeting that perhaps a clinic could be organized at Marshall College, which would possibly b cheaper and make it easier to obtain qualified personnel. Th ground work seemed to have bee laid at this meeting and every went home with plenty to think about. The main thing that ne to be done now is to have a survey made to determine needs and to get an educational program started. As everyone kno full cooperation of the city i necessary. In other words the citizens must supply the answe to this problem.

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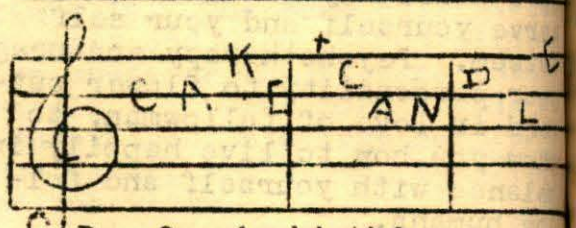
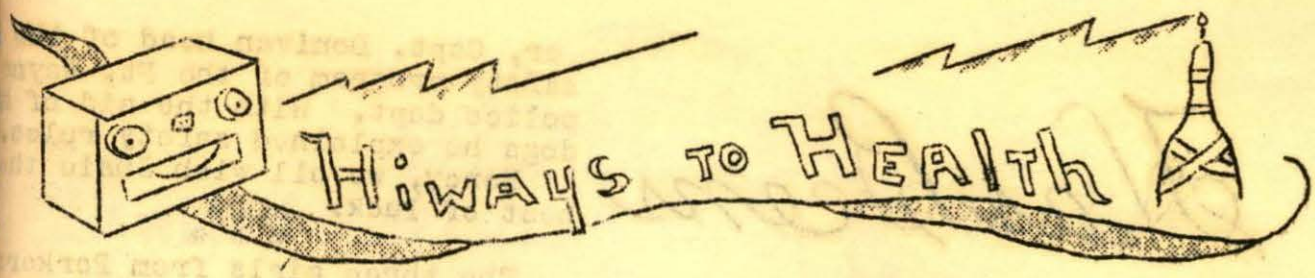



Dr. Owen's birthday occurs April 16 and Deaner's the day after, so they compromised and celebrated with a joint dinner party Monday night. What a ni affair it was! Dale, Bill, De and Dr. Owen's Aunt Opal were guests. Certainly no one enjo it more than Dr. Owen's little grandson, Dana. Before the pa he held up five fingers and sa "Doc't will be that old."

After a dinner of fried chi and all that goes with it had been enjoyed, Martha brought in beautifully decorated white cak for Deaner and a delicious stra berry and pineapple cake for Dr Owen, which Nan Embry had bake After dinner everyone went int the doctors' room where the ce brants opened and displayed th lovely gifts. The climax came when Dr. Owen received Stemmie gift, a pair of beautiful diam earrings, which Dr. Owen put o for everyone to admire. Not d ating from character, Dr. Owen turn gave her Aunt Opal, who h birthday soon, a lovely bottle perfume. Afterwards everyone w into the living room where we spent the rest of the evening playing games. Josephine Com




Sunday, April 1, Hiways to Health presented a tape recording entitled "Recreational Therapy." The general treatment program in mental illness can be compared with the four legs of a stool--vocational, avocational, recreational, and physical rehabilitation. One is just as essential as the other.

Through music, the universal language of the world, displayed in songs and dances of different countries, patients of the OCI showed how recreation helps lighten the mood of a whole group of people, and explained how it plays a vital part in the mental patient's recovery. "Jo"

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Sunday, April 8, Hiways to Health presented a live program, "Ups and Downs." This deals with the twin emotions, elation and dejection. In words and music they were compared with the seasons of the year. "Jo"

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Sunday, April 15, Hiways to Health presented a tape recording entitled, "Position of Service." A short history of hospitals, care of the mentally ill and the work of Florence Nightingale preceded the story of the psychiatric aide.

The psychiatric aide plays one of the most important parts in the recovery of the mental patient. The aide of today has come a long way from the former "guard" or attendant, whose chief job it was to keep the patient from creating a disturbance, often using force to restrain him. As the name implies, an aide is a helper and friend, who helps the patient help himself. Qualifications are patience, understanding, and objectivity. Through objectivity he learns neither to like nor dislike a patient, but to see him as a fellow human being, help him, and respect him. The main difference between a psychiatric nurse and aide is that the nurse knows more about the patient's illness, while the aide knows more about the patient. "Jo"

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A live show was presented Sunday, April 22. Dr. Owen and Dr. Stemmermann were narrators. The program, "National Mental Health Week," payed tribute to those who have labored in the cause of the mentally ill. Curtis Haynes as Clifford Beers, Dick Smalley as President of the French Commune, Russell Embry as Phillippe Pinel, and Josephine Connelly as Dorothea Lynde Dix participated on the program dealing with the beginning of the mental health movement. At appropriate intervals stanzas of God Send Us Men, the prayer of the mentally ill, were sung by the chorus. Near the end of the program Dr. Stemmermann with the lines, "After so many centuries of struggle, perhaps now is the hour when suddenly there's a valley" introduced the choral number Suddenly There's A Valley. The program ended with an appeal from Dr. Owen to citizens to help the mentally ill as Christ had.

Josephine Connelly

## COMING EVENTS

May 13. Lakin State Hospital Day. 1:30 P.M. Psychiatric Aide Award, to be given by Dr. Owen. Open to the public.

May 25, 8:00 P.M. O.C. Club monthly meeting. The Anchor, E. Campbell Pk.

# Has Been

by Deaner

Ethel, the Clinic was glad to hear from you again. Sorry to hear you and your husband have been ill with colds. Yes ! we have our lettuce, onions, radishes, and peas planted, and they are up. You say you haven't heard from Hazel since her vacation. She has been to visit the Clinic two or three times since then. She is getting along fine. We hope to see you July 4 if not before.

* * *

Hi, Ione--glad to hear from you again. We all enjoyed your visit to the Clinic. Too bad about your killing the dog, and Larry getting fined $10.00 for running a yellow light on your trip back home. Sorry to hear you weren't able to adopt a patient at the State hospital--but maybe in a few months you will be able to. Stemmie is feeling better and Dr. Owen is still going out to mental health meetings.

* * *

Nancy wrote in her letter of March 27 a thank you note to the doctors and patients at the Clinic. She really enjoyed her last visit here. She and her son went back home on the train and she loves to travel by train. Susie has been ill again with a sore throat and the doctor says her tonsils must come out. Plans now are to take them out the last of April.

Nancy received a letter from her mother telling of her grandmother's seeing and speaking with Dr. Owen when she was in Logan for a meeting.

She and her husband attended a P.T.A. meeting. They had a speaker, Capt. Donivan head of the safety program of the Ft. Wayne police dept. With the aid of his dogs he explained safety rules.

Nancy, we all wish Susie the best of luck.

* * *

The three girls from Parkersburg visited the Clinic April 1[illegible] Loretta, Lillian and Hazel. The gang was glad to have you added to their Rook playing. Thanks so much for the cake, Hazel--it was delicious.

* * *

Don't you know? We had a letter from Sarah. She and her husband have been visiting in Alabama and Florida. She, like Dr. Owen, is not so impressed with Florida. Sarah is looking forward to visiting the Clinic this summer--also California. Virginia Lewis is planning a visit with Sarah in Mississippi this summer. As we all know, Sarah plays the piano well and is going to teach piano and organ during her vacation from school. Sounds like a busy summer !

* * *

We were glad to receive an announcement of Drema McKinney's marriage this month. They are planning to live in New Jersey.

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EASTER

by Louise Farren

We had a party Easter Saturday evening. First we dressed and colored Easter eggs. Prizes were given for the prettiest and funniest colored eggs. June won the prize for the prettiest egg, a handkerchief. Terry won the prize for the funniest egg, a candy tablet, and pencil. Then we saw Dr. Owen dance a jig or rhumba or something. We popped popcorn and Easter baskets and cake were donated by Josephine's mother, Mrs. Seymour.

# United Peoples Nations Section

by C. Woodman

Pres. Dwight D. Eisenhower, Pres. Luigi Cortines of Mexico and Prime Minister Louis Stephan St. Laurent of Canada met in White Sulphur Springs the end of March. They endeavored to decide how their countries could continue friendly trade and diplomatic relations.

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Deputy-premier Mikoyan from Russia visited India. He conferred with Prime Minister Nehru and stated the Soviet Union would help the Dominion of India to build up its industry. He spoke of upheaval regarding anti-Stalinism and said it decidedly strengthened Communism.

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Premier Bulganin and Krushchev are visiting Britain on a goodwill industrial tour. They are getting a cold reception.

***

April 7 was World Health Day. The World Health Organization issued a stamp.

East and West Zones of Germany printed stamps commemorating the 100th anniversary of the death of poet Heinrich Heine.

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The Security Council unanimously agreed to have General Assembly Secretary-General Dag Hammarskjold sent as mediator to the Arab and Jew melee.

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Taoism (DOU ism) is one of the three great religions of China. It is mainly a way of life and Tao is the path. Lao-tse compiled the religious principles in Tao Teh Ching. There are around 43,000,000 Taoists today.

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The executive council of the U.N. Educational, Scientific and Cultural Organization set April 18 for a vote on a possible invitation to Communist China to join the organization and the International Bureau of Education of Geneva.

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Yugoslavia, northernmost Balkan State, is a meeting house of East and West. It is larger than Wyo. and has Adriatic Sea to its west. Yugoslavia became a kingdom after World War I. Although termed Federal People's Republic, it is Communist. Marshal Tito started as prime minister and became the president in 1953. There are no free elections and opposition is not tolerated. Yugoslavia, part of old time Macedonia, has copper, lead, antimony and buxite as resources. It is trying to better agriculture and industry.

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Shah Jahan built the outstanding Indian Taj Mahal. This emperor of Agra was grave, popular and magnificent. He was a Mohammedan but tolerated all religions. Moguls invaded India in the 15th century under Babar. Many of the inhabitants became Mohammedan during the rule of Mogul emperors.

## TODAY

by C. Woodman

April 24-25, the Clinic joined around 15,000,000 viewers of Today. The Dave Garroway TV Show is a national program that originated from Station WSAZ, Huntington. Mr. Garroway rode a sternwheeler along the mammoth Ohio River.

The Tri-state area shares in resources of the Ohio Valley. It is magnificent industrially and a rich coal section. TV showed Island Creek Coal. It demonstrated the role of the river in the production of electric power and transportation of coal was shown. Today flashed a tipple, hopper car and conveyer belt to barge. Quality coal results when impurities are removed. More coal (energy) passes through here than anywhere in the world. "If coal ever stops moving, society will grind to a halt."

More than 3,000 industries have invested in the Ohio River Valley since World War II. Samples of industry are Kyser Aluminum of Ravenswood, Union Carbide in Charleston, International Nickle, American Car and Foundry and Sylvania in Huntington, Ashland Oil, Armco Steel, Ohio steel, C & O, and B & O Railroads. Huntington Airport awaiting expansion, Huntington Art Galleries, and many churches in this State's largest town were also shown.

Politicians interviewed were Senator Clements of Kentucky, Congressman Jenkins of Ohio, Governor "Happy" Chandler of Kentucky and Governor Marland of West Virginia. Gov. Chandler said Kentucky owns the Ohio River and made Garroway an admiral.

Kentucky writer, Jesse Stuart, spoke of home in the middle of a game reserve--his 400 acre farm. He has traveled in many foreign countries and loves Kentucky best. His book, The Year of My Rebirth, complied from journal entries he made in bed following a heart attack in 1954, will be published this fall.

Music and cultural parts of the show included Ashland, Ky. and South Point, Ohio bands. Huntington East High "Highlanders" danced. A man from Kentucky sang ballad "Roll On." A square dance was given by the Haylofters. Gospel Harmony Singers sang the hymn "Peace Like A River" and other numbers. Huntington Central High band presented the well known "Beautiful Ohio."

## TALENT SHOW

by Edyth

On April 20, Lincoln Jr. High School held its Fifth Annual Talent Show under the direction of Mrs. Fred A. Weser. Mr. and Mrs. Weser invited Deaner, Josie, Carol, and Edyth to be their guests at the show. The program consisted of tap dances, pantomines, piano solo, trumpet solo, vocal duet, and a square dance. The East High School Dance Band contributed to the program.

# IT'S HOW YOU TAKE IT

by "Jo"

The emotion of anger, a very powerful emotion, is often used as a substitute for fear, but is not usually the best one. Anger results when our wants and wishes are thwarted in some way. Most often it is stimulated when the drive to excel is frustrated. Sometimes it is stimulated by the love drive. It can be a valuable emotion in self-preservation.

The reason anger gets us into so much trouble is that it generates such a large amount of energy which we more often use destructively than constructively. Violent action is necessary to provide an outlet for the energy created. Best results are not achieved through fits of temper --which are not only immature but also unpopular--but through hard physical work or exercise. The best way to overcome anger is to cultivate kind feelings and develop affection for the person who has thwarted us.

Criticism often arouses anger in a lot of people. One way to measure emotional maturity is the way you take criticism. No matter who gives it, or how it is given--you can make it work for you. Instead of letting it tear you down, you can let it build you up. If you respond with anger, you can be sure that there is some truth in the criticism--otherwise there would be no need to get mad. Perhaps your critic has expressed something you wanted to keep hidden. Criticism can be one of the most helpful things in building your personality. It can help you see yourself as others see you. No one can hurt you but yourself. It isn't what is said to you--it's how you take it.

LONGVIEW

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## MINISTER'S WORKSHOP

by C. Woodman

A minister's workshop, May 7, was sponsored by the Huntington Mental Health Association and Huntington Ministerial Association. Marshall College lent its Science Hall from 10 A.M. to 4 P.M. All interested individuals, especially ministers, attended. Rev. Lyle V. Newman acted as chairman of the committee in charge of arrangements. Around 45 took advantage of the opportunity to be present.

Rev. Vernon Fisher, President of Ministerial Ass., read Paul's 2nd letter to Timothy. Reverend Newman introduced Dr. Thelma V. Owen, Dr. Russell L. Dicks, the Reverends Blankenship and Conley. He told the spectators that the main speaker, Dr. Dicks, was noted for his many books and was a man with a fine personality, humility, goodness. Dr. Dicks, is professor of pastoral care in Duke University divinity school and chaplain to Duke Hospital, Durham, N.C.

Dr. Dicks discussed six fields in which the pastor and doctor work together.

1. Dying and death
2. Pre-operative patients. "A minor operation is one someone else has."
3. Patients with prolonged pain. Dr. Dicks' interest grew out of a tuberculous elbow he had with resultant pain leading to a state of terror and also loss of faith. A doctor does not assume responsibility of asking the pastor to come in. Doctors often listen to more confessions than ministers. The speaker stressed the importance of support and acceptance. He gave this rule to pastor and doctor: "Do no harm."
4. Alcoholism. This is 3rd most important health problem. There are 4½-5 million alcoholics in the U.S. Alcoholism is a disease which should concern all of us.
5. Marriage counseling.
   a. Premarital, including sex.
   b. Marital difficulties.
6. Individual who comes to pastor with emotional disturbance. Try saying, "Will you go with me to see a doctor friend (psychiatrist)? The word "psychiatrist" is still terrifying.

Pastoral care should supply support and acceptance rather than mere cleverness. Keep advice to a minimum. Individuals want to talk about their problems. The pastor is "called to listen." "Keeping your mouth shut is an amazing experience for pastor and doctor." Dr. Dicks started early to build up a program for visiting the ill. It is essential to visit the unchurched. When visiting in general, ask a patient about his church and his minister. Give a prayer of reassurance to the dying as the world is closing in. See they have companionship as well as general and specific prayer. The local pastor is important, for he symbolizes God.

Dr. Dicks avoids "Thy will be done." God does not decide when you die; he wants you to put forth <u>your</u> effort. In regard to confes-

sion, the North Carolinian gave Dr. Richard Cabot's idea of prayer for forgiveness of sin. Dr. Dicks said, "It's easier to preach on hell than heaven because we're here in the midst of it and are unsure of heaven, not having been there." He further stated, "Preaching is psychotherapy for the preacher!"

Dr. Dicks invited the group to Christ Hospital in Cincinnati the 3rd week in Oct. for a three day session on pastoral care. The fee will be $10. Dr. Dicks will send brochures. A surgeon, an internist, a psychiatrist, and a social worker will hold "conversations."

In the discussion on community mental health resources preceding lunch, Dr. Owen said Dr. Hiram Davis, Supt. of Huntington State Hospital, has his hands full without private work. She talked of psychiatric referrals. She drew the spectators' attention to the fact that just as there are ministers (?) and ministers, so there are doctors (?) and doctors. She went on and said one should consider mental illness as any other illness. When Dr. Owen first went to Alderson Reformatory she was termed "nut doctor"--finally she became "trouble shooter." Her private hospital, Owen Clinic Institute, is non-profit. The Reverends Newman, Blankenship, and Hollister and others have been to O.C.I. Other ministers are invited. Sometimes a minister's visit is not ideal as the patient is too mixed up to profit. Huntington has 137 churches. Dr. Dicks asked, "Does Huntington have enough religion to man 100 churches?"

Rev. Lyle Newman asked, "Does insurance cover mental illness?" Dr. Owen said more and more insurance is covering it. The American Psychiatric Association is working on this. Blue Cross cares for the sick according to the hospital instead of the illness.

Thelma V. Owen told everyone, "You are here because of the Huntington Mental Health Association." She continued by saying she is ever happy to go to chur because man cannot be healthy mentally without a satisfying religion.

Dr. Leon Salzman, Washington D.C., is a clinical psychiatric instructor. He discussed -- "Religion and Psychiatry." He opened by stating there is a clear concept in the capital of the psychiatrist's role. He met with a group 8 years ago which studied how to combine religion and medicine. They endeavored interpret and comprehend psychiatric problems. An effort was made to delineate the scope of minister and doctor. As there a lack of psychiatrists, it is lucky not everyone needs this professional help.

The depressed and discourage especially go to the ministry; delusional go to psychiatry. is the minister's job to evalu course to be taken. Although may lead to suicide, depressio is almost wholly curable. Dep sion is seen long before it is brought to a psychiatrist. The afflicted are full of despair, self-reproaches, and pseudo-gui Ministers face this often and to decide when a psychiatrist essential. One indication is when remorse is out of proport to the reality of the situatio The depressed feels he is hopeless and nothing will relieve This is when psychiatry is ind cated. He is mentally ill and this type mental illness has a fine prognosis. Being too ser ous about oneself is another characteristic of the depressed patient.

Talking to the depressed ou to give him a little relief. kind words may make him feel w and even alienate him because thinks you do not understand. depressed yearn to be condemne

nd criticized, although this is ot helpful. It takes a psychitrist to grasp the situation. ometimes the psychiatrist will end the depressed back to his inister. The person who helps hould understand the depressed nd assist him to get back again o normal.

Thelma V. Owen, M.D., said the sychiatrist is trained to assist epressed. He has the technical kill to show the patient how his llness is the logical outcome of is past training and experience. he also mentioned the help psyhiatrists can give through various physical treatments.

Dr. Russell L. Dicks lectured xtensively on interpersonal relationships. This is emotional nterplay between two or more persons. The emotion may be negative r positive. All professions have nterpersonal relationships. Pastors can develop too great an emoional dependency upon their parishioners. Interpersonal relationships can be a healing force. any medical schools do not give nough psychiatry. Pastors need "the ministry of listening." rief sufferers take 8-10 hours f listening.

The minister's workshop ended ith a panel discussion. Participants included Rev. Russell L. Dicks, Rev. John W. Hollister, Rev. Arthur E. Beckett; Dr. Leon Salzman, Dr. Thelma V. Owen, Dr. C.G. Polan. Dr. Dicks brought up the question, how far will prayer help disease? He said prayer does not help illness or change God's mind. In time of illness the pastor should visit and give relatives moral support. Dr. Owen commented, "We assist healing power by means of prayer." Rev. Arthur E. Beckett remarked we should not count on God as a Santa Claus and bellhop. Dr. Dicks said faith healers use God as an errand boy. Dr. Polan stated revolt against faith healing will not help. Dr. Salzman stated, "We cannot justify ourselves by merely accepting certain current deficiencies." We must change detrimental attitudes. Washington as well as West Virginia is full of faith healers. It is essential to distinguish between constructive and non-constructive forces. He sees a trace of the divine in everyone. To Russell L. Dicks religion is love, healing, and growth. Faith, hope and love can break through the blocks of fear, anger, guilt and anxiety.

## "ETERNITY IS NOW"

by June Spurlock--Has Been

Sunday night, May 6, Dr. Owen, Carol, Terry, Miriam, Josie and June attended the First Methodist Church. Because of the absence of Dr. Beckett, pastor of the church, his assistant, Rev. Mr. Sheppard, conducted the opening services.

Dr. Russell L. Dicks, Chaplain of Duke University, Durham, North Carolina, was guest minister of the evening. He spoke about illness, both physical and mental, how our physical health can affect our emotional health and vice versa. He brought out the fact that about one third of our general hospital patients are emotionally disturbed instead of being physically ill. He told of his own battle with a physical illness which also upset him emotionally. Then becoming interested in the mentally ill, he spent a year working in a mental hospital under the direction of a psychiatrist. He is a writer, widely traveled and a great man. He said, "Fear, anger, guilt can interfere with the great healing power of God's grace." God send us more men like Dr. Russell L. Dicks.

His speech was psychotherapy class all over again--only it was a minister instead of our own Dr. Owen.

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Reporters----------EY, LF, JC
Group Psychotherapy----------JH
Has Beens----------GR
United Nations----------CW
Typists----------CW, JH
Journalism Instructor
M. G. Stemmermann, M. D.
English Instructor
Edyth

## THE MONTH OF JUNE

When we mention the month of June, three important events immediately come to our minds. First, there is Flag Day. This symbolizes to us freedom to think, speak and worship as we please. Next, graduation symbolizes the end of youth and beginning of maturity. Finally, there are weddings. This is the time when love reaches its fulfillment and youth starts hand in hand to climb the peak of endeavor together.

"Deaner"

## THE FLAG

All sorts of objects from a wisp of straw to an umbrella have served as flags to the long procession of fighting tribes and nations and armies which move through history from the mistiest centuries to the present day. The very human wish to establish one's identity, to stamp one's possessions with a personal mark, to embody in a symbol the pride, hopes, and courage of one man or a group of men has been the origin of men's flags.

Probably the tribal or family symbols came first, such things as totem poles, which are in a sense flags, boasting of the prowess of ancestors and claiming descent from gods or ferocious beasts. Smaller images mounted on poles or spears were no doubt the first flags. Old carvings, painting, and tales tell us that the pharoahs carried great feather fans at the head of their troops. The Assyrians bore alo disks on which appeared a running bull.

The Stars and Stripes came into existence after the signi of the Declaration of Independe since the people needed a symbo of their independence. No one knows who suggested the design of the flag. It is generally b lieved that Betsy Ross made th first flag.

To the world today our flag a symbol of all the things for which our country stands--free opportunity, and the worth of the individual. Edy

## COMMENCEMENT

According to Webster to com is "to begin to be or to act a Although to many, commencement plies merely the distribution scholastic degrees, to the wr it signifies graduation to li Youth is past; man assumes th responsibility of adulthood.

This can be a happy period which you run after life with grin. Success leads to elatio You will achieve elation when make someone happy, when you c struct something for someone, you resolve a problem for othe or when you obtain something will be applied to assist oth You will react to successes a failures of the group. Elati generates energy and this shou be employed constructively. a little, advertise a little, and tackle another mountain.

Dejection balances the em of elation. It generates les energy. Dejection is felt wh you fail to accomplish someth worked or hoped for, when you cognize an inadequacy, and wh you lose something valuable. should generate determination and action.

Helen Keller has said, "Delight is essential to growth and self improvement." Let man delight in the responsibilities of adulthood. Let him assume his obligations to himself, his family and community. Let him turn outward toward others and their strivings. It is time for him to establish a firm moral code. Spiritually, morally and socially, let man commence to enjoy altruistic adulthood!

C. Woodman

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# Has Beens

by "Deaner"

Essie is living in Cinncinati and getting along fine. You know what? She is expecting a newcomer in Sept. She and her husband both are pleased about the coming event. Terry, her small daughter, is to be flower girl in a wedding in June.

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Ione spent the week-end May 5 with us. We enjoyed her visit so much. She is taking a course in Girl Scout Counselling and is planning to take the Scouts to camp this summer.

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We hear again from Nancy. So many exciting things have happened to her. Susie had her tonsils out--and Fred, her husband, is graduating from college. Fred has been attending mental health meetings. Their organization is making a fund drive.

Nancy sent an article which she wrote for her husband's school paper. It appears in this issue of Longview. Thanks so much, Nancy, we all appreciated your article.

She enjoyed the last issue of Longview and is glad to hear that Owen Clinic is now Owen Clinic Institute. Her biggest surprise was to hear of Dr. Owen's new hair cut--and Nancy is anxious to get back to see her.

Here at the Clinic we had old home week May 18. Hazel, Loretta, Sada, Sarah and Lillian were all here. All are working and being very active. Oh! yes, Hazel, thanks so much for that delicious spice cake.

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# Institute on the Air

by C. Woodman

On April 29, Hiways to Health closed the 1955-56 series with "When Illness Strikes." Owen Clinic Club members, who have recovered from mental disturbances, presented the Club's program, and their own feelings about mental illness. The Club does social service work for the Clinic. Having been ill themselves, members have a clear understanding. They know mental illness is common and with proper treatment can be cured.

Mrs. Ethel Marshall told her story as a middle aged housewife who has recovered from mental illness. She learned the staff did understand how she got ill and how to avoid feeling responsible for the world's troubles. Mrs. Alice Owsley then sang "Mountains" accompanied by Josephine.

Mrs. Jean Jefferson told of how she thought of forming the O.C. Club. The attendance of one or more in-patients every month helps them and the Club. Members laugh a lot as "happy people are mentally healthy people."

Miss Marie Taylor explained that membership includes relatives as well as "Has Beens." Mrs. Shirley Smalley feels the Club helps educate the public by giving assistance to all community groups associated with mental health. "O.C. Club tries to raise standards in the State mental hospitals", said Mrs. Virginia Hoeing.

Alice closed the program with "Count Your Blessings."

## OWEN CLINIC INSTITUTE

by Edyth

On April 27, at 6:15 P.M. the O.C. Institute held its annual banquet at the Governor Cabell Hotel. The tables had beautiful floral arrangements, prepared by Mrs. Seymour. The invocation was pronounced by the Rev. Byron John of Bluefield.

Richard Smalley, president of the O.C. Institute, introduced Mrs. Lillian Weser, Board Member of the Huntington Mental Health Association; Mrs. Richard Smalley, Board Member of the Institute; Miss Lydia Blakeslee, Field Representative National Assn. for Mental Health; Miss Virginia Lewis, President-elect of the West Virginia Mental Health Society; Rev. Byron W. John, Treasurer of West Virginia Mental Health Society and Dr. Thelma V. Owen ("Mother" of our American Psychiatry).

Dr. Owen introduced a delegation from Logan, one from Clendennin, and members of the Owen Clinic Club. A delegation from Lakin arrived later.

During the intermission Josephine Connelly played several selections on the piano.

Speaker of the evening was Miss Blakeslee. She chose as her subject Progress, Plans, and the Long View for West Virginia. She asked her listeners to imagine that they were in a theatre in which scenes of things that need to be done in the mental health movement were being depicted.

"First list the assets; plot the liabilities. We must plan to have our needs brought to the legislators. We must go to the proper people to draft proper legislation.

"Let us ferret out the friends and foes of a state mental health department and commissioner.

"People must be informed about the cost of building mental health. The subject of money cannot be detoured around."

Miss Blakeslee concluded her address by saying that efforts in behalf of the mentally ill could be called a crusade.

After her address Miss Blakeslee conducted a question and answer period. In reply to the question as to the number of state associations, she replied that there were 37, including one in Hawaii. She explained that the best way to inform the legislators about mental health was for individuals to talk with a friend who is a legislator and explain to him about mental health from the ground up.

Rev. Lyle Newman pronounced the benediction.

## STRING SCHOLARSHIP CONCERT

by "Jo"

Thursday, April 26, Dr. and Mrs. Smith invited Josie and Jo to attend a concert given at Marshall College. The concert was for the purpose of establishing a "String Scholarship Fund." The scholarship will be used to encourage students of stringed instruments to attend Marshall.

The program featured Jane Hobson, mezzo soprano; Ruth Northrup Tibbs, pianist; Mary Shep Mann, pianist; and Alfred Lauegger violinist. Music presented was that of Mozart, including Sonata in C Major, Sonata in G Major, Sonato in A Major, and Davidde Penitante.

Mr. Lauegger, who is a graduate of the State Academy of Music in Munich and studied violin making in Germany, played the violin ably. Miss Hobson thrilled every one with an aria from Don Giovanni.

Following the program a reception was held, at which we enjoyed talking to Mr. Lauegger and Miss Hobson. We went home feeling it had been a very wonderful evening.

## AMERICAN PSYCHIATRIC ASSOCIATION

Saturday, April 29 through May 4, Dr. Owen attended the Annual Convention of the American Psychiatric Association in Chicago. The Saturday meeting was concerned with accreditation of private mental hospitals. No definite decision was made on the matter. New members for the National Private Psychiatric Hospital Association were voted upon. Among those accepted was the Owen Clinic Institute. At present there are exactly 128 members.

Monday morning the A.P.A. met at the Chicago Opera House with Dr. Finley Gale giving the presidential address. Monday afternoon Dr. Owen attended the New Drug Section. Chlorpromazine is useful in acute illnesses, while reserpine is better for long-term illnesses. If no results are obtained from the use of either drug, a combination of both drugs may give the desired effect. Good results have also been obtained with a combination of chlorpromazine and Frenquel. In 1000 patients tested over a period of three years, no damage from chlorpromazine was found. A new drug, promazine or Sparine, given intravenously, is useful in acute delirium tremens. A movie, "Schizophrenic Model Psychosis Induced by LSD" was also shown.

Monday evening Dr. Hans Selye spoke at the dinner of the Deveraux School for Exceptional Children. Creating stress by strapping rats to a board so as to interfere with their movements, resulted in changes in their body chemistry. Thus, strapping mental patients may also result in chemical changes in the body.

Tuesday morning Dr. Percival Bailey spoke on the "Great Psychiatric Revolution." He said that psychosurgery is a drastic and horrible procedure and leaves many cripples behind. He berated drugs like barbiturates for use in mental illness. explaining that they did nothing more than contribute directly to addiction. He also discussed psychoanalysis, disagreeing with the Freudian theory. He said that essential in the cure of mental illnesses are O.T. and faith. Dr. Bailey concluded with the statement that in the future the answer to the cure will come from the biochemist. It is known that there are certain changes in body chemistry. Treatment would consist of injection of a deficient enzyme.

A movie was shown, entitled "A Family Affair." This deals with the work of the social worker in straightening out a marital situation.

Tuesday afternoon Dr. Owen attended the Section of Psychobiology. Discussed were different aspects of the chemical changes in the body of the mentally ill person and their relationship to the endocrine glands.

Wednesday, Dr. H. J. Muller spoke on genetic principles in the human population. His conclusion was that we may not be doing a service to the race by lengthening the lives of people who have chronic diseases and are cripples, as the genes may be passed down to future generations. The same may be true in mental illness.

Dr. Linus Pauling spoke about the molecular basis of genetics. He explained how enzymes are broken up into molecules. Dr. Franz J. Kallman discussed the genetics of human behavior.

Wednesday afternoon Dr. Samuel H. Kraines spoke on the "Physiological Basis of Manic Depressive Illness." Then Dr. Leon Salzman discussed the "Concept of Latent Homosexuality."

Thursday morning Dr. Owen attended the Psychosomatic Lecture. If a neurotic symptom is removed, it will reappear somewhere else. Also brought up was the relationship between anger and eczema.

A.P.A. (cont.)

Thursday evening the title of the meeting was "Opportunities in Community Psychiatry." Dr. Wm. Menninger was among the panel discussants. Treatment in groups was emphasized, especially in preventive psychiatry. In order to be a leader, the psychiatrist must go out and let people know him. A Committee on Community Psychiatry should be formed. People are demanding to be educated. There is a vast shortage of doctors for clinics. Private psychiatrists could be used part time.

Dr. Martin is chairman of the A.P.A. Committee on leisure time activities. He has asked Dr. Owen to be a corresponding member of this committee. "Jo"

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THE LIGHTER SIDE

Dr. Owen's visit to Chicago was also an entertaining experience. Her first night there she met and had dinner with Dr. Rachel Gundry. The next day Dr. Owen and Dr. Gundry went to the cinerama 3-D motion picture projected on a screen 75 feet in width, showing, in color, couples touring Switzerland and the U.S.A. Dr. Owen, in spirit, went right along with these young men and women on a train trip through the beautiful Alps. They rode on a bobsled to an exciting ice festival where 25 foot tall snowmen appeared. An airplane trip over the Alps was thrilling. The wonderful views were beyond description!

From Switzerland they journeyed to the United States where they toured the country on a motorcycle. They covered many miles of prairie land, getting lovely views of cattle ranches. They stopped at a place where a fair was in progress, and from Dr. Owen's report a ride on the ferris wheel was the most exciting thing there. After watching a corn-husking bee, they enjoyed dinner at San Francisco Harbor. Dr. Owen and Dr. Gundry then, v cinerama, went to France and at tended the morning services at Notre Dame Cathedral, where the watched the impressive processional.

Coming back to Washington, D.C. they saw the Capitol and t Lincoln Memorial. A jump over Staten Island came where Dr. Ow felt right at home on the ferry boat. Back in New York, they took a ride in a jet plane and landed on a carrier. This was quite realistic and made Dr. Owen feel as if she were really there. They had dinner consisting of shrimp and crabmeat cocktail, garden salad, rare roast beef, and broccoli.

The lighter side also includ the play, Tea House of the Augu Moon, at which Dr. Owen laughed herself sick. It seemed as though it had been a very nice trip--but were we glad to see D Owen back home! J. Connoll

LOCAL MENTAL HEALTH

by Edyth

On Tuesday, May 15, Mrs. Margaret Hund of Scarsdale, N.Y came to visit the Clinic. Dr. Owen, Mrs. Hund, Mrs. Dean, Mrs Shires, Miss Blakeslee, Mrs. Smith, and Mrs. Weser were invi ted to the home of Mrs. Marion Grey for lunch. They were serv a most delectable meal. Mental health problems were discussed and it was decided to contact each legislator and acquaint h with the mental health program.

On Tuesday evening, Mr. and Mrs. Fred Weser invited Dr. Ow Dr. Stemmermann, Mrs. Hund, Mr and Mrs. Haines. Mrs. Embry, M Dean, Mr. and Mrs. Smith to me with Miss Blakeslee, the Field Representative of the National Mental Health Ass'n. Miss Blakeslee explained how local mental health funds should be apportioned.

## GRADUATION

by Nancy Hall--Has Been

(Reprinted from Mr. Hall's seminary paper.)

So you are graduating, my boy...this is your big day. It's almost time, so step forward and receive your diploma. Congratulations and best wishes!"
Yes, that sounds familiar. Could be you, couldn't it? "Yes, best wishes...and don't forget to report back in two weeks for another interview and examination!"
But wait...who is this graduate who needs a post-graduate examination?

Mental hospitals have daily graduations for those about to face society anew. How will they be greeted by you? Will you look at them with eyes darkened by ignorance of the true facts concerning the mentally ill, the illness itself, its cause and cure? Will their hearts reach out for a bit of fellowship and receive instead a superior look -- the "Oh-it-couldn't-happen-to-me" look?

Just for a minute let's be honest with ourselves. What about mental illness? Is it surprising to know that more people are occupying hospital beds from mental illness than from all other serious diseases when put together? One out of twelve persons born in the United States will be afflicted with some form of mental illness. Are such terms as manic depressive, insulin therapy, psychotic, regression, and Thorazine familiar terms; or, to be more direct, when did you last visit some patient in a State mental hospital? Were you impressed by the ancient custodial care given these sick ones? Did it bother you to see the crowded, miserable conditions existing there? Maybe you didn't get to the wards where patients "live"--they eat, sleep, and live out their miserable existence, trying to get well without adequate doctors, nurses, food, clothing or medications. Rows and rows of beds, side by side and end to end, with little ventilation or sanitation. It's easy to say, "Oh, well, these people are different from me." Easy to say, but impossible to prove.

Today, in 1956, these patients are real people with real problems and real illnesses. Yes, with adequately staffed hospitals, with proper care and modern facilities, about eighty percent are being graduated--the highest recovery rate of all serious illnesses when properly treated. Each day patients, well and happy, walk through hospital doors to join their loved ones and again lead productive lives.

Good hospitals and staff are only part of the answer, however; a public eager for these people to return to normal living is the bigger part--a public who knows the mental patient is a person with an illness that can be cured, a person eager for activity in home, community, and church.

Yes, you are your brother's keeper. The mentally ill need your support, your interest, and above all your love.....

Today you have an opportunity to provide a diploma for another graduate; will you do it?!!!

## COMING EVENTS

June 4, 8:00 P.M. Mental Health organizational meeting, Wayne County Court House.

June 18, 8:00 P.M. Annual meeting and installation of officers, Huntington Mental Health Association. Place to be announced.

June 23, 6:00 P.M. O.C. Club monthly meeting Picnic--Camden Park

# LAKIN HOSPITAL DAY

by "Jo"

Sunday, May 13, a beautiful sunny afternoon, Dr. Owen, Carol and Jo motored to Lakin, attending the ninth annual celebration of National Hospital Day. Since 1921 National Hospital Day has been observed in commemoration of Florence Nightingale. This year's theme was directed towards the slogan, "Your Hospital--For You and Your Community."

At the beginning of the program Pt. Pleasant Jr. High School band played several selections. Dr. S.O. Johnson welcomed the audience. He said in behalf of Lakin: "What was started nine years ago is now bearing fruit. The community depends on the hospital. The hospital has grown through the interest of the community."

After a rendition of "Jacob's Ladder" by the Lakin Choir, the nursing staff discussed the role of the psychiatric nurse. Following this guests were introduced. Dr. Carl Thompson said that mental health problems are great. The goal is to achieve better health for the community, and Lakin Hospital is dedicated to attaining this achievement.

Dr. P.R. Higginbotham, member of the West Virginia Board of Health introduced W. Montague Cobb, Ph.D., M.D., head of the department of anatomy at Howard University School of Medicine in Washington, D.C. as the main speaker. Dr. Cobb is a teacher, civic man, anthropologist, and a man who "never lost the common touch."

Dr. Cobb spoke briefly about the reputation of Lakin, which has gone beyond the state. He said that Dr. Overholzer from St. Elizabeth Hospital spoke of Dr. Johnson and his work with great esteem. He then discussed a history of hospitals. A great deal needs to be done but we have come a long way since those who becam slightly entangled with the law were either promptly put to deat or incarcerated in jails, almshouses and mental hospitals. At that time there was a window tax in England, and because of this the windows of mental hospitals were bricked up. The mentally ill were treated atrociously, beaten, drugged, and starved. A Hotel Dieu in Paris, the oldest hospital of the world, one fift of the patients died annually.

However, there were four peo who among others came to the aid of hospital patients, prisoners and mentally ill.

Stephen Hales in 1726 did experiments with fowl leading to knowledge concerning bone growth He also invented the sphygmomano meter. He was the father of air conditioning, through invention of a windmill ventilator, to be used in hospitals.

John Howard did a lot of wor with reformation of prisoners i England. He believed in separa cells and useful occupation for the prisoners.

Phillippe Pinel, the great French physician did a lot for the mentally ill. When in charg of Sal Petriere he removed the chains from the mental patients and worked against drugging and bleeding them. In 1798 he published the first classificatio of mental diseases.

Florence Nightingale rejecte the life that was offered her chose to become a nurse, then t lowest female occupation. She founded the first school of nursing.

Much progress has been made. Many hospitals are now jointly financed by both private and go ernmental funds. Mental illnes slowly is being looked upon as just another illness. Racial s regation is disappearing. But

LAKIN HOSPITAL (cont.)

still a lot needs to be done.

After Dr. Cobb's inspiring speech, the Huntington Central High School Choral Club presented several numbers, including, "Give Me Your Tired Your Poor," and "You'll Never Walk Alone."

After a presentation of service pins to members of personnel who had worked at Lakin five or more years, Dr. Thelma V. Owen presented the awared to the psychiatric aide of the year, Miss Delphine Goggins. This occasion has been Lakin's honor for five years. Miss Goggins did exceptional work with infirmary patients. Dr. Owen said she was glad to present the award. Besides being a new experience for her, she felt especially appreciative of the psychiatric aide. She is the one closest to the patient. She stands between the doctor, nurse and patient.

We returned home feeling that we had spent an interesting and profitable afternoon.

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## COMMUNITY WELFARE DINNER

by Sarah Batson--Has Been

On May 21 Dr. Owen, Mrs. Hund, Carol, Louise and Sarah enjoyed the annual dinner of the Huntington Welfare Council at the Woman's Club. About 85 people were there. After the invocation by Rev. Albert J. Conley came a chicken dinner.

The directors and officers for next year were elected and later introduced. Rabbi Levy is the new president. Mrs. J.G. Stevens, the president this year, recognized the past presidents.

The guest speaker, Rabbi Selwyn Ruslander, president of the Community Welfare Council of Dayton, Ohio talked on "The Four P's of Community Planning: Problems, Priorities, People, and Performance."

First, he discussed the many problems confronting a community council because of past history of relief in the city, movement of people from country to city, juvenile delinquency, and mental illness. Another problem was what to do with agencies that have outgrown their usefulness.

Next, he discussed priority, making the suggestion that a good Budget Committee should decide what agencies should have what money. He also favora a good Research Department to study population trends in the planning of such things as swimming pools and new school buildings.

Third, people in the community who have power because of their position, intelligence, or civic mindedness should be recognized. The staff should be adequate.

Next he stressed the high quality of performance necessary. As Dr. Owen remarked afterwards, "We could tell Rabbi Ruslander likes community welfare work."

In closing, he gave a vivid and poetic account of his experience as a chaplain with the navy during World War II in Europe. There on the beach near the Mediterranean Sea he saw young boys giving their lives together, Jews, Negroes, protestants, Catholics, The Rabbi tried to give each boy the comfort of his own church just before he died. This experience gave the Rabbi an overwhelming sense of union in war, and a deep desire to see union in peace, union of effort to make the world a better place for our children and for our children's children.

## WHAT OWEN CLINIC MEANS TO ME

by Sarah Batson -- Has Been

It is very hard for husbands and sisters and mothers to understand why most of us Has Beens feel as we do about the Clinic. Even though families may have made frequent visits, may have commented on the beauty of the grounds, and may have talked with the doctors, they still think of the Clinic merely as a hospital filled with sick people, aides, and doctors. They can't see how a Has Been can look forward to a visit there or be happy while she is having a check-up. If she calls the Clinic her second home there may be a faint note of jealousy in a husband's voice.

If the Clinic is not just a white building full of people, what is it? It is a pleasant mixture of interesting classes that take your attention from yourself and help you use your mind, blisters that you hardly notice because the exercise made you sleep so well afterward, helpful pills, painful but interesting, extremely practical, and effective psychotherapy. It is a combination of softball games, movies, Funkensteins, T.V., very good food, beautiful grounds, good care, occupational therapy, bull sessions and fun.

But most of all Owen Clinic means Dr. Owen and Stemmie. The Clinic <u>is</u> their personalities, both different but both dynamic, understanding, scientific, loving, helpful.

The atmosphere of the place is unique. There is a frankness and intimacy between aides and doctors and the patients who are exceptionally nice people. In a way it is like a big family whose mother is Dr. Owen, our very competent guide.

Owen Clinic gives certain things that make life worth living. They are understanding, self knowledge of ourselves and how to adjust to life, comfort when you are depressed and frightened, love, confidence in yourself and others, peace of mind and happiness!

All this is what Owen Clinic means to me.

## GOD'S GREEN ACRES

by Sarah Batson--Has Been

We have all heard of the Emerald Isle,
The green island set in the sea,
But have you heard of our Emerald-Isle-
Clinic where we like to be?

-*-

Set in the lovely Virginia hills
With handsome, luxuriant trees:
Larches, the blue spruce, the maples and more--
Flowers to perfume the breeze:

-*-

Lavender daisies with pincushion hearts,
Iris, rose, peonies too,
Small lemon lilies and quaint columbine
Dainty wee rock moss of blue

-*-

Now on our neat, pretty island here
Vegetable gardens and lawn,
Peas, beans, and onions, tomato plants too,
And then today I have drawn

-*-

Many comparisons of the warm sun
Making the plants grow and thrive
To the warm love, understanding that make
Confidence, joy come alive!

## ART GALLERIES TRIP

by C. Woodman

May 16 Stemmie headed an expedition to the Huntington Art Galleries. The Galleries is in its fourth year of public service. It has an ever increasing collection covering fourteen centuries. The collection includes more than one thousand objects of Dutch, American and French paintings. Arms, metal work, Pre-Columbian art, Georgia silver, carvings, oriental art and rugs. Each season the Galleries has a special exhibit.

In the spring "Exhibit 80" is featured. This consists of regional arts and crafts by artists living within an 80 mile radius of Huntington. Entries numbered 513. "Lost Horizon," a big portrait of a man, and "Harvesting," a picture of a girl reaping, hold interest. An oil, "Symphony in Blue," and fighters in "Between Rounds" are fascinating. "Crustacea" is ultra modern. Baranet of Logan, W.Va., created an outstanding "Self Portrait" and bust. Many ceramic pieces are on display. An exceptional thing is enamel on a copper bowl. The "Mother and Child" sculpture took first prize.

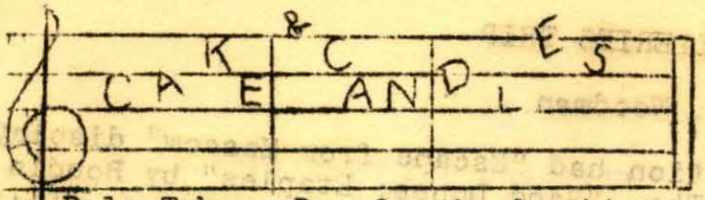
The Main Hall contains Dutch, French and American pictures. Numerous paintings were entitled "Landscape" and "Autumn," one by Rousseau. The dark tone of "Night Scene" attracted this visiter. "Non-Objective" displays modern art. "Summer Day" is a pleasant pastoral. A large portrait, "George Washington at Dorchester Heights," is an oil on canvas by the English artist, Alvin Fisher. "Cariani" represents Italian Renaissance Venetian School. To the writer one of the most outstanding pieces is an oil, "Woman Chopping Onions," by Gerard Dou, a Rembrandt pupil. Although sombre, it depicts "spotlight" painting. Van Dyck (1599-1641) is represented by the "Apostle Simon." The German, Adolph D. Schreyer, had "Escape from Moscow" displayed. "Sand Dunes: Etaples" by Boudin is an attractive picture. Utrillo is represented by "City Scene" and Claude Monet by "Seascape." Three pieces of wax sculpture by Rodin easily draw attention.

A remarkable French Gobelins Tapestry, circa 1710, "The Return of Diana from the Hunt," holds anyone's interest. "Diana, resting after the Hunt, is surrounded by a number of her maidens who administer to her comfort." The tapestry has a rich setting of trees, rocks and pool with an appealing distant landscape.

The Far East and Latin America are represented extensively by painted silver mummy ornaments and black earth ware vessels. A novel instrument of Peru, Inca Culture, the Quipu, for recording numbers and events is interesting. A feather mosaic poncho interested some. Jade pieces include cup, saucer, bowl and figure. There is a big clay Grave Guardian. Chinese Sui Period lasted from 581-617. An eye-catching "Brick in Relief" shows a horse-drawn cart.

Turner's "Siesta" is a sample of mixed media. "Time in Turquoise" is a casein watercolor. The "Lost Boy" drawing is exceptional. "Lobster" and "I Dreamed of Ferns and Things" represent F.G. Elliott.

The print collection includes J. Israels and Levon West with "Children Wading," "Huskies" and "Through the Neve." There is a marvelous Rembrandt etching, "Four Figures in Conversation." "The Beggars" etching by Whistler is a masterpiece. Sir David Young Cameron has five etchings on display: "Chimera of Amiens," "The Crucifix," "Old Horses," "The Windmill" and "A Border Town." John Marin (1870-1953) represents our country in the field of etching art.




Dale Tabor, Dr. Owen's daughter, had a birthday, Friday, May 11. Everyone here was glad she decided to come out to the Clinic and let the patients and personnel help her with the celebration. Her husband, Bill, and little son, Dana, came along, too. A delicious dinner of veal chops, beets, spinach, and French fried potatoes was served to the gay group. At the end of the main course slices of delicious apple pie were served, with Dale's containing a single lighted candle. The O. C. group went into the doctors' room where Dale received a red and white plastic picnic set, containing a service for six of plates, cups, and silver. Another of her gifts was a deluxe picnic ice chest. It was a very nice party and everyone enjoyed it, especially the ride in the Tabor's new Plymouth station wagon. When Dale's little son was asked who had had the better time, his mother or he, Dana enthusiastically replied, "Me !"

J. Connolly

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Terry had a birthday party Sunday, May 13. The menu consisted of cabbage and raisin salad, French fries, peas, shrimp and chocolate ice cream. Terry blew out one candle on the ice cream and made a wish. He received several birthday cards, one from the patients. Miriam gave him a present of a washcloth. Inside was a note inscribed, "What every young man needs." His parents gave him a present of ten dollars and his mother bought him a new blue suit.

Louise Farren

## OWEN CLINIC CLUB

by Sarah Batson--Has Been

The pretty living room of the Anchor was the meeting place May 25 of the Owen Clinic Club. There were 19 members and 5 guests. The hostess was June.

The meeting was called to order by the president, Edith Dean. The minutes were read by the secretary, Nan Embry. The Fourth of July picnic was planned and the following committees named. Food Committee: Jean Jefferson, Margot Sada. Games Committee: Ginnie Hoeing, Kent Hart, Dick Smalley. Everyone is asked to bring her usual contribution of food.

The Club has an invitation to furnish a panel for the Woman's Club Meeting Feb. 4.

Dick Smalley introduced the guest speaker, Mr. James Donahoe, president of the W.Va. Board of Control. Mr. Donahoe talked briefly on the Board and the institutions it controls. He said most of these are overcrowded. He reminded us that the State Senate and House do not appropriate enough money to meet the needs of the institutions.

Mr. Donahoe suggested that Owen Clinic Club invite to a club meeting before the election each local candidate for the State legislature separately and ask each one his stand on appropriations for the mental hospitals. He also let us know that we may find the names and addresses of State hospital patients who are never visited by families or friends by looking for them in the County Court House.

Then came a social hour with doughnuts and coffee.

## OF INTEREST

June 15, Marshall College. "The Place of the Older Worker in Industry" All day symposium.

# People's Section

by C. Woodman

This month our People's Section discussed language, beginning with "Slang, Cant and Jargon." G.K. Chesterton said: "All slang is metaphor, and all metaphor is poetry." "Vernacular" signifies spoken language as distinct from literary language. Both are marked by social and educational influences. A continuous interplay exists between the two languages. Vernacular contains vulgarisms, colloquialisms, standard forms and slang. Frequently slang turns into accepted forms. "Clumsy," "strenuous" and "exciting" were previously slang terms. King Charles II made "ain't" popular. Ancient Rome used slang extensively.

"Cant" is supposed to be ambiguous to the uninformed, as thieve's cant. Slang is not intended to be obscure to anyone. Every trade, profession and business has its own special terminology called "jargon."

The true field of slang lies in expressions and vocabulary. Slang is a plaque to the growth of language by creative innovation. It shows how the languages of today have developed from early tongues. Scads of slang terms do not survive. Clipped words such as "doc," "vet," "phone," "mike," "cab," and "mob" have achieved respectability. Individual slang words are in accepted usage, yet combinations like "to chew the rag" have trouble becoming legitimate. The world freely interborrows slang. Australian "scram" and British "fed up" are instances.

An objective discussion of esthetics can arise from sounds. Considered most beautiful words by some authorities are "dawn," "melody," "murmuring," "moon," "shadow," and "heart." Ugliest words are "guzzle," "gangrene," "mange."

In richness, good sense and terse convenience English is outstanding. Outside Chinese, English is spoken by more people than any other language--1-10 individuals. It is the official language of one fifth of the earth's surface. It is the most widely studied language in addition to being that of business and trade. Three fifths of radio broadcasts and one half of the world's newspapers are in this language. English has generally been spread peacefully through trade.

Origins include Indo-European, Anglo-Saxon, Celtic, and Roman soldier's garbled Classic Latin. Normans came to England from France with another version of Latin. Creation of words has also contributed. English vocabulary is richest of any language. English developed along the same lines as other Indo-European languages--many words from similar roots. An English verb will add all manner of prepositions--"to put up with," "to go through with." Pronunciation of both consonants and vowels is inconsistent. After voiced consonant "s" is pronounced "z" as in "eggs;" after unvoiced consonants it is pronounced "s" as in "books." An English verb has a long list of auxiliaries. Verb tense is unpredicatable as "do." Although 5 vowels are written, there are 13 diphthongs. "Ou" is pronounced differently in "house," "cough," "cousin," "through," and "could."

"In English every word is a law unto itself," according to Mario Pei. There are five varieties of English: British, American, Canadian, Australian--New Zealand, pidgin. "Pidgin" is the Chinese for "business."

## IT'S HOW YOU TAKE IT

by "Jo"

When one of our basic drives is frustrated, a conflict may arise. This unconscious mental mechanism causes war between the unconscious and the ideal self. Our lives are full of conflicts, as our wants and wishes are daily being interfered with by society or our own code of ethics. Conscious conflicts are easily settled--we compromise through satisfying our wishes in a socially acceptable manner. This is called honest evaluation of the facts. It is only the unconscious conflicts which give us trouble. Unless our conflicts are brought up to the conscious level for evaluation, they come out in various other ways, as tension, dizziness, fatigue, or aches and pains. It takes honesty to unwind the spool of unresolved conflicts and remove the emotional tones associated with them, in order to bring them to the conscious.

A complex is an unconscious mechanism, which develops when a group of ideas associated with an incident painful or embarrassing to our self-esteem, carrying with them strong emotional tones, is repressed. Every time we encounter a similar incident, we experience the same emotions. A clue to a complex is vehement defense of relatively unimportant things. Any time you react excessively to a stimulus--watch out--you're repressing something!

One of the most constructive mental mechanisms is sublimation. It can be called an art. Sometime in everybody's life there comes a time when sublimation is not only desirable, but essential to happiness. Sublimation arises from the drive to live and the love drive. In its original form the desire to live and love is expressed directly and physically by contributing to the human race through having babies. The other, sublimated way of expressing these drives, is by using our creative energy constructively through giving of ourselves altruistically. Many people expend their creative energy through books, poetry, music and art. Everyone should develop sublimation, whether single or married. Our job is not done after we raise a family. People live a great deal longer and one can't go on having babies forever, anyway.

Another mental mechanism that may be very comforting to us, but can become a pernicious habit, is projection. Through its use we attribute our own faults and inadequacies to other people. It is much easier to blame the other fellow for things we do not like in ourselves. It eases our minds and at the same time leaves us free to criticize those things to our heart's content. The habit of projection starts early and very easily becomes a habit hard to break. We start with projecting things, and later in life turn to people and environment. You defeat your own purpose when you use projection. It keeps you from finding out your own faults, which need to be brought out in the open to be looked at honestly and then corrected. If you see things in other people that irritate you--stop, look, listen--you may have the same characteristics yourself.

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CALLING ALL HAS BEENS!

Please clip and send to Edith Dean or telephone--
410 Kanode Court, Huntington. Telephone: 38656
I will (will not) come to the July 4 picnic, Wed., 11 A.M.-5 P.M.
I do (do not) want to play soft ball.
I will bring __ children and __ adults.

_____
signed

# LONGVIEW

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## ANNUAL MEDICAL MEETINGS

Dr. Stemmermann attended the 105th annual meeting of the American Medical Association in Chicago, June 11-15.

For the first time in the history of the Association the opening session featured a "Panel on Psychiatry in American Medicine." The moderator of the panel was Dr. Leo H. Bartemeier, Chairman, Council on Mental Health, American Medical Association, who spoke on the development of psychiatry within medicine. He also spoke of the responsibility of the practitioner following the discharge of a patient from a mental hospital.

Dr. Francis Forster, Dean Georgetown University Medical Center, Washington, D.C., spoke on the psychological handling of the chronically ill, the disabled, and the incurable patient. He said that no one had adequately found a way to relieve the fear of death. The fear of relatives is often greater than the fear of the patient.

The next speaker was Dr. George E. Gardner, Psychiatrist-in-chief, Boston. He stressed particularly that in working with children it is important to learn how the parents were reared.

The fourth speaker was Dr. Ralph Kaufman, Director, Dept. of Psychiatry, Mt. Sinai Hospital, N.Y., who spoke about the problem patient and gave a psychiatric evaluation of one thousand cases from a consultation service. This is a service to which any doctor may send his patients. The illness of 81.4% of the 1000 cases studied was emotional in origin or emotional factors kept up their symptoms. 16% had definite organic illness. One half of the 81.4% had a bad outlook unless they were given psychiatric care.

Another interesting session was the Section on Nervous and Mental Diseases. Dr. C.H. Hardin Branch of Salt Lake City gave the results of a study that he had done in an effort to answer some of the following questions. Of what magnitude is the current rate of mental illness, both treated and untreated? What avenues of therapy are now open in the public's mind? What avenues are utilized? What ability to recognize mental disease does the public have at this point? In an attempt to answer these and other questions Dr. Branch took a city block in which a psychiatrist and a psychiatric social worker interviewed every family in the block. Of the 200 families 25 refused to cooperate. 19 of these had psychotic cases in the family. Of 175 families, excluding children under 16, 46% were mentally ill. 11% of these mental patients were seriously ill at home. 61% did not know where to get help. After the first interviews had been conducted, the investigators returned to ask other questions. Many of those interviewed considered mental illness hopeless. Furthermore, they thought that a "nervous breakdown" was caused by stress

in the environment and if the stress was removed the "breakdown" would be cured. They did not seem to be concerned about paranoid behavior. Dr. Branch concluded that the solution to the problem of mental illness is reaching the doctors.

A medical research team from Cornell University asserted that there is strong evidence that all known diseases are psychosomatic to some degree. In a report to the Association they said, "The general implication of these findings is that...man's attempt to adapt to his social environment is a very important determinant of his health in general which often overrides all other influences--a matter which must be of ever-increasing concern to medicine in the years to come." Edyth

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While in Chicago, Stemmie also attended the annual meeting of the American College of Chest Physicians.

During the past year, three outstanding advances have been made in treatment of chest diseases. A new test has been developed to determine whether or not a patient has had a heart attack. It is determined by the presence of transaminase which is present in the blood for as long as six days following a heart attack. The only drawback to the test is that a false positive may be obtained if there is a severe liver disease.

The second advance concerns operations on the open heart. Such surgery is done by lowering the body temperature to 88.6°F. The newest method is by a machine through which the blood is led into coils, where it is oxygenated. It is then returned to the aorta; thus bypassing the heart. A plastic covering has been developed to be used in the correction of interventricular septal defect.

The third advance is that of Artery Banks. Healthy arteries are stored to be used in surgery to replace diseased ones.

Dr. C.T. Dotter, Head of the Department of Radiology from Oregon, related adventures in Alaska. Studies were done on Eskimos to determine whether the high fat diet which they consume causes hardening of the arteries. Studies have not been completed. There is a high death rate among Eskimos due to tuberculosis, measles, and hunting accidents.

A new treatment for bone tuberculosis is to drain the cold abscess and pack it with gauze, while giving the patient massive doses of streptomycin and other drugs. After 14 days the gauze is removed. The patient is ambulatory in 24-48 hours.

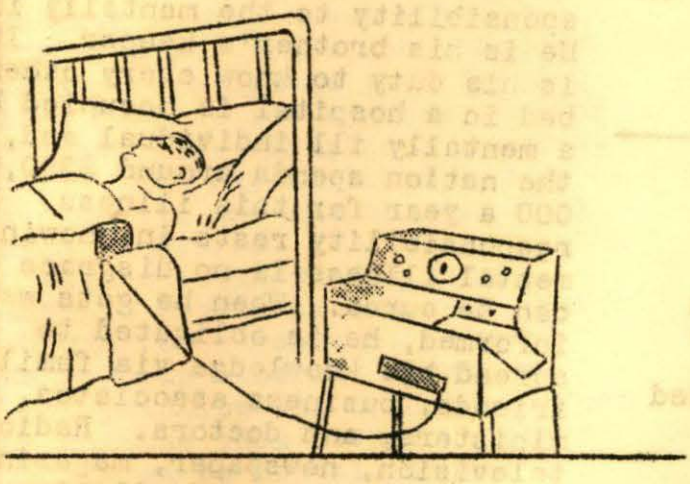
New antibiotics for treatment of tuberculosis include the following. 1. Viomycin, useful in patients whose organisms are resistant to INH and streptomycin, and in resectional surgery. 2. Cycloserine (Seromycin) a relative of streptomycin. 3. CAH (Cyanacethydrazide) and PZA (Pyrazinamide) synthetic chemicals. The reason for developing as many new drugs as possible is mainly to get drugs that produce no side effects. INH cannot be given to epileptics because it may cause convulsions and tremors. In addition when one medication is given for a prolonged period, the tuberculoses germs become resistant to the drug.

Studies have been made on the common cold. Nasal washings from different viruses, vary in potency from one causing pink eye to one causing poliomyelitis. A drop of the washings may cause pink eye in blue-eyed individuals. Brown eyes seem to be more resistant to the virus.

One of the latest discoveries is an automatic blood pressure recorder. The cuff is placed on the patient's arm and the machine

automatically registers the blood pressure at intervals desired, as often as every 30 seconds.

P.S. Does anyone have two thousand dollars? We'd like to have one to do Funkensteins and other work.
"Jo"



HOUSE GUEST

by Edyth

Owen Clinic has had the pleasure of having Mrs. Margaret Hund of Scarsdale, New York, as a guest for the past two weeks. Mrs. Hund proved to be a most delightful addition to our family. During her stay here she was very helpful in many ways. For some time she has been interested in the Clinic and has been a contributor to the Institute. She introduced us here at the Clinic to a fascinating new hobby--the making of shell jewelry. Under her able tutoring, several of the girls made very attractive earrings. She left a number of shells to be used in this hobby and plans to send others. As a parting gift she sent some candy that is being enjoyed greatly.
We are indeed grateful for having had the privilege of meeting Mrs. Hund and sincerely hope that she will return to visit us soon again.

## God's Green Acres

by Edyth

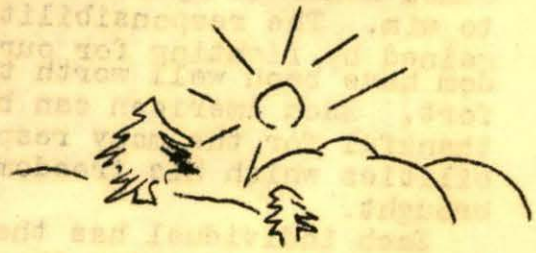
June is traditionally the month of roses, but it is also a good month for weeds, as we have found out in weeding the vegetable and flower gardens.

In order to enjoy nice fresh vegetables, it is necessary to plant them and care for them, and that is what we have been doing. We planted several rows of sweet corn, bunch beans, lima beans, and some hills of squash. They are progressing very nicely, and we are looking forward to some delicious vegetables later on. We have enjoyed Swiss chard, lettuce, and onions. Another vegetable that has been very plentiful and greatly enjoyed is early June peas. There is no substitute for gathering them out of the garden and serving them shortly afterward.

The flowers have been beautiful. Dr. Owen's roses have been "out of this world." Her garden has certainly proved that truly June is the month of roses.

Among other beautiful flowers that have been in bloom are the coreopsis, larkspur, bachelor's buttons, orange day lilies, and regal lilies.

The newly mowed lawn is a beautiful sight, too.



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English Instructor
Edyth

## BORN OF FREEDOM

by Edyth and Josie

On July 4, 1776, the thirteen colonies declared their independence from England. For many years this day has been celebrated as a holiday on which Americans become aware anew of the blessing of liberty that is theirs.

With every privilege comes a responsibility. It is the responsibility of each citizen to support the constitution. Furthermore, it is his duty to give his support to efforts that attempt to equalize the opportunities of all citizens.

Responsibility can mean many different things. In most cases it causes us to take life more seriously, to gain or maintain maturity. Our independence is a great responsibility, bringing about much serious debate and thought. With responsibility comes honor to uphold and battles to win. The responsibilities gained by fighting for our freedom have been well worth the effort. Each American can be thankful for the many responsibilities which his freedom has brought.

Each individual has the responsibility of using the abilities he has to help others. There is so much ignorance and superstitution concerning mental health that could be greatly reduced if those who really know the facts would work hard toward discharging their responsibilities to those who are mentally ill.

## WHOSE RESPONSIBILITY?

by C. Woodman

The Average Citizen has a responsibility to the mentally ill. He is his brother's keeper. It is his duty to know every other bed in a hospital is occupied by a mentally ill individual and, the nation spends around $300,000 000 a year for this illness. His responsibility rests in knowing mental illness is no disgrace and can be cured. When he gets well informed, he is obligated to spread his knowledge via family, friends, business associates, ministers, and doctors. Radio, television, newspaper, magazine, movie and brochure facilities are available. Mental health plays are effective.

Mr. Average Citizen ought to join and be active in a mental health association. If he has none in his community, he ought to initiate one through a club and church. Average Citizen has a responsibility to the State mental hospital. He ought to tour it and help in any way he can. He should vote for a legislature that is interested in mental health.

## "OUR" RESPONSIBILITY

by "Jo"

We have come a long way since early settlers colonized America. This they did starting from scratch and enduring many hardships to build, first, a home for themselves, and later, a united, free nation. Yes--today to all of us Independence Day is a symbol of freedom. Yet--there is a much deeper meaning, and that is

responsibility. There are many approaches to responsibility -- as world citizens, as citizens of our country, and other responsibilities to home and family.

There is one great responsibility which people usually do not think of. It is the responsibility of the mentally ill towards life and their fellowman. Having once been mentally ill, we have gained greater understanding and tolerance. We have become more mature than we ever were before, and we have learned to meet life situations successfully. We have learned how we became ill and how to stay well once recovered.

All this knowledge is not ours to stow away and keep, but to use for ourselves, as well as to help others. First, we must practice the concepts. Then we can use them both to educate people as to mental illness and to help them recognize the symptoms so they can avoid getting ill and get help early if necessary.

It is our duty to remove the stigma, which, although somewhat lessened, still persists. No one can do this but us by clearing up false conceptions about the illness.

Let us think about these things this Fourth of July, and let us practice daily what we have learned. This is our responsibility, as citizens and members of the human race.

## COMMISSARY

by Sarah Batson--Has Been

One service of the hospital is very important to the comfort and convenience of the patients. That is commissary. Perhaps one of us used her last Kleenex when she cleaned her face yesterday. Another one wrote on her last clean sheet of notebook paper this morning in psychotherapy class. Both are glad to see the aide enter the living room with a huge tray of supplies the patients ordered. And equally happy is the girl who has been weeding in the July sun and needs a cool Coca Cola and possible the added refreshment of a bar of candy. The commissary tray may hold cold soft drinks, cigarettes, candy, shampoo, writing paper and other supplies.

At 2:30 P.M. an aide takes orders for these things. After the filled tray has been deposited on the coffee table the line of customers forms, and soon everyone is seated in the living room enjoying a social half hour. In the evening at 8:30 an aide again takes orders for soft drinks and candy, and there is another social period just before everyone goes up to study or to bed.

All this is very fine for the ones who have plenty of money in their envelopes, but what of the girls who have no money for either supplies or refreshments? The Clinic has had many such patients. The thoughtful doctors have quietly established a fund for them called the Pin Money Fund. No one knows which girls use this Fund and which ones use their own money.

We feel very grateful to the Clinic's friends who have given money to this important Fund. Mrs. Hund's friend, Mrs. B. Williams of Scarsdale, N.Y., is one of these. Thank you very much, Mrs. Williams. We appreciate your kindness more than we can say. Your generosity has also made it possible to provide concert tickets and tickets to dinner meetings of civic organizations for those who might otherwise miss these events.

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ANNUAL MEETING
OWEN CLINIC
INSTITUTE
JULY 31, 1956
PICNIC SUPPER

# Hail and Farewell

"Deaner" left for home May 27. Everyone wishes "Deaner" a happy stay at home. She was very shaky over the idea of going home to stay. She visited the Clinic a week later and was getting along fine. She spent the night as a guest and left for Clendennin Sunday around 2:00 o'clock. Everyone wished she could have stayed longer, but understood she wanted to go.

Louise Farren

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Margie, a pretty brunette from Huntington, arrived at the Clinic May 19. She has two small children--Roger, age 4, and Brenda Joy, age two months. Margie plays the piano and has studied voice for four years. She plans to finish college to get her degree in music. Her lovely soprano voice is a welcome addition in our chorus, as well as a soloist. She enjoys square dancing, sewing, and likes to play cards.

We extend Margie a hearty welcome to our family and hope she has a pleasant stay at the Owen Clinic.

"Jo"

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Mary, who came to Owen Clinic recently, is a very welcome addition to our group. Her home is in Wheeling. Mary, who has one grown daughter, is quiet by nature and has a sweet smile for everyone. She enjoys keeping house and takes an avid interest in the flower garden. Mary likes the program here and we all extend her a sincere welcome.

Josephine Connolly

## OWEN CLINIC CLUB

By Louise Farren

The Owen Clinic Club gave a picnic Friday the 22nd at Camden Park. Some of the patients, Has Beens and their relatives were there with their children. Every one seemed to enjoy himself immensely. The group went together with the picnic food and there was plenty for everyone. Nan Embry took charge of the Clinic group, which was very kind of her and her husband. Nan took some of us in her car, while her husband took the rest of the group in the Jeep. After the picnic there were rides to take. There were also animals to look at and many enjoyed watching the seals and the bear. There were also monkeys and a peacock. The children enjoyed the animals very much. Everyone had a grand time.

The next Club meeting will be held at the Smalley's, Aug. 24.

## CARE & CANDLES

June 11, the Clinic had a celebration in honor of Louise's birthday. Her years total greater than twenty and fewer than thirty--may she enjoy many more. The menu, selected by Louise, included steak, green beans, mashed potatoes and gravy. A loving husband donated a beautiful mammoth white cake with the inscription, "Happy Birthday, Louise." It arrived topped by the traditional candle that the birthday girl swiftly blew out. Ever welcome coffee and overflowing nut baskets completed refreshments. The Nutcracker Suite by Tschaikowsky furnished dinner amusement. Louise opened a che card from the patients. In the evening, everyone played card games to end a lovely day.

C. Woodm

## ANOTHER MILESTONE

by C. Woodman

June 4, Mrs. Weser chauffered Dr. Owen, Louise, Sarah and Carol to the Wayne Court House where the Woman's Club held a meeting to organize a local mental health chapter. President, Mrs. Zinc, introduced Mrs. Fred A. Weser, who said more alert groups such as this one were needed. She told how Beckley had formed a mental health chapter and presented data about mental health. There is lack of a W.Va. accredited mental hospital, personnel and equipment shortages. Ex-patients can lead far better lives than they led before their disturbances. Mental illness does not strike suddenly. Any one can become mentally ill. Perhaps more than 50% of those who go to general practitioners suffer from some form of mental disturbance. Mental illness costs about $300,000,000 a year. It is essential to remove mental hospitals from the Board of Control and put them under a qualified psychiatrist as commissioner. The state of W.Va. needs its resources studied. Persons should know what to do and how to do it. Work is needed along preventive and educational lines. Bills should be presented to the legislature. Mental health flourishes where there are mental health facilities. W.Va. has 3 clinics. Individuals need to know where to go for help. Ministers are a great source of assistance.

Dr. Owen addressed the group. She offered free literature and stickers to the first member of the meeting who will come to Huntington. She learned that only one or two had been through a SState hospital. Dr. Owen asserted we are our brother's keeper.

It is important for local chapters to appoint a legislative committee. Gubernatorial candidates Mollohan and Underwood have promised to help, yet they will need a reminder. At the A.P.A. meeting Dr. Owen got Dr. Daniel Blain to come to Charleston, Sept. 22. He will assist the program.

Reverend Esteppe of Wayne said, "Keep people conscious of mental illness; advertise it." Dr. Owen replied mental illness is the nation's number one health problem. The public is too prone to shy away from the terms, "mental illness" and "mental health." Guest speakers of O.C. Club were discussed. A spectator asked, "Is mental illness on the increase?" The psychiatrist responded in the affirmative and mentioned backlog in hospitals. She also said that the way some institutions give a little Thorazine and electrics will not cure alone. Mrs. Zinc said, "People need to be convinced mental illness isn't a disgrace." Dr. Owen announced you are mentally ill when your emotions control you instead of your controlling your emotions. She amplified by citing that when you are angry, you tear down your own personality. There is a sharp increase in mental illness during the teens, change of life, and senility. And yet age has little to do with ease of cure.

Mrs. Zinc and Reverend Esteppe were enthusiastic about forming a local chapter. Happily they were chosen as co-chairmen of the Steering Committee. The Wayne Association will have its meetings at the Woman's Club.

## HUNTINGTON MENTAL HEALTH ASSOCIATION

by C. Woodman

May 26, the Board of Directors of HMHA met in the Clinic. Persons attending were Doctors Owen and Stemmermann, Mr. C.B. Scott, the Reverends Albright and Newman, Mrs. Shires, Mrs. Fred A. Weser, Mrs. Marion Grey, Miss Virginia Lewis, and Miss Carol Woodman. This was a special meeting called to elect new new officers. The Board last met March 13, minutes of which Mrs. Weser read.

A discussion concerned the Ministerial Workshop. Cost was lower than estimated. The small attendance included many out-of-towners. We had top leadership in each field; Dr. Russell L. Dicks represented the ministry and Dr. Leon Salzman, medicine. Dr. Dicks has a pastoral care workshop in the fall in Cincinnati to which Mrs. Weser will be sent as HMHA delegate. Miss Lewis moved that the secretary write Doctors Dicks and Salzman. She also said $50 has been spent for literature. Mrs. Grey inquired about the Huntington State Hospital adoption plan. Mrs. Weser responded Supt. Davis was out of town then.

The Board elected Dr. Holli as president, Mrs. J.R. Dial a vice-president, Mrs. Edith Dea as secretary, and Curtis Haine as treasurer. New Board membe elected included Reverend Blan ship, Mr. Linger and Miss Wood for three years. The Board mo to replace Mrs. Gladys Lapole, Charles Armstrong, Rev. Lyle N man and Rev. Robert Hall with Shires, Dr. Owen and Mr. Stric

Mrs. Jean Jefferson has acq ed 15 new HMHA members. The t urer reported a balance of $31 For 1956, United Fund has give nothing, since the HMHA budget not complete. Mr. Haines was pointed Chairman of the Budget Committee. The Board empowere Mrs. Weser, Mr. Haines and Mr. Scott to make up a budget. Dr Stemmermann gave budget sugges tions: contributions to Nation and State Associations, public cation and promotion, Newslet and secretarial expense, mental hospital service, State and Na al delegation expense.

## OWEN CLINIC INSTITUTE

by Sarah Batson--Has Been

On Thursday evening, May 24, in the doctors' room at the Clinic, the Board of Directors of the Institute held its first meeting since it assumed responsibility of the treatment program.

After the meeting was called to order by the president of the Institute, Dick Smalley, everyone looked at several typewritten sheets, the financial report of the Institute. Dale then gave an explanation of the report and answered some questions. She explained that families of in-patients have to pay a consumer's tax on 2/3 of each bill. She also said the Clinic was sold on paper and bought by the Institute. The deeds have been transferre

Dale Tabor read a letter wr ten by Mr. Sam Mauk who gave h estimate of how much the remod ing of the building at 1319-6t Ave. would cost, $24,629.90. entire building would be encas in stone, and an L-shaped addi tion for the E.E.G. equipment would be added. It was decide to have Dr. Owen investigate a make suitable arrangements to for the project.

Dr. Owen, acting for Virgin Lewis, submitted the following names for membership in the In tute: Miss Mary Shannon, Curti and Margot Haines, Fenton and Gladys (our "Deaner") Roberts Bob Mollohan, Kent and Sada H The names were accepted, and meeting was adjourned.

## HUNTINGTON MENTAL HEALTH ASSOCIATION

by C. Woodman

June 18, the Huntington Mental Health Association held an open meeting in the Health Center of the Cabell-Huntington Hospital. Outgoing President Humphreys opened the meeting with an apology for his term of office. He praised the group for all being cooperative workers. He stated that no stigma should be attached to mental illness and public education is important. Mr. Humphreys lauded the labors of Dr. Owen, Miss Virginia E. Lewis, Mrs. Marion Grey, and others. He read a Point Pleasant editorial about the ghastly arrangement for the mentally ill. The outgoing president reminded the H.M.H.A. that W.Va. has no accredited state mental hospital and money is positively obligatory.

Dr. Owen gave a terse account of this year's Mental Health Week. The Board had allotted Miss Lewis $50 for literature for handicapped children. She then read the primary purposes of HMHA: first, to affiliate with national; second, to take mental health out of politics. HMHA has 104 members, 57 members on the new year.

Miss Lewis then installed the following officers: Rev. John Hollister, president; Mrs. Dial, vice president; Mrs. Edith Dean, secretary; Mr. Curtis Haines, treasurer. Reverend Hollister said he knew little of mental health but was exceptionally interested. He pledged his time and said he "would try to look important"--as a president should.

Dr. Stemmermann suggested, "The adoption plan should be investigated further." Someone ought to do something about "the lost patients." Huntington State Hospital has not cooperated. Due to personnel shortage, the administration does not know "the lost." Dr. Bryan, pastor of the Presbyterian Beverly Hills Church, stated the attendants knew these forlorn patients and felt that the adoption plan would work.

Mrs. Grey presented new members of the Board of Directors, who were approved. Dr. Russell Smith, Dr. Owen, Dr. Bryan, Reverend Albright, Mr. Richard Smalley, and Mrs. Grey spoke favorably of the Ministerial Workshop.

Miss Lewis spoke of state activity in regard to mental health. Wayne, Beckley, and Logan have local chapters under way. These are in addition to those in Charleston, Huntington, and Bluefield. Mrs. Fred A. Weser helps through the Federated Women's Clubs and also the United Council of Churchwomen. Dr. Daniel Blain will be speaker at the Annual State Meeting, Charleston Airport, Sept. 22.

The Board of Directors then held a meeting, at which the following chairmen of various committees were appointed. Mrs. Dial replaces Rev. Wm. Albright for the Education Program. Mrs. Grey and Dr. Bryan take over the Service Committee to the State Hospital. Mr. Shelby Christian heads the Legislative Committee. Mrs. Claudia Spangler leads Publicity. Dr. Russell Smith will head the Field Study group of Cabell County mental health resources. Elfrieda Smith is Membership chairman. Mrs. Edith Dean will handle the Newsletter which will be mimeographed by Reverend Albright. Mr. Ottis Linger was allotted $200 for literature.

It was moved and seconded that HMHA meet every other month beginning, the second Monday in Sept; Mrs. Dean read the treasurer's report which showed a balance of $328.54. A budget for the following year was approved to cover the following expenses: contributions to state and national associations, hospital service, literature, delegate and meeting expenses and secretarial supplies. A social hour closed the meeting.

# Has Been

by Josephine Connolly

Betsy and Bill Banks, a former out-patient, are now living in Pittsburgh. Betsy wrote a genuine letter of thanks and appreciation for guiding and directing them toward a happier way of life. Betsy said she thought one of the most valuable things they learned through Dr. Owen's guidance and the psychotherapy classes at the Clinic is that "what we experience each day is continually becoming part of the subconscious mind. Realizing this has been a great source of confidence and strength to both Bill and me, for though the influence of past subconscious thoughts and feelings is strong, we know that each day, as we practice healthy, right habits of thinking, acting and reacting, we're creating achange in our subconscious that will influence us as much in the future as the subconscious developed in the past is influencing us now. Knowing this gives us a feeling of hope for the future, though we realize that achieving a good way of life takes years of practice and that we have a long way to go." Betsy stated that they thought of us here at the Owen Clinic often, and the wonderful work Dr. Owen is doing. She closed with the statement that Bill and she would never cease to be thankful that they had had the opportunity of getting to know Dr. Owen and the Owen Clinic family.

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Nancy's picture post-card showing the approach to the Cincinnati Union Terminal was received at the Clinic shortly after her visit, June 12-14. She was en route to her home in Winona Lake, Indiana. Nancy stated that it was nice to live and learn with us for even the short time she had been here. She sent her love to each of us, and said she'd see us again soon.

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Ione, former patient from Dayton, Ohio, visited here at the Clinic June 16 and 17. We were all happy to see her sweet smile and enjoyed her visit very much. While here she joined in one of our ball games and seemed to enjoy it truly.

## SARAH'S VISIT

by Sarah Batson--Has Been

Every so often I like to test my wings and fly. That is, I have done so ever since Dr. Owen persuaded me to overcome my fear of flying and try it. And now I have become a confirmed airplane fan. And where would I want to go but to my second home, the Owen Clinic!

With their usual understandi and thoughtfulness the doctors sent Terry, my nearly grown son in the Jeep to meet me at the a port. I was soon to enjoy many activities including baby sitti with Dana who was sick with an infected ear. (He was just as beautiful as ever.)

My visit has been very pleas and, of course, it has been won derful to see Terry.

When Tuesday arrives and I f south, I shall probably have th feeling I always have after a visit here, that the Clinic ha given me more understanding, c fidence, and peace.

## IT'S HOW YOU TAKE IT

by "Margie"

The drive to excel is an outgrowth of three other basic drives: the desire to love and be loved, the desire to be with people, and the desire to survive. The drive to excel is an inherent trait in man. Everyone is entitled to have experiences in which he feels that he can find success and accomplishment. This is what makes life worthwhile, interesting, satisfying, and full.

When parents under the guise of parental love, boost their own drive to excel through the accomplishments of their children, unhappy results are often obtained. The child becomes defiant at not being able to choose his own pursuits in which he will find the most happiness. He becomes miserable when he fails to attain the high standards his parents have set for him.

Often, people wish to become superior in one field of endeavor because it brings them power. They enjoy the power which excelling brings rather than the feeling of accomplishment itself. For this reason, before we attempt to excel, we should ask ourselves these three questions.

1. Does this desire drive us toward excellence, as superiority in something for the good of others or for purely selfish gains?
2. Does it make us act in a manner that is acceptable to society or the reverse?
3. Does it make us work in a direction suited to our own abilities and conducive to our happiness?

The desire to excel should be used as a means of giving service to others. It should progress from a desire for personal power to a desire to serve others through one's individual abilities. Often, some talented ones fail to lend the service they should to others because they are so wrapped up in their own personal gain. Misuse of the drive to excel--in terms of "What will I get out of it?"-- leads to many selfish acts.

People who desire to excel are often afraid to venture into any other field but the one in which they have high ability. They are often unhappy, one-sided people who become warped and may eventually have to seek psychiatric help before they can lead a full and happy life.

By the same token, people often find themselves bored and unhappy because they have not found the work for which they are suited both in interest and ability. Our abilities are divided into mechanical, intellectual, and social, these three being possessed in different amounts. In order to satisfy our desire to excel, we must make use of our special abilities and work on the things that hold our interest. In making use of our abilities and in lending service through them we will find more happiness.

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## Share Drivers

Nora, from Webster Springs, arrived at the Clinic June fourth, to help as aide for a month or so. Although only 22, she has an A.B. degree in English and Library Science and has taught her first semester at Beverley Hills Junior High School. Nora fits right into our family and is using her social ability to the fullest by being very helpful to the patients. She is an avid reader and enjoys tennis and card playing. Welcome, Nora--we hope you enjoy your stay here as much as we enjoy having you.

"Jo"

# United Peoples  Nations Section

by C. Woodman

In June the United Nations Class received an interesting assignment. Everyone had to do research on two outstanding, living politicians in her chosen country. "Jo" commenced with a report of India's prime minister. The Nehru family originally came from Kashmir. Jawaharlal Nehru, age 67, was born in Allahabad and educated in Great Britain. He was fond of his father, Motilal Nehru, and like him has opposed Communism. In 1947, Jawaharlal became the prime minister of the Dominion of India. A dominion is an exceptionally loose association to which trade is important. Nehru led the fight for the independence of India. He is Minister of External Affairs, Defense, Atomic Energy, and State Planning Commission. He has written several books, including an autobiography. Madame Pandit, Nehru's sister, was President of the United Nations General Assembly from 1953 to 1954 and the Ambassador to the United States from 1949 till 1951.

"Margie" told the class of Premier Gamal Nasser. He is 38, handsome and active. A premier advises the head of the government and is in charge of the main political departments. Great Britain withdrew from Egypt the last of June. Moslem leader Nasser is trying both to block Communists and to do business with them. He has driven the Egyptian Reds underground with mass arrests. He has broken the fanatic Moslem Brotherhood. He strives to improve Egypt's low living standards and economic level. The slogan of Nasser is, "Unity, work, discipline." June 26, 1956, Premier Nasser was elected President of Egypt.

Louise gave a fascinating account of Marshal Tito, 66 year old dictator of Yugoslavia. Son of a peasant, he went to trade school and became a blacksmith. Later he became a Communist party member. Tito was a political prisoner 1928-32. In 1941 he returned to Yugoslavia. He organized a provisional, totalitarian government in 1943. Mikailovitch, leader of the Peasant's Party, was his chief opponent. In 194 Yugoslavia was the first Communist regime which refused to submit to Moscow. Tito became President, Jan., 1953.

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The U.S. pays to the U.N. and its specialized agencies about 25½ billion dollars. The U.N. spends annually in the U.S. about 30 bill dollars. Each individual in the U.S. contributes approximately 75¢ year to the U.N. organization, WHO, UNESCO, FAO, UNICEF, technical a tance, and other specialized agencies.

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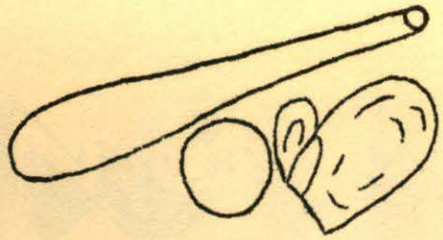
# HILLTOP  SPORTS

by Edyth

Softball season came in at Owen Clinic about the first of May. Our two teams are the "Cats" and "Mice." It would be difficult to say which is the better of the two teams, but the Mice have been on top in two of the three games that have been played. In the first game of the season the Mice won by a score of 5 to 2. This game was played without the assistance of the umpire and without adherence to some of the rules of the game. In the second game the Cats trounced the Mice to the tune of 17 to 3. The Cats were really wide awake in that game. The Mice rallied in the next game and beat the Cats 16 to 14.

Since these three games were played, we have played some other games, but because of the lack of good players, persons were shifted from one team to another during the game. It would be difficult to say which really did win. These were the practice games in the hope that we might be prepared for the Fourth.

## BLENKO

by C. Woodman

May 19, Hazel Casto and Carol motored 30 miles outside Huntington to visit the Blenko factory in Milton, W.Va. Although away from the beaten path, Blenko manufactures outstanding glassware. The factory specializes in Williamsburg reproductions. Seven men are involved to produce a single piece. Finishers and blowers require 6-10 yr. training. Today crackly glass is in demand and, charcoal dye is popular. Blenko has an individual room of assorted lamps, mainly for the table. Hazel and Carol heartily enjoyed a guided tour. They enthusiastically purchased samples of this internationally known glass.

## HISTORY CLASS

by "Margie"

For the past three months our Friday American History Class has been ably taught by our Edyth, who is affectionately called "Edie" by all. Edyth is a personable lady, a tenth and eleventh grade high school teacher from Russell, Kentucky.

We all enjoy acquiring new knowledge about the country we so dearly love. We who are mentally ill especially enjoy its freedom. Keep the facts before us, "Edie."

Recently we have had a new history teacher, Miss Nora Bennet. She is helping out at the Clinic this summer and Edyth is getting a rest.

## COMING EVENTS

July 31, 6:00 P.M. Annual Meeting O.C. Institute. Picnic dinner on the lawn. East Campbell Park.

Aug. 24, 8:00 P.M. Regular monthly meeting, O.C. Club at the Smalley's, 2810 Elmwood Avenue.

# HILLTOP SPORTS

by Edith

Softball season came in at Owen Clinic about the first of May. Our two teams are the "Oats" and "Mice." It would be difficult to say which is the better of the two teams, but the Mice have been on top in two of the three games that have been played, in the first game of the season the Mice won by a score of 5 to 2. This game was played without the assistance of the umpire and without adherence to some of the rules of the game. In the second game the Oats trounced the Mice to the tune of 17 to 3. The Oats were really wide awake in that game. The Mice rallied in the next game and beat the Oats 10 to 4.

Since these three games were played, we have played some other games, but because of the lack of good players, persons were asked from the outside to assist in the game. It would be difficult to say what really did with these were the practice games in the hope that we might be prepared for the Fourth.

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MEXICO

by D. Woodman

May 19, Hazel Oasis and Carol entered 20 miles outside Huntington on the trip to the Blanco Factory in Mexico. Why? Although away from the beaten path, Blanco manufactures outstanding glassware. The factory specializes in Mexican decorations. Seven men are involved to produce a single piece. Grinders and blowers require 8-10 yr. training. Today practically glass is in demand and, charcoal dye is popular. Blanco has an individual room of assorted items, mainly for the table. Hazel and Carol heartily enjoyed a guided tour. They enthusiastically purchased samples of this internationally known glass.

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HISTORY CLASS

by "Bergie"

For the past three months our Friday American History class has been ably taught by our Edith, who is affectionately called "Edie" by all. Edith is a personable lady, a tenth and eleventh grade high school teacher from Ansonia, Kentucky.

We all enjoy reading new knowledge about the country we so dearly love. We who are certainly ill especially enjoy the freedom. Keep the faces before us, Edie.

Recently we have had a few history teachers. Mrs. Mrs. Arnett. She is helping out at the Julia this summer and Edith is getting a rest.

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COMING EVENTS

July 20, 0700 P.M. Annual Meeting of O.S. Institute. Fields Chapel on the lawn. East Campbell Park.

Aug. 24, 0700 P.M. Mr. Water monthly meeting, O.S. Club at the Smalley's, 2310 Elwood avenue.

# LONGVIEW

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## HOMECOMING DAY--JULY FOURTH

Fourth of July celebrants numbered 85, 67 guests, including 21 children, and the present Clinicites. "Jo" Morris delighted everyone by blowing in on the third and staying three days. Has Beens included Sada Hart, Nan Embry, "Deaner" Roberts, Edith Dean, Ethel Marshall, Virginia Hoeing, Shirley and Maxine Smalley, Loretta Cutlip, Ruth Gravely, Ibbie Robinette, Margot Haines and Jean Jefferson. Many in-patients were elated to be with their families. Josie's daughter Nancy, brought her friend, Alex Lawrence. Our Ethel Marshall seemed so healthy and happy it was a joy to be around her.

C. Woodman

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There was an abundance of delicious food. Each of the Has Beens brought fried chicken. The relatives of the In-patients brought fried chicken, too, so there was a mountain of delicious chicken. There were numerous other delectable foods--nut bread, potato salad, cole slaw, green beans, baked beans, beets, potato chips, pickles and olives. Then there was cake galore--chocolate cakes, white cakes, yellow cakes and a chocolate pudding cake. After the ball game, every one enjoyed ice cold watermelon.

Edyth

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The children were given gay colored balloons to play with. As children will be children, they enjoyed running and rolling together over the spacious lawn, playing in the dirt and getting nicely dirty.

Those who wanted to, played horseshoes below the ball field.

The high-point of the day, of course, was the annual Fourth of July ball game played between the Has Beens and the inpatients. The patients conceded the game during the middle of the sixth inning, after the Has Beens had practically run away with the ball game. Due to lack of time the game was called "official" after the fifth inning. In-patients won over the Has Beens with a close score of eight to seven.

| | |
|---|---|
| **Has Beens** | |
| June Spurlock | c. |
| Shirley Smalley | p., 1b. |
| Maxine Smalley | 1b., p. |
| Ruth Gravely | s.s., p. |
| Hilda Conner | 3b. |
| Edith Dean | f. |
| Loretta Cutlip | f. |
| Jean Jefferson | 2b. |
| Hazel Browning | f. |
| **Patients** | |
| Carol Woodman | 1b. |
| Nora Bennett | c. |
| Bob Spurlock | l.f. |
| Louise Farren | p. |
| Edyth Yoak | 3b. |
| "Deaner" Roberts | r.f. |
| Josie Connolly | c.f. |
| "Jo" Hamrick | 2b., s.s. |
| Margie Linger | s.s., 2b. |

After watermelon, two pick-up teams of relatives, patients, and Has Beens, male and female, played five close innings. Heat, fatigue and time ended this game.

Margie

## W.VA. MENTAL HEALTH SOCIETY

by Jo

July 21, Dr. Owen attended the Board of Directors Meeting of the West Virginia Mental Health Society, held in Charleston. Present from Huntington were Virginia Lewis, Lillian Weser, Curtis Haines and Dr. Owen. From Charleston were Mr. St. Clair, Mrs. Nagy, Mrs. Divilbiss and Mrs. Ferrell. From Bluefield came Dr. Wayne, Rev. Byron W. John, and Dean Whiting of Bluefield State College. Miss Lydia Blakeslee, Field Representative of the National Association for Mental Health, also attended.

According to reports Huntington was the only chapter which accomplished anything during Mental Health Week. $87 was turned in for memberships and an additional $83 was collected and turned in to the National Association. $32 was collected throughout the sta via the post office.

The Raleigh County Chapter of W.Va. sent an application for af filiate membership with the stat society. The application was approved.

The by-laws, as revised were okayed with a few corrections. conformity with the National Ass ciation, the State Society will become an affiliated branch.

The annual meeting will be he Sept. 22. The place is yet to b decided upon. Watch for a box announcement in Longview. Dr. Blain, Medical Director of the American Psychiatric Associatio will be speaker. Each chapter to appoint a legislative chairm to ask legislators to meet with Dr. Blain.

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## INFORMATION, PLEASE

by Edyth

Owen Clinic had two visitors from Marshall College--Mrs. G.S. Alderson, Jr. and Mrs. C. B. O'Dell. They are members of an educational psychology class taught by Prof. Vanderzalm of Marshall College. The class is conducting a project on mental health. Each member of the class, of which each is a teacher, has been assigned a topic for research. Mrs. Alderson's topic is Rehabilitation; Mrs. O'Dell's is Mental Health, Its Causes and Effects. Members of the class will visit different institutions and then each will report to th class what he has learned. Thu each will profit from informati gathered by others.

Our visitors attended group psychotherapy class, and after class Dr. Owen talked with them answering their questions and e plaining various phases of ment health. They left feeling that their trip to the Clinic had be very profitable.

It is indeed fortunate that need for teachers to be informe about mental health and mental illness is being recognized.

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"No idea is wholly new; what is new is getting people to adopt it an act upon it." Harvey Cushing, father of brain surgery.

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RING YOUR CALENDAR -- SEPT. 22!

## IT'S HOW YOU TAKE IT

by Margie

One of the most disturbing aspects of fear is that it causes such violent physiological changes. Blood pressure increases, our hearts accelerate, and we are impelled to run or to fight, when we are afraid. Our stirred up feeling continues because of the large supply of adrenalin which is poured into our blood stream and which causes tremors. We must learn to handle this emotion correctly because modern, civilized society forces us to face problems within ourselves. Our present society rarely calls for a violent response.

A chronic state of fear is never the result of one single, intense, disturbing situation. Rather, every fear is magnified by all that we have feared before. Many times we fear so many things which never happen and things which are perfectly harmless. Numerous fears, piled one on top of the other produce insecurity and anxiety.

Seek to understand your fears and anxieties. Anxieties are vague and if not traced to their origin produce a fixed mental "set"of fear. We must fight the cause of fear rather than the fear itself. Only by gaining objectivity toward it and evaluating it will it lose its damaging effect upon our personalities.

There are five points to remember regarding fear.

1. Fear is a natural and valuable emotion because it serves as a danger signal.

2. Fear is harmful,
a) when it is not understood;
b) when it does not lead to worthwhile action;
c) when it lasts a long time.

3. Fears can be overcome by following certain techniques.
a) Think of fear as a help rather than a hindrance.
b) Make your fear lead to activity.
c) Study your fear and do not be afraid of fear itself.
d) Fight the cause of your fear.
e) Substitute some other emotion, if possible.

4. A few of the most common harmful reactions to fear are:
a) escape, or running away from danger;
b) being afraid you will fail even before you begin;
c) timidity, or withdrawing from people;
d) self-consciousness, or concentrating on yourself rather than on others;
e) worry, or permitting your fear to take the place of controlled concentration.

5. Similarly, there are at least four things you can do to overcome self-consciousness in ordinary social situations.
a) Study the technique of dealing with people.
b) Practice a great deal.
c) Concentrate on others; forget about yourself.
d) Act to please the other person.

So often we fear happenings which are highly improbably, things which are imaginary, and situations over which we have no control anyhow. So it's how you take it. The only thing we have to fear is fear itself.

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"Doubt and mistrust are the panic of a timid imagination which the steadfast heart will conquer and the large mind transcend." Helen Keller

Published monthly by the patients,
O.C. Institute, Huntington, W.Va.
Reporters---------- MB, RJ, JH, CW
Has Beens---------- JC
Group Psychotherapy---------- ML
Garden---------- EY
Typists---------- JH, CW
Journalism Instructor
M. G. Stemmermann, M.D.
English Instructor
Edyth

## THE STORY OF EIGHT YEARS

by Edyth

Longview went to press for the first time Sept. 11, 1948. There were several reasons for its beginning. In the first place, it serves to supplement letters that patients write and keeps relatives and friends informed about the activities of the patients. Furthermore, it serves to inform the public about mental health. It is therapy for the patients, as there are many processes that it must go through before the paper is completed.

It is interesting to note that Longview has never failed to go to press on the first Saturday of each month. During the course of the years few changes have been made in the makeup. The first issue contained many articles that have been retained: for instance, "God's Green Acres", "Slave Drivers", "Has Beens", "United Nations", "Hail and Farewell", "Hilltop Sports". In the second issue "Cake and Candles" was added. Each of these columns was started by a patient.

There have been columns that were once popular but have been discontinued. Among these was "Monsieur le Chef", that first appeared August 1951. This column was begun by Alice Ousley. The popular dish of the month was voted on and the recipe printed in Longview. Other such columns were "Down at Duffy's", started by Scottie and "Sands of Time", written by Judy. These were joke columns and only original jokes were printed. "Music Therapy", "The $64 Question", "Views and Reviews", are other columns that have been discontinued. These columns were begun by patients who upon leaving "willed" them to another patient. As some patient would leave and fail to "will" it to another, then the column would stop.

"Shifting Scenes" was a column that appeared at various times as renovations were made and new furniture was added. "Flicker Flashes" first appeared in Nov. 1951 because at that tim the Clinic acquired a motion picture projector. Since that time educational motion pictures have been shown every Sunday evening. In November 1952, "Hi-Ways to Health" was begun. It has continued to date and is printed in the winter months during the radio season.

When the need arises, Longvie prints a special issue. One suc issue was the Snake Pit publishe March 1949. A thousand copies of this issue were printed and distributed among those who sho be interested in improving conditions in mental hospitals. The purpose of the issue was to show that conditions as filmed were true to life in state hospitals in general. Sept. 17, 1949, the report on the Huntington State Hospital made by the Community Welfare Council was made into a special issue and distributed among the legislators of the state.

Mental Health Week, April 23 30, 1950, was celebrated by a musical entitled, "We, the Patients Speak". This was made into a special issue of Longvie Another musical entitled, "Build Mental Health" to observ

Mental Health Week May 2-8, 1951, was also published in Longview. "Hobbies Are Fun", a musical, was presented August 19, 1951 and was published in Longview as a special issue. In order to observe UN Week, Oct. 21-27, 1951, the patients presented the musicale, "Action for Peace", an occasion for another special issue. Each Christmas issue can be considered a special edition, since one or both of the doctors write an editorial for this issue. Hundreds of copies of this issue are printed, as the doctors use them for their Christmas cards.

In addition to the regular columns and items covering the happenings of the month, Longview is often fortunate in having voluntary contributions. Here is one of these contributions in the past.

"CLASSES"

by S.F.B.

"Who concentrates beneath yon trees?"
"Why Puck and Bottom, if you please."

***

"Who trace repressions, fears galore?"
"It's psychotherapy class, no more."

***

"What's all this green upon the hill?"
"Oh, that's a bunch of chlorophyll."

***

"Who likes to write instead of capers?"
"Yes, they contribute to the paper."

***

"Why all the high and mighty airs?"
"Oh that's the class in World Affairs."

***

"Now ain't that s-somethin!", is what I stammer.
"No, ain't ain't right. This here is grammar."

Among those who contributed outstanding voluntary articles in the past were Bonnie Mooney, Lourilla, Sarah Batson, and Nelle Tinney.

Longview today has eight regular columns. The reporters and columnists come and go as the patients change, but Stemmie, the first editor, is still the editor. Longview has a wide circulation, for the one hundred and fifty copies that are printed are read and passed on to others. The paper is mailed to many of the 48 states and to Hawaii. It is used by the national and local mental health associations as a source of what goes on in the mental health field in West Virginia.

Here's to Longview, one of the best newspapers. May it long continue its great service to the mentally ill.

HOW IT IS DONE

by "Jo"

The favorite class of many at Owen Clinic takes place every Thursday promptly at 8:30 A.M. This is journalism -- the first step toward Longview, our monthly newspaper and an object of pride to all who have contributed to it.

Our efficient editor, Stemmie, assigns articles at the beginning of class, to cover current news. There are several standing columns turned in at the end of the month and published in the forthcoming issue, "United Nations People's Section" covers current events. Many readers keep up on world news by reading this column. "It's How You Take It" gives the patients' viewpoint of what we have learned in group psychotherapy. This is a favorite of many of the Has Beens, in addition to their own column, "Has Beens", which keeps in touch with them, as well as giving them news about the Clinic.

"Institute Doings" covers "Dr. Owen's gallivanting." During the

Editorials (cont.)

fall and winter months, a lot of Dr. Owen's time is spent going to various women's clubs, P.T.A.'s and church groups, showing mental health movies, directing plays and giving talks. "God's Green Acres" tells about gardening. "Hill Top Sports" reports the softball games between the Cats and Mice. "Hail and Farewell" says hello and goodbye to incoming and outgoing patients and members of the personnel.

Editorials are written once a month, usually about the outstanding event of the month. Other news is covered as it occurs, such as medical meetings and visitors. Patients may sign their articles any way they wish--initials, nicknames, or full names.

After the assignments are given out, the writeups handed in that day are read aloud by Stemmie and corrections in diction and grammar are made as necessary. Suggestions by the group are encouraged. Often voluntary writeups by "Has Beens" or patients lend added interest to the paper.

Everyone is encouraged to write and many a patient finds a new outlet for his creative drive. It is a good feeling, too, to see your name in print in your own particular newspaper.

THE REPORTER SPEAKS

by Carol and Margie

Is Longview superior? We think so. Why is our paper superior? For many reasons. One is because it is written by patients. A second reason is its standard, comparatively limited circulation of 150, consisting of readers who are interested in mental health and avidly increase their knowledge through reading Longview.

Let's return to the main reason for the superiority of Longview. It is written by patients. This shows that mental patients can employ their intellects. They are not all defective. Writing for the paper correlates with English class and gives each contributor a sense of accomplishment.

When we write, we are able to find adventure in actually using our interests and talents in a creative, self-satisfying and useful manner. Writing the articles teaches us to think critically, constructively and validly. Also, when our articles are read aloud in class we are able to understand better and appreciate more, another person's ideas.

In writing we improve our vocabulary when we seek the most effective words which will best express our ideas. Correct grammar - which we have learned in our English class - is used and applied. Typing helps to bring back our powers of concentration and it helps, too, to make us work more efficiently.

In a creative and expressive enterprise, we are able to lose ourselves in an adventure which holds our interest. The results give us a feeling of accomplishment. Perhaps in this way we are benefited the most.

The newspaper is a real challenge to us as a group and by working together we are able to take an active and responsible part in an activity that is important to us. Even though we are hospitalized we feel that we are contributing to the community and to the mental health movement by the publication of the newspaper.

## GOD'S GREEN ACRES

by Edyth

We have been very busy in the garden the past few weeks. The corn has been hoed and more planted. The pea vines have been pulled up and corn and beans planted. Here's hoping they do as well as the peas did. Parsnips have been planted twice, but they failed to germinate both times. The lima beans have been hoed, and it looks as though there will be plenty of them. The tomatoes, squash, and beans have been dusted. The tomatoes look fine, but so far there have been only green ones. The squash is Zucchini squash and is it delicious! There has been plenty of it as the squashes have weighed more than four and five pounds. Green beans have been very plentiful. We have enjoyed them and in addition to those that have been served Stemmie has canned 16 quarts.

We have gone blackberry picking three times. We have had delicious blackberry jam and the cobblers have been so good that we will hate to see the blackberries go.

## Hail and Farewell

Saturday, July 7, Louise moved out of our shared room on third floor and went to her home at 508 Wilson Place, Guyandotte. Louise has two small boys, aged six and eight. During the week she still comes back for psychotherapy class and for music on Thursdays. We all enjoy seeing her and wish her much success in her new life. Margie

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Myrtle came to the Clinic Wed., June 20. She is from Williamson, W.Va., and has four sons. Myrtle likes to quilt. She also has done some farming. We all hope, here at the Clinic, that Myrtle enjoys her visit.

Louise F.

***

Ruby, who came to the Clinic recently, is our latest arrival. She has a sweet smile and a kindly manner which make her nice to know. She has two married daughters. Ruby enjoys keeping house and is particularly interested in growing flowers. She is interested in her church work and Woman's Club. We all extend to Ruby a sincere welcome and hope she has a pleasant stay with us.

Josephine Connolly

## "LONG HAIR" JAUNT

by "Jo"

Thursday, July 17, Dr. and Mrs. Russell Smith were so kind to invite Edyth, Margie, Josie and Jo to hear the Emmons-McGrath Duo at Marshall College, a Marshall College Artist Series. William McGrath, tenor and Shirlee Emmons, soprano presented a number of operatic arias. The accompanist was Stanley Sonntag.

Among the selections was the "Vengeance Song" from Don Giovanni. Especially impressive was "Recondita armonia" from Tosca, sung by Mr. McGrath. After a short intermission a little comic opera by Wolf-Ferrari entitled The Secret of Suzanne, was presented. The cast included Count Gil played by Mr. McGrath, his wife played by Miss Emmons, and Sante, the servant played by Mr. T. Damron, a student at Marshall, making his first stage appearance. (The secret of Suzanne was that she smoked.) Everyone enjoyed the program greatly and returned home feeling the evening well spent.

# Stars Drivers

Martha France from Miami, W.Va. who, for over six years, has been our cook at Owen Clinic began her vacation June 2 and returned July 6. While away, she visited her home, Blue Stone Dam, Beaver Lake, visited friends and went on several picnics. Martha reports a most enjoyable time. However, we here at the Clinic are happy to have her back with us again as blackberry season is here and we surely enjoy her delicious cobblers. Ruby

***

June, our housekeeper, left for her vacation June 15 and returned June 21. She spent this time with her family at Lorado, W.Va., and while there attended the funeral of a distant relative who was a minister. While home she went shopping and had some very good snapshots made in a picture booth in a bus terminal. June also got a nice permanent. She enjoyed dinner on Sunday with Sada and Kent Hart, and they went for a ride afterwards. We all missed June while she was away, and were glad to see her on her return. She brought he little daughter, Karen, back with her. Josephine Connolly

***

Miriam Smith, aide, had a very pleasant vacation recently. Some of her time she spent at home, and some she spent running around and being entertained. Two days she spent with her former landlady, Mrs. Byron Hunt. They had a very delightful time, cooked all the things she liked to eat and went the Keith Albee Theatre. Mr. Hun works there. Wednesday Miriam at tended a birthday party for Mr. Hunt. The same evening her uncle from Boise, Idaho took her for a drive with her father and sister from Vinton, Ohio. Thursday morning Miriam, her father, her cous Mrs. Wellman, and her thirteen month old daughter visited her cousin's mother-in-law at Ranger, W.Va. They had a very pleasant time and returned safely after t car was overturned on a soft "Sh der". Miriam is back on the job now, and we are very glad to hav her. Mary B.

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## SERENADE

by Margie

Tuesday, June 26, Carol gave a theatre party for Nora, Johanna, Edyth, Louise, Josephine and Margie. We all crowded into a waiting taxicab and arrived at the Keith Albee Theatre around 6:30 P.M., just in time to see the feature from the very beginning.

Mario Lanza starred in Serenade. It was sheer delight just to get to sit back and listen to his glorious God-given tenor voice. The movie really proved that singers have problems too. All turned out well in the end. After the main feature we enjoyed seeing the Grace Kelly and Prince Ranier wedding on the screen. I was a lovely affair and the setting was very interesting.

After the movie was over we went to Walgreen's drugstore where we made a few purchases. Then Nora took us to Jim's Grill and Spaghetti House and treated us to pie and coffee. We arriv home in a taxicab around 10:30, very satisfied with our lovely evening. Your reporter especia enjoyed the occasion, as it wa her very first outing since arriving at the Clinic.