



Office of the Secretary of State  
Washington State Library

# DEWEY DIGEST

Western State Hospital Library

## March 2018

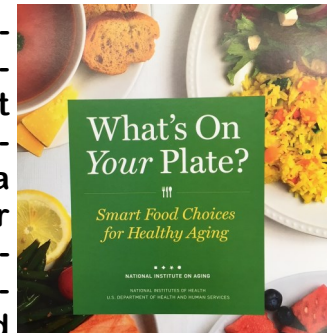
March is Women's History Month  
National Nutrition Month  
Irish-American Heritage Month



Meet Nellie Bly—Irish American journalist who proved that women were equal to the challenge of investigative reporting. In 1888, she infiltrated the Blackwell women's asylum in New York to observe the conditions first-hand and report her findings. Her story "Ten

Days in a Madhouse" is still available—on the internet and through the WSH Library. Nellie was born Elizabeth Cochran in Pennsylvania. She was one of 10 children. Her grandfather had emigrated from Londonderry, Ireland in the 1790s. When her father died, the family moved to Pittsburgh. Elizabeth was annoyed by the overt sexist commentaries by male journalist writers and submitted her own writings to a local newspaper editor. He was impressed by her work and she soon wrote under the name "Nellie Bly." At age 21, she traveled to Mexico and wrote about her experiences. She moved to New York and went to work for one of Joseph Pulitzer's newspapers. She accepted the assignment to go undercover at the asylum and made journalistic history.

The Library has multiple copies of this informative pamphlet about the latest nutrition guidelines for a well-balanced diet for Americans. The Library has a good selection of books and DVDs to loan. Below is a nutrition guide from the Dept of Agriculture's Center for Nutrition Policy. You may find more nutrition advice through the government website [ChooseMyPlate.gov](http://ChooseMyPlate.gov). See also the websites [WomensHealth.Gov](http://WomensHealth.Gov) and [Dietary-Guidelines.Gov](http://Dietary-Guidelines.Gov) with several info sheets.



Vegetables	Fruits	Grains	Dairy	Protein Foods
<p>Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.</p> <p>Fresh, frozen, and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned veggies.</p>	<p>Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.</p> <p>Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p>	<p>Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words "whole" or "whole grain" before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredients list.</p>	<p>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.</p> <p>Top fruit salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soy milk (soy beverage).</p>	<p>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.</p> <p>Twice a week, make seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>
<p>For a 2,000-calorie daily food plan, you need the amounts below from each food group. To find amounts personalized for you, go to <a href="http://ChooseMyPlate.gov">ChooseMyPlate.gov</a>.</p>				
<p><b>Eat 2½ cups every day</b></p> <p>What counts as a cup? 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens</p>	<p><b>Eat 2 cups every day</b></p> <p>What counts as a cup? 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit</p>	<p><b>Eat 6 ounces every day</b></p> <p>What counts as an ounce? 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal</p>	<p><b>Get 3 cups every day</b></p> <p>What counts as a cup? 1 cup of milk, yogurt, or fortified soy milk; 1½ ounces natural or 2 ounces processed cheese</p>	<p><b>Eat 5½ ounces every day</b></p> <p>What counts as an ounce? 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas</p>

Do you have trouble seeing text or holding a book? Ask us about how to apply for services with the Washington Talking Book & Braille Library.

Did you know that the WSH Library has a "wish list" through Amazon?

Check out: <http://a.co/O9zLdcU>

Be a Friend of the Library and consider purchasing a gift of a new book, movie, music or magazine subscription for 2018.



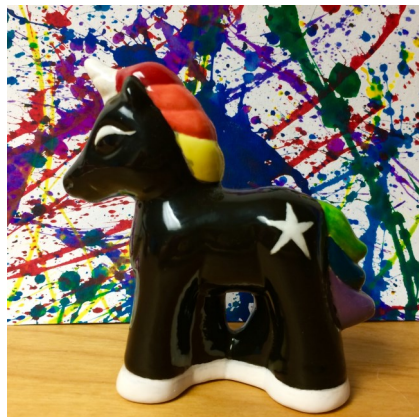
**WE HAVE A NEW LIBRARY ATTRACTION!** We have HP Tablets for in-library use that offers games and puzzles and coloring pages and TEDTalks. Each tablet also has a musical "Meditation" app.

The Library gerbil mascot "name game" is over and the winning names are "Thelma & Louise"



The library's newsletter is published monthly and features news about new books, films and music and programs. We also welcome submissions of original poetry and artwork by staff and patients at Western State Hospital. Every April, the Library observes National Poetry Month, so now is your chance to be a published poet.

This lovely ceramics project was done by WSH staffer Alex Rose.



Artwork by Verdene F



### MY FIRST SHADOW

Is that a shadow I see?  
By your movement that one is me.  
When I run I will find  
A friend that is mine.  
I saw two in line,  
I wondered about the length of time  
Stand behind me, you will find,  
Only yours in front of mine.  
In A mirror you will see,  
A path to Infinity.  
Signs in time will tell history,  
like shadows on cave walls  
Mysteries.

Ron M  
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**Part I**

**Instructions:** In the test below, the first word in each line is printed in capital letters. Opposite it are four other words. Circle the one word which means the same thing, or most nearly the same thing, as the first word. If you don't know, guess. Be sure to circle the one word in each line that means the same thing as the first word.

**EXAMPLE:**  
 LARGE red big silent wet

(1) TALK	draw	cat	speak	sleep
(2) PERMIT	allow	sew	cut	drive
(3) PARDON	forgive	pound	divide	glass
(4) COUCH	pin	eraser	sofa	defy
(5) REMEMBER	swim	recall	number	think
(6) TUMBLE	drink	dress	fall	dreadful
(7) HIDEOUS	silvery	tilted	young	hearty
(8) CORDIAL	swift	muddy	leafy	afraid
(9) EVIDENT	green	obvious	skeptical	pretender
(10) IMPOSTOR	conductor	officer	book	separate
(11) MERIT	deserve	distrust	fight	enchant
(12) FASCINATE	welcome	fix	stir	bicker
(13) INDICATE	defy	excite	signify	precise
(14) IGNORANT	red	sharp	uninformed	deaden
(15) FORTIFY	submerge	strengthen	vent	loyalty
(16) RENOWN	length	head	fame	tell
(17) NARRATE	yield	buy	associate	low
(18) MASSIVE	bright	large	speedy	malice
(19) HILARITY	laughter	speed	grace	soiled
(20) SMIRCHED	stolen	remade	cut	waste
(21) SQUANDER	tease	belittle	ape	bewilder
(22) CAPTION	drum	ballast	heading	plain
(23) FACILITATE	help	turn	strip	delight
(24) JOCOSE	humorous	pallid	fervid	cure
(25) APPRISE	reduce	strew	inform	atom
(26) RUE	eat	lament	dominate	rally
(27) DENIZEN	senator	inhabitant	fish	dingo
(28) DIVEST	dispossess	intrude	orphan	pledge
(29) AMULET	charm	rigid	involute	pond
(30) INEXORABLE	untidy	notched	armed	spare
(31) SERRATED	dried	loose	supple	blunt
(32) LISSOM	moldy	direct	pertain	convex
(33) MOLLIFY	mitigate	intend	revolve	maintain
(34) PLAGIARIZE	appropriate	hole	building	lute
(35) ORIFICE	brush	curious	priest	complaining
(36) QUERULOUS	maniacal	outcast	ensue	locker
(37) PARIAS	waken	rashness	timidity	placate
(38) ABET	incite	desire	level	
(39) TEMERITY	vain			
(40) PRISTINE				

DO NOT WRITE IN THIS AREA

Turn over this sheet and continue with Part II when instructed to do so.

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Vocabulary raw score \_\_\_\_\_

**Part II**

**Instructions:** Complete the following by filling in either a number or a letter for each dash ( \_ ). Do the items in order, but don't spend too much time on any one item.  
**EXAMPLE:** A B C D E

• (1) 1 2 3 4 5 \_

(2) white black short long down \_ \_ \_

(3) AB BC CD D \_

(4) Z Y X W V U \_

(5) 1 2 3 2 1 2 3 4 3 2 3 4 5 4 3 4 5 6 \_ \_ \_

(6) NE/SW SE/NW E/W N/\_

(7) escape scape cape \_ \_ \_ \_

(8) oh ho rat tar mood \_ \_ \_ \_ \_

(9) A Z B Y C X D \_

(10) tot tot bard drab 537 \_ \_ \_ \_

(11) mist is wasp as pint in tone \_ \_

(12) 57326 73265 32657 26573 \_ \_ \_ \_ \_

(13) knit in spud up both to stay \_ \_

(14) Scotland landscape scapegoat \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_

(15) surgeon 1234567 snore 17635 rogue \_ \_ \_ \_ \_ \_ \_ \_

(16) tam tan rib rid rat raw hip \_ \_ \_ \_

(17) tar pitch throw saloon bar rod fee tip end plank \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ meals

(18) 3124 82 73 154 46 13 \_

(19) lag leg pen pin big bog rob \_ \_ \_ \_

(20) two w four r one o three \_ \_

DO NOT WRITE IN THIS AREA

**Summary Scores**

V: Raw \_\_\_\_\_ T: \_\_\_\_\_ A: Raw \_\_\_\_\_ T: \_\_\_\_\_ Total: Raw \_\_\_\_\_ T: \_\_\_\_\_  
 CQ: \_\_\_\_\_ AQ: \_\_\_\_\_ Est. IQ: \_\_\_\_\_

Abstraction raw score \_\_\_\_\_

**WSH psychologist Debra Sanchez recently stopped by the Library to donate a collection of vintage psychology tests for the Museum collection. Featured above is a 1939 “Shipley Institute of Living Scale” (SILS) test by the Western Psychological Services. The tests were and are used to determine cognitive impairment and IQ estimation. The Wechsler Adult Intelligence Scale is the most widely used to test adult intellectual ability, but the SILS and other shorter tests are still popular. Part 1 tests vocabulary and Part 2 tests abstract thinking.**

“Dr. Keller felt the commitment laws should be revised and the voluntary admission law improved. He was concerned with the growing number of juvenile cases who were at the time given diagnosis, “psychopathic personality,” which was in his opinion a very loose term. He stressed the need for professional help in key positions and worked to increase the medical and nursing staffs and to build up the sociology department. However, when it came to psychology, he was hesitant and undecided on just how much the psychology department would contribute to the hospital treatment program. However, in 1947, he employed Mr. O.R. Nelson, who was succeeded by Miss Elizabeth McCoy in 1949. The Department had a rapid growth and psychological testing of patients and employees became one of its main functions.” Source: Clara Cooley’s History of Western State Hospital, 1870-1950.