

POMO NEWS



PUBLISHED EVERY TUESDAY IN THE INTERESTS OF THE PATIENTS
OF MENDOCINO STATE HOSPITAL, TAILMAGE, CALIFORNIA

Vol. 1 No 22

October 5, 1948

5¢ per copy

Population 2792

DAMAGE IS NEGLECTIBLE

Faulty ignition in the car belonging to Attendant John A. Jackson necessitated a hurried call to the MSH fire department about 9:20 a.m. Monday.

Firemen's alacrity prevented serious damage to the car, a Chevrolet, was parked in back of the administration building.

PAINT UP AT LIBRARY

Painters Wilbert Staughton and Don Alexander assisted by patients Fred D., ward 8, Louis M., ward 8; George S., ward 8 and Addison A., ward 14 did a commendable bit of painting in the new MSH Patients Library all last week. They finished the job October 1.

TAKE TRIP EASTWARD

Supervisor and Mrs. L. E. Miller left MSH for their annual vacation last Wednesday, September 29.

They will drive east to Pennsylvania for a brief visit with Mrs. Miller's mother, at Allentown.

The couple plan to make it a leisurely trip and will visit other relatives in Indiana as well as the Keystone State while away. They plan to be gone about a month.

Elsewhere in this issue you will find a patients subscription form prepared for their convenience. Use this form.

FROM SAN FRANCISCO TO UKIAH—THEN HERE TO WORK AS TYPIST

The MSH Clinical Office has added a new stenographer to its staff. She is Mrs. Karoleen A. Lewis who lives at 415 West Perkins Street, Ukiah. Mrs. Lewis was put on the payroll September 27.

The new employee came to Ukiah from San Francisco last December to join husband who had established the Ukiah Glass company a month previously.

Lists of persons donating books to the MSH library since Pomo News September 28 issue are as follows:

Social worker Gordon McWhirter, 15; Ward Attendant Ralph Kortright, 8; Employee Don Alexander, 11; and Mr. & Mrs. Kermit Brown of Ukiah, 40 magazines. Joyce M. librarian, says: "Thank you!"

TO SEE CAVALCADE

Thursday night, October 7 approximately 40 patients from MSH will be privileged to journey to Ukiah to attend the presentation of The Cavalcade of California.

The program, starting at 8:30 p.m. in the Ukiah ball park, is part of the Ukiah Vintage and Centennial Celebration.

The Centennial Queen's coronation will take place that evening also

BARBARA CENTENNIAL WIN—FINAL

KNUDSEN COUNT--311,149

Barbara Knudsen, Pomo News, OSEA and Mendocino St. hospital candidate for Ukiah Centennial - Vintage Queen, blasted all of her competitors' hopes of "11th hour" victory late this afternoon (Tues.), October 5 when, comely aspirant to the Centennial "throne" reaped a final tally of 311,149 - - - 47,891 votes more than her closest opposor; - Mrs. Rob't S a n delin, who (one time - decidedly in the fore) couldn't retain a l u s h "second" and, today tabled only 263; 258 bids in her favor.

Today was the l a s t day votes for contestants could be cast. The race for Queen began September 8 and up until final returns were divulged this afternoon "Babs" had to be content to trail the Ukiah delegate.

Carol Briggs took 3rd place polling 229,136.

and she will reign supreme for the next three days.

Patients eligible to enjoy the festivities will make the trip to town in MSH trucks escorted by attendants.

Those patients include the oldest MSH patients, the Band and others worthy of the privilege.

VISITS IN NORTHWEST

Mr. and Mrs. Jack Lavell, MSH conditioned reflex experts, returned last Sunday from a 3 weeks vacation trip to Northwestern States. While in Montana they visited Mrs. Lavell's parents.

MEET TUESDAY

A nomination of association officers for the year 1949 will occupy most of the CSEA'S meeting time a week from today, October 12 at 7:30 p.m. in the MSH Auditorium.

"Shall Mendocino Chapter Sponsor a Scout Troupe in Tallmage?" will probably be the paramount topic of discussion the balance of the time, according to Mrs. Zeryl Dryden, CSEA Secretary, yesterday.

MSH HOST AT CONFAB

Before a large assembly in the auditorium last Sunday Evening, Sally H., MSH assistant librarian, was chairman at the weekly Alcoholics Anonymous meeting.

The session was the second of its kind held under the auspices of the neighboring Santa Rosa chapter in which patients conducted proceedings via their own system.

Among those making the trip from Santa Rosa was Lahoma, a former MSH patient recently discharged, and Dick, Harold, Les and June and Carl. The meeting adjourned at 7 p.m.

TO LIBRARY JOB

Luther M.B. transferred from ward 10 to 8 last week and started on his new job at the Patients Library yesterday. Luther will deliver and return books from the wards to the library.

DIRECTOR COMMENDS 'NEWS' FOR LIBRARY

It is without any inkling of vanity that we reproduce below a letter, verbatim, from Mrs. Dora Shaw Heffner, California's Director of Mental Hygiene.

If there was any vainglory involved we might possibly have brought to light communications received from her in the past, the contents of which were comparatively the same as the import of this one. So, let us not be misjudged - nor must we be in error by failing to declare, loud and long, that we are "doggoned" proud to have it in our possession!

"Thank you for sending me the article 'MSH Library Completed; Books Needed' from the Ukiah Republican and your little note, 'At long last...!' which is very expressive.

"The Editor and staff of the Pomo News are to be congratulated on their efforts in securing the library for the patients of Mendocino State Hospital and I am truly appreciative of all that has been done.

"Interest in reading books and discussions concerning them have great therapeutic value, and you have indeed rendered a service to the Hospital."

Very truly yours,
(Signed) DORA SHAW HEFFNER
Director of Mental Hygiene

WARD LIBRARY DAYS

The following schedule regarding days each week your ward has access to the library should be torn out and kept handy for reference. Don't bother your ward attendants with questions you are capable of answering yourself: Wards 12 & 7-Submit lists Sun. a.m.; books delivered Mon. p.m. Wards A, B&C-1, 2&3-M Call for books Tues. Wards F, D&E-Submit lists Wed. a.m.; books delivered Thurs. p.m. Ward 8, 14&15-Submit lists Thurs. a.m.; books delivered Fri. p.m. Wards G, H&K-Submit

lists Fri. a.m.; books delivered Sat. a.m. Ward 16 submit lists; pick up books Sat. a.m. (Subj. change)

TRANSFER STEEL 'TYERS'

Transferred from ward 15 to 8 Sept. 30 were Georgia born Al M., George D. and Ross H. The trio is working with Bob Chambers, state Division of Architecture tying reinforcing steel inside concrete forms.

GO TO CANNERY

From ward 8 as now hands at the cannery are "Red" James W. and Jerry S.

A A meets Sunday evening MSH Auditorium.

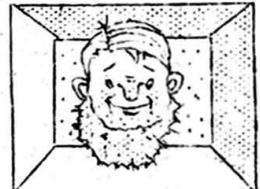


PHONE 144
FOR
Empire
OFFICE MACHINES
C O M P A N Y
OFFICE SUPPLIES
SALES SERVICE
325 N. State St.
UKIAH

Oscar J., MSH watch repairman was transferred from ward 15 to "open" ward 10 last week.

Monday, Supt. D. B. Williams set Oct. 29 as date for Hi-Jinks debut.

GET A PICTURE OF THOSE



WHISKERS

AT **PERRY'S**

COLOR FILMS
E. STANDLEY, UKIAH

WOMEN'S PAROLE AREA DETAILED

Ground area limits for hospital women parolees as outlined by Doctors Ruth L. Green, Paul Bittick Jr. and G.L. Goodstone, appeared in the Sept. 28 issue of the Pomo News. At the request of Superintendent D.B. Williams it is reprinted this week in a more elaborated form:

--SOUTH and WEST AREAS --

From the west end of the Womens Front Yard, to the East Fence line of Private Property. The distance between the above two described points, i.e. - West side of Womens Front Yard is, as indicated, point for termination, (or the Western end of your Area Limits on the Southwest) and East Fence Line of Private Pasture, as indicated point for termination, (or the Eastern end of your South and East Area Limits) is described below:

South-West boundary of Area is indicated by road running Southeast from Womens Front Yard, past orchard to point of road Intersection, below orchard, south of wards G and continuing East from above described Road Intersection, the Southern Boundary Line describes a course in an easterly direction past the orchard which is South of ward K and continues on to Stock Fence of Private Pasture which is the designated Eastern Boundary of Female parole Area.

--North and East Areas --

From East Edge of Orchard (located southeast of the hospital), your North and East Area Boundary Line describes the following course, from: West End Womens Front Yard, thence East along road running between Administration Building and ward G. Continuing by ward G, the road describing the Boundary jogs North East between Bakery, water tower area and ward I, at which point the Road describing North Boundary of Womens Parole Area jogs back in an Easterly direction between Shops, Cannery area and ward K, as far as Stock Fence which terminates MSH property and of course the Parole Area as well.

Again - - - The above mentioned Stock Fence running North - South, marks your Parole Area on the East.

Parolees are allowed in any orchards owned by MSH - in the Tunnel on business, to buy Cokes etc.

(Cont. pg 7 col. 2)



DR. WILLIAMS SAYS:

I want the following clearly understood: Any women having ground parole are not to go off the reservation but are to stay within the designated limits set by Dr. G.L. Goodstone, Dr. Ruth L. Green and Dr. Paul Bittick Jr. last week. Those favor-

ed with parole are not to go to the Talmage Store unless they have special permission. The area to which women parolees are restricted while enjoying freedom of the grounds appeared on page ten of last week's Pomo News. I thought the boundary definitions a little too terse so I asked the editor, J.M.S., to elaborate on the paragraph and publish it again in this week's issue. It may be found directly to the left of this, my column, and as soon as you women patients finish reading this I want you to go back up to the top of this page and read the article over and over until you feel confident that you can determine that part of the reservation which is "of limits" and that which is not. I won't stand for any nonsense about this parole business. Our neighbors have complained to me about your violation of that trust which I have placed in you. One lady called me on the phone just last week and reported that a few of you were in her vineyard loading up gunny sacks with her grapes; another, a man, was hoppin' mad about a woman parolee pounding on his door. All such foolishness as that must stop.

I find that, in the main, you ladies are taking this new found freedom in your stride and abiding by all the regulations attendant it. That's fine. When I hear reports of that nature I wish I could go one step farther and send all of you home. But if I hear of more infractions of parole rules by the women such as I have mentioned above I will revoke the privilege and you will be compelled to revert to the old system.

* * * * *

In response to numerous hospital requests for donations of books for your library, receipts are numerous. To add impetus to the drive for "books, and more books", - a drive which, if conducted successfully will mean an MSH Patient Library second to none - I told Psychiatric Social Worker Gordon McWhirter, here last week from San Francisco, that he should tell his San Francisco friend of our need for more literature and

(Continued pg. 7 col. 1)



TUNNEL ECHOES

"PURTY" 'LIL RED SIGN directly behind MSH switchboard operator (Adm. Bldg.) reads: "Fire Alarm! When alarm is sounded, call Ukiah 800." The moment a conflagration is reported Miss Operator is instructed to contact the UFD, detail them to stand by 'n then start a-pushin' the button immediately atop the "purty 'lil red sign." It'd be fun, huh?...FLOWERS SENT THE POMO News by the MSH Librarian last week stayed fresh unusually long, seems. In fact, we had begun to think them juvenescent. But we forgot to open the office window when closing up one night last week, and when we returned next morn. - Oh, Brother!.... S'PRIZING TO US was to learn yesterday that D. R. "Doc" Frost, MSH Dental Surgeon has been affiliated with Ye Olde Mendocino for the past one and a score years. This is no biography but Doc's made a lot of friends in that time who might be interested to know that his creation-created quite some stir at Willits, March 12, 1901; that he came here from Stockton state hospital as a youth of 26, has endorsed the back of a state check every month since 1925 and declares proudly, "In the oldest staff member at MSH, Suh!"PARTICULAR ATTENTION should be given the Parole Area Map in this week's issue by all MSH female patients who have been tendered ground parole. It is spotted in the upper right hand corner of the Editorial page (10). Not only does it clarify all doubt regarding women's parole limits but even an unpracticed eye will immediately discern the tediousness Harold V., Paint Shop employe, experienced creating the sketch. This is not the first work Artist Harold has contributed to the Pomo News. And, we hope, not his lastTOO LATE FOR INSERTION as a regular news item this week comes word from Postmaster Ray Ledford that he just got in a new shipment of neat 'n' crisp regulation hospital uniforms. They are available for immediate delivery and come in a variety of sizes, sez Ray FIRST WORLD SERIES' game comes off tomorrow (Wednesday) at the Brave's Field in Boston. If you are poah poah peoples like us you can't afford to make a "hop" via the airways so you'll probably be content to twist your radio dial in the Brave's direction 'bout 11:30 a.m. (that's Pacific time 'n the right time if you "wanta catch heem") The first two games are to be staged at Boston, following three pow-wows (there'll be plenty of scalpers' round; will fete the Indians at Cleveland ...

AMONG OUR EMPLOYEES ★



RETURN FROM VACATION

Charles and Theo Badger, ward 1 and ward I attendants, respectively came home and resumed their duties at MSH last Friday, October 1 following an absence of three weeks. The couple toured the state of Georgia in their Crosley Station Wagon.

BRINGS MAGAZINES

Annie Anderson, MSH telephone operator, has again contributed a stack of magazines to the Pomo News to be distributed to various wards. She and many others are helping to keep "closed" ward patients supplied with reading material by bringing their donations to this office.

ON BUSINESS HERE

D.J. Bradley, Business Manager of Napa state hospital was an MSH visitor last Saturday, October 2.

WE WERE WRONG

In the September 28 issue of Pomo News we stated that Joe Micholetti brought to the library books donated by Gino Micholetti. We were wrong. It was Frank V. Stenberg, ward 12 attendant, Gino's uncle.

There were 15 patients admitted and 17 released from MSH the week ending October 2.

MORE MEN THAN WOMEN

As of Friday, October 1 the population of MSH remained the same as last week, 2,792. There were 1,642 (58.8%) men; 1,150 (41.2%) women.

NEW FILE CLERK TO WORK

Mrs. M. Barthel, former resident of Albany, California is a new file clerk in the MSH Clinical Office. She began work September 20.

Before her employment here Mrs. Barthel was a bookkeeper for the Villa Super Markets in Albany where she and her family lived for the past five years.

She, her husband and eleven year old daughter are in a new house on Talmage road not far from the hospital.

POMO NEWS!
SUBSCRIBE NOW.

SEE US

ABOUT YOUR
MACHINERY PROBLEMS

Cowan

EQUIPMENT CO.
949 N. STATE ST. UKIAH



Address all letters to "Editor",
Pomo News c/o Dr. Goodstone."

To Ward H this week, goes the novel, a Dorothy Walker romance, "She Married a Doctor" thoroughly modern and a "must" for light reading. This is another of a series of books given the Pomo News by Mrs. D. B. Williams, wife of the superintendent. As long as they last, one a week is being sent the male or female ward contributing the most entertaining, intelligently written correspondence to the Mail Bag department over that same period.

"AFFECTS ME STRONGLY"

Sincere in her gratitude is Esther L.D. ward H as she expresses same:

"Dear Editor:

Will you kindly print the following in the Pomo News?

"Dear Dr. Williams:

Sounds old fashioned maybe, but I just can't feel comfortable without mentioning, the enthusiasm and new interests created by the new privileges and improvements.

"It affects me strongly, for never before have I experienced so much happiness in so short a time, in the knowledge that so many who need help, are finding it.

"A guiding hand must have led you, the staff and all who have worked so harmoniously with you. We are awfully grateful for everything."

The spirit of "building" by the MSH staff, can be fostered and encouraged by the cooperation of all the patients doing their part. For the most part, all are thankful -- even as Esther, so proves it.

Builders beget builders-- or; very soon they become "wreckers." Accomplishment recognizes no limits of endeavor.

BED RIDDEN WITH TOE NAILS

William B., ward 12, passes on the news that he has been "confined to my bed with ingrown toe nails"--(Not pleasant Bill,--but probably better than an "Achilles heel" or "Arthur Duffheel."

INQUIRY FROM WARD 12.

William Z., ward 12 extending thanks to "the Pomo News for their part in making our library an actuality," -- inquires further:

"--Many of us here, on ward 12 read non-fiction. Will it be possible to order these books, if and when they arrive? One out of five

patients here read non-fiction books during school last year."-- At once the librarian advanced this information for you Bill:"We have many non-fiction books on hand which have not been listed, due to need of repair to some, plus identifying classification and cataloging. We have been delayed by painting of the interior of the library and other necessary extra activities that always attend "starting" up. We will concede to your request as soon as possible, if you will let us know what type of book you seek. Specify -- Geography, History, etc.

As soon as we have them properly catalogued you will receive list of the non-fiction books."
CALLING CHARLIE MCCARTHY!

George O., ward 8 mails word of a most pathetic situation, but -- Oh well,-- let him tell it: "We have two boys on ward 8 who are too bashful to enter the entertainment given by the patients this month (Hi Jinks). Their names are Junior and Henry, who would like the talent scout to look them up" ---No doubt George your pals are too bashful to write. Coax them to a radio to listen to Bergen's Charlie McCarthy, who might get them started.

MSH LIBRARY ISSUES SOS.

The MSH librarian this week taps out an SOS for the following books for which she has had requests:

"The Baptist Guide" and "The Minister's Guide."

HAPPY HUNTING LENA

"Little did I suspect a scare as I stepped out for a walk yesterday. But, I got one. And how! I got the rattlesnake, too!" says Lena M., ward K.

ACKLES FROM "EYE"

A.W., ward I, was visited by her son, wife and grandson from the City by the Golden Gate last Saturday. All enjoyed the day in Ukiah shopping.

Joan G. ward I, flew up from S.F. to visit her mother, Josephine, last weekend.

Doris P., is allowed to go home now to spend weekends with her family.

Hazel P., ward I, formerly employed at Supt. William's home will work in the laundry for awhile.

We welcome the following girls back to work after being laid up with colds: Nellie G. and Katherine McG. both from Art Room and Theresa A. from the Sewing Room.

Ward I girls in the Hi-Jinks are coming along fine with their part of the program.

HAPPY PAROLE GALS

Myrtle M., writes from ward I and tells of the many bright happy smiles on the faces of many gal parolees.

NEW STEAM LINE STRETCHING OUT

Work on the new steam line running from the MSH boiler room to ward H has progressed during the past week and with a full crew on deck, the line should be completed before the rains come.

The state Division of Architecture has carpenters busy building concrete forms for the pipe conduits. As soon as the woodworkers are finished, cement workers will take over.

The carpenters have been dividing their hours of toil between construction work, the MSH Dairy and the extension of the pipe line.

REQUESTS 'BACK' COPIES

Former MSH Staff Member Blanche M. Meyer, M.D., writes from San Francisco to the Pomo News enclosing cash for five "back" issues of the paper and says, "Thanks for same."

CELEBRATES BIRTHDAY

Sally H., Asst. librarian, was pleasantly surprised last Saturday, October 2 when a birthday party was held in her honor in the MSH Patients' Library.

Ward M Charge Attendant Bessie Scott was in charge and Joyce M., librarian, was host.

YOU GO HOME THEN WHAT?

Do you intend to quit drinking upon discharge? If so, how? That was the topic of discussion at Dr. G.L. Goodstone's roundtable discussion held in the Conference Room of ward 9 at 2 p.m. last Wednesday.

The first question was answered readily. All there were agreed that to stop drinking was of prime importance to their future and all intended not to take the "first one."

But how to practice abstinence? That was the real problem. Should one change his environment, make new friends, start off anew, turn over a "new leaf"?

This might work in some cases. Temptations would be removed and starting all over again would leave little time for idleness. The constant temptation of alcohol that usually accompanies loneliness could be forgotten in making new friends, or taking up some other form of diversion.

But how about those that have family ties, established businesses or investments that ne-

(Continued on pg. 9 col. 1)

WORK AT DAIRY NEARING FINISH

Construction of the new left wing to the MSH Dairy is proceeding steadily and is expected to be complete before the fall rains set in. Concrete has been poured for the second floor and work on the roof is in progress.

Roofing will proceed rapidly in order to have this floor available soon for use as a storeroom for sacked cow meal.

Later, the necessary feed mixing machinery will be installed and the space utilized as a combined mixing room and feed depository.

TO SEND LISTS

A letter to the Pomo News editor last Saturday from Sherman, Clay & Co., S.F. relative to a request some time back for catalogs and price lists of instruments for the MSH band informed:

"At your request we will endeavor to send you the catalogs that we can supply together with the latest price list of this date *** there has been a steady change in the models and prices so frequent that we find ourselves many times without a ready printed price list for this purpose."

Upon receipt of catalogs and after a selection of instruments, has been made, it is Superintendent D. B. William's idea to have same purchased for the band direct from the Patients' Amusement Fund rather than rely upon the generosity of friends, employes and relatives for maintainance of hospital band equipment.

PING PONG FOR WOMEN ASSURED

Ping pong has become a popular game at Mendocino state hospital.

Especially after the MSH mason and his crew from the Masonry Shop built a permanent concrete table in the mens' recreation yard, across from ward 8 a month or so ago.

To satisfy the demand for more of the tables and have equipment available so that women patients might enjoy this exciting game ten new ping pong tables were ordered last week, said J.J. Garvey, MSH Business Manager Friday. The time of their arrival is uncertain but they will be distributed to the wards immediately upon receipt.

The Pomo News is a non-profit project of the Occupational Therapy Department of MSH.

SPORTS

MSH GAME POSTPONED



The Softball game previously scheduled between the MSH Blues and the Ukiah Cubs and was to have been played last Sunday, was postponed by the weather man. The game is now scheduled to be played at the MSH ball park next Sunday October 10, 1:30 p.m.

LITTLE WORLD SERIES

Alas, for the many baseball enthusiasts who follow the fortunes of the Talmage Sluggers! They were forced to take a rain check last Sunday at Ukiah.

The scheduled 2nd tilt of a Little World Series, a five "game" with neighboring rivals—the Ukiah Merchants, is now set for Sunday Oct. 10 at 2:30 p.m.

BAND TO ENTERTAIN at BALL PARK

The MSH band will entertain visitors and patients at the MSH ball park Sunday, October 17, 1:30 p.m. with a repetition of their Centennial presentation in Ukiah, the week before.

DR. WILLIAMS SAYS:

(Cont. from page 3)

have them send their "discards" to his office, Room 200, Joslin Building, 507 Polk street. And I believe Cromer G. Nelson, MSH Christian Science representative, here last week, also, is going to appeal to San Francisco churches in this respect.

Mr. McWhirter donated books of his own last time he was here at the hospital. That helped. And I've been rather hoping that Herb Caen who writes "It's News To Me" in the San Francisco Chronicle might give the MSH library a send-them-more-books boost soon. Yet another supplement may be christened right away when Clinical Director G.L. Goodstone introduces his "MSH Patient Library Day" whereby Ukiahans and others can set aside one day each week to

HAMBURGERS!
Sweets
ICE CREAM
GROCERIES

THE
TALMAGE STORE
TALMAGE, CALIF.

set unused copies outside their doors for a MSH truck to pick up and bring back here.

* * * * *

At present, we are endeavoring to contact a neuro-surgeon from the University of California staff (Berkeley) to supervise neuro-surgical operations here at MSH. We plan to start this right away, if possible, for the improvement of various conditions of patients. I have written the Langley Porter Clinic about this, too, asking that they sponsor a surgeon to perform the first series of operations here which will probably all be "lobotomies."

WOMEN'S PAROLE (Cont. fr. pg 3)

Other Areas specified by Charge Attendants from time to time are acceptable. Parolees permitted in other areas for Work, Errands and Trips to Library for books at all times if off duty. Parolees must definitely stay off property other than that owned by MSH. They must not go to the Talmage Store unless given special permission.

★ SAT. OCT. 9TH ★



OLD
LOS ANGELES
STARRING

William Elliott John Carroll
Joseph Schildkraut
Catherine McLeod



M.S.H.
AUDITORIUM

A new subscriber to the Pomo News is Mrs. M.J. Smith, 511 Ashbury St., San Francisco, California.

SIGN ON LINE

New subscribers this week include "Foggy" Ottosen, manager of the Talmage "Sluggers" baseball team who instructed us to mail a copy of the Pomo News each week to his Texaco service station located just outside the MSH entrance. Foggy's subscription begins with this issue and ends October, next year.

Another MSH industrial shop will be included in Pomo News local deliveries after this week's issue. Charlie Valentini, veteran shoe repair employe subscribed to the hospital paper last week for a year. As with all other MSH employe-subscribers whose places of business are on the grounds,

(Cont. col. 2)

BUSY HANDS



"Busy hands" is indeed an appropriate description of the MSH Patients' Dining Room.

P.D.R. How many times have you heard that call so early in the morning, ward 8-ers? Here patients find Mrs. Mary Sanford a well qualified and genial attendant upon whose shoulders rests the responsibility of procuring good food and plenty of it for approximately 190 hungry patients daily.

The P.D.R. "trays" up three meals a day to all the boys quartered in wards 8 and 10 and accommodates any excess from other wards. Parolees are served first at breakfast and lunch but the ward patients have the first "go" at dinner. This arrangement makes it necessary for the dining room help to care for six setups every twenty four hours. Besides serving the meals they must ready the room and set the tables for service. After appetites have been appeased and the diners have gone their way the dishes must be "shampooed" -- an irksome task, here or at home.

Meal hours for parolees every day including Sunday are: Breakfast at 6:30 a.m. - lunch 12 noon and dinner at 5. For ward 8 patients without parole, meals are scheduled for 7.00 a.m., 12:30 and 4:30 p.m.

Mrs. Sanford came to MSH five years ago and was assigned to the P.D.R. a few months later in a relief role. The lady developed a bent for the job and her adeptness resulted in a permanent appointment as P.D.R. Charge.

(Cont. col. 2)

PSYCHOTHERAPY

ALCOHOL - A PSYCHIATRIC PROBLEM

(Fourth and last of a series)

And so we come to the last phase, a final analysis of the man or woman who, unfortunately is an alcoholic; unfortunately, "sick,"

It is reputed that "experience is the best teacher." The writer of this series of articles may be considered a young man. But a personal estimate of self depicts only "what is left" of that same young man. And that segment of what he could have been, that part of him yet unaffected by alcohol or one of its many tentacles, strains upward through a mesh of manifold and conflicting theories about "what is to be done for the alcoholic today?" In the main, all current cures, treatments that allegedly work changes overnight are but little short of sheer rot.

Seek that particular sagacity of he or she who has "been through the (alcohol) mill" and compare their essays of truth with the writer's humble deduction that, thanks to the tutor, "Experience" (plus a few of his disciples!) there are but two definite and time honored remedies classifiable as cures. One is death. The other an unexpected intervention of Providence (rare) which decidedly affects the alcoholic's mental and physical demeanor to such an extent that his past personality becomes a complete stranger to his present, new born self.

This last, sufficiently widespread would indubitably effect the surfacing of much averse comment. Possibly some of the criticism flailed about our head would be meritable but in the end it would prove to be largely superficial. - the argument's advance would be obliged to retreat before the fatal counters of its foe whose principal ally, experience - "know naught of the taste of defeat nor its com-patriot, brackish failure."

SIGN ON LINE (Continued)

Charlie will receive a copy each week at the Shoe Shop as well as at his home in Ukiah.

BUSY HANDS (Continued);

Besides Mrs. Sanford, the eatery lists 12 patient employeess. They are: Mac - Johnnie K. - Charles S. - Fred N. - James B. - Harry H. - Herby S. - Kenneth A. - Jim M. - "Woody" C. - Fred J. and Tom K. All are quartered at wards 8 and 10. Four of them have served in the P.D.R. since its start approximately ten years ago.

"Duke"

cessitate returning home to old surroundings and old friends? Many such friends or business acquaintances are 'social drinkers', and the opportunities to drop in for a 'quick one' are frequent..

Can one say "no", or substitute a soft drink for a "hard" one? Would one's reputation as a heavy drinker dog him wherever he went? There is no definite answer forthcoming, it was agreed by most patients present at the confab. It all depends on the individual. If the desire for sobriety is strong enough obstacles can be overcome and a sober life will ensue - that seemed to be the general consensus of opinion last Wednesday, September 29.

These discussions are held Mondays and Wednesdays at 2 p.m. in the Conference Room. If you are interested and wish to attend, see Dr. Goodstone.

---"Creb"

TO ASSIST

Last Friday, October 1 Dr. G.L. Goodstone appointed Sally H., ward M to assume duties as an intermediary between MSH Hi-Jinks activities and patients actively participating in the program.

"I will try to see that all taking part will have an opportunity to participate on an equal basis with others," she said Friday.

Sally is relieving Bill W., ward 8 whose duties on the Pomo News necessitate his dropping out.

Sally H. will continue as assistant librarian of the MSH Patients Library and may be contacted regarding Hi-Jinks activities at the library between 9 a.m. and 5 p.m.; from 5:30-7 p.m. her time will be devoted entirely to the Hi-Jinks and its promotion which is emblematic of Superintendent D.B. Williams' sustained drive for modernity pertinent to patients welfare.

Subscribe to the Pomo News! Send it home. Only \$2.00 a year.



Are We Orphans

FILL THE MAIL BAG WITH NEWS ITEMS OF INTEREST TO PATIENTS & EMPLOYEES



☆ POMO ☆ NEWS ☆

Church News

Protestant Church - 2nd and 4th Sundays of each month. MSH auditorium and ward 12. 8:30 a.m. Rev. Lindemann and Rev. Brown.

* * *

Catholic Church - 3rd Sunday of the month in auditorium, 3rd Thursday of the month, ward 12 Father Anderson.

* * *

Lutheran Church - 3rd Wednesday of the month in auditorium, 1:30 p.m.; ward 12 immediately afterwards. Rev. Russert.

* * *

Jewish - C. Stern of the Jewish Committee on Personal Service in state institutions visits the hospital once every three months.

* * *

Services at ward 12 were conducted Saturday October 2 at 10am by Rev. Willie K. who delivered a fiery message, to patients. "The text was taken from the 9th Chapter of Isaiah: "For unto us a child is born, unto us a son is given: and the government shall be on his shoulder: and his name shall be called."

HELPS PATIENTS

Mrs. C. Steffens of San Francisco has graciously arranged for MSH band use of a radio amplifier and has contributed decorations for their truck as well. The band will appear in the Ukiah Centennial.

FOR PATIENTS' CONVENIENCE

Date _____

EDITOR
POMO NEWS

Please deduct \$ _____

from my hospital account and send the POMO NEWS

(check one)
for _____ year(); mo.(#)
(circle)

Mr. Mrs. Miss _____

Street or Box No. _____

City, State _____

The above is _____ Relationship

(Signed) _____

Ward _____

POMO NEWS

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

Supervised by Dr. Gerald Goodstone, Clinical Director.

J. M. S. Editor.

A non-profit project of the Occupational Therapy Department. 5¢ per copy: Subscription by mail \$2 a year.

The

TOUCHSTONE

If we can love: this is the touchstone. This is the key to all the therapeutic program of the modern psychiatric hospital; it dominates the behavior of its staff from director down to gardner. To our patient who cannot love, we must say by our actions that we do love him, "You can be angry here if you must; we know you have been wronged. We know too, that your anger will arouse our anger and that you will be wronged again and driven mad once more. But we are not angry--and you won't be either, after a while. We are your friends; those about you are all friends; you can relax your defenses and your tensions. As you--and we--come to understand your life better, the warmth of love will begin to replace your present anguish--and you will find yourself getting well."

TO PARADE SATURDAY

Members of the MSH band who will help to make the Ukiah Centennial parade a success are: Louis L., ward 9, piano; Marian A., guitar; Al C., drums; Eloy E., saxophone; Floyd D., guitar; Armando P., accordion; John K., violin and Bob N., bandmaster, all from ward 15; Buzz V., ward 14, saxophone.

Joyce M., Beatrice C., Peggy W., and Olga K., all of ward I and Myrtle M., Myrtle Z., and Esther D., all of ward H, will sing and Maria S., ward M will perform a Mexican Hat Dance accompanied by Marian A. on his guitar. All musical entertainment is under the supervision of Bob Haslam, Band Manager and MSH attendant.

SPENDS WEEKEND HERE

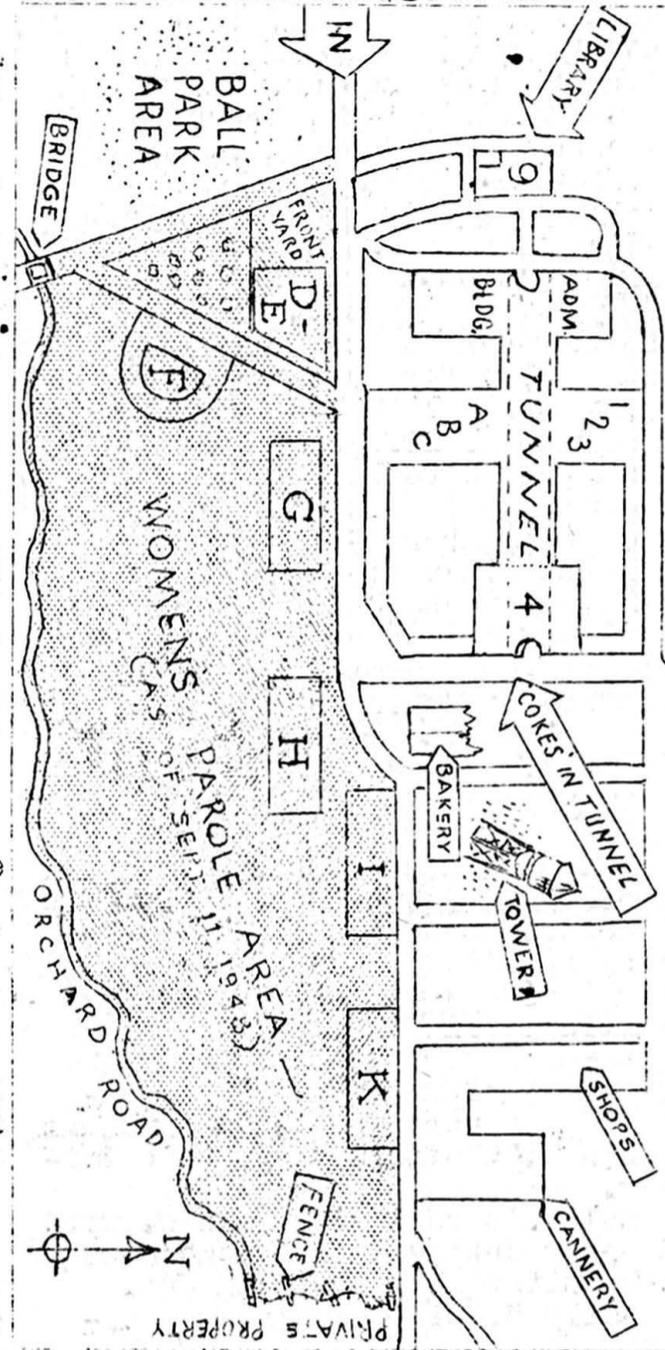
Dr. E.L. Lochen - on leave from MSH attending classes in psychiatry at the Langley Porter Clinic in San Francisco - was

Set out spring blooming bulbs! Our advertised stock is of the best quality.

REDWOOD VALLEY NURSERY, UKIAH.

at home last Saturday, -remained over Sunday returning next a.m. to resume his studies. Dr. L.G. McKeever MSH physician, is a student there, also.

PAROLE AREA LIMITS SHADED



RED WOOD VALLEY NURSERY

- Next Frozen Food Lockers -
So. State St., Ukiah, Calif.

- JUST ARRIVED
GIANT FLOWERING BULBS
Exhibition Grade
Splendid color assortment
- First Quality -
DAFFODILS
DUTCH IRIS
GIANT DARWIN TULIPS
RANUNCULUS
ANEMONES
IMPORTED HOLLAND TULIPS
NARCISSUS

Bulb Fibre	Bone Meal
ONION SETS	Lawn Seed
Extra Fancy	Phones
Open 9 am	565-W
to 6 pm	262
	1036-W

REDWOOD VALLEY NURSERY