

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

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BAND AT ENTERTAINMENT GAME COMES TO FORE

MUSIC ADDS FESTIVE AIR

A field day for pleasant entertainment is hardly expressive of the thrills provided by a program held at the MSH ballpark, Sunday October 17. The visiting Ukiah Merchants baseball team being entertained by the Talmage Sluggers, added to a colorful picture, in their red and white uniforms, against the green sod and darker turf of the immaculately kept MSH ball diamond.

In center grandstand directly behind home plate, Band Manager Bob Haslam's MSH Patient band, was supported by several vocalists before the public address system.

Shortly before game time the band struck up with the appropriately popular "Take me out to the ball game," followed by other
(Cont. pg. 9. col. 1)

HI-JINKS PRACTICE

URGE WARDS TO SET TIME

"Quick like a minute," are wards I and H. Both wards have made arrangements for their rehearsal dates at the MSH auditorium. Tuesday, October 26, 9:30 a.m., is the date set for ward I. On the following day, October 27, at 9:30 a.m., ward H will hold their practice.

Participating wards who have vocal, musi-
(Cont. pg 10, col. 1)

Mr. and Mrs. John Doe:

Under the auspices of Dr. D. B. Williams, Superintendent and Dr. G. L. Goodstone, Clinical Director, plans are under way for a series of entertainments given by the patients of the hospital.

The MSH Staff plans to have institution dances for the patients. However, our institution dance band is badly in need of music. The band made its first appearance before the hospital patients July 4, 1948. At present it numbers ten pieces with an extra pianist who plays both modern and classical music.

Among other features developing through the cooperation of management, personnel and patients is our infant enterprize known as Hi-Jinks, which includes skits, songs, dances, music and any talent or expressive outlet thought to be of entertainment value to the patients. Again we are handicapped by lack of material. Perhaps you may find yourself able to aid our venture through friends and associates by gathering up scripts, monologues, dialogues, music and instruments no longer used by them and sending them to our institution band and dance manager, Robert Haslam, Box L, Talmage, California.

This plan is but a unit of an overall, honest endeavor to better conditions at the hospital. It springs from a policy adopted by Dr. Williams some time ago: Already an atmosphere of marked change is obvious.

We hope you will give this matter early consideration. Our first show date is October 29. Our first dance is scheduled for December 1. Very truly yours, Robert Haslam.

REDWOOD WILL AID JOURNAL

LAUDS NEW ERA AT MSH

"One of the most impressive entries in the parade was the float entered by the state hospital. Not impressive for size, or gaudiness, but for the heart-warming feeling that there was therapy of the most valuable kind. What better medicine
(Cont. pg. 9 col. 1)

Due to the scarcity of piano players for the coming MSH Hi-Jinks, Lewis C., ward 9, has offered his services to any ward in need of a pianist.

He may be contacted through Sally H., Hi-Jinks coordinator and according to Sally, his playing will in no way affect the competitive eligibility of the act in which he is "prop."

MSH BAND APPLAUDED

Also drawing cheers was the appropriately decorated MSH Band truck, carrying cowboys and cowgirls in bright-colored shirts and blue jeans playing and singing, "Ragtime Cowboy Joe." Thus did the Ukiah Republican Press describe the hospital entry in the Ukiah Vintage and Centennial Parade. Soon after leaving the hospital grounds where they "set up" and played some farewell numbers for the patients gathered around, the band and accompanying group were warmly received by the committee who assigned their position in the parade. They were later awarded honorable mention.

"It is nice to know that such constructive occupation is supported by the institution," was the comment of many of those witnessing the colorful parade.

"The vast throngs on the winding line of march received us enthusiastically and we thoroughly enjoyed ourselves," commented members of the group.

Perhaps no one is more aware and with personal good reason, of the time and effort spent by the group in preparation than their Manager Bob Haslan, who later in the Pomo News office, said when speaking of his charges, "I'm proud of them all and they gave me lots of encouragement. I predict a future of successful ventures of this type--and don't forget we need more members. Dr. D.B. Williams would like to see a 20 piece band if possible. If any patient has reason to believe he or she can play an instrument or sing, they need only notify their ward charge who will then contact me in their behalf", he concluded.

Ukiah Merchants hosts to Talmage Sluggers next Sunday-MSH ballpark.

ALCOHOLISM DISCUSSED

Forty patients, both men and women, attended the Alcoholics Anonymous meeting held in the MSH auditorium Sunday evening.

A lively round table discussion on questions pertaining to alcoholics was started by the chairman with patients expressing their personal views. Short talks were given by Dee and Harold of Santa Rosa Chapter. They were accompanied here by Dick and Jane. The meeting adjourned at 7:15.

LOOKING FOR A BUYER

The MSH Supervisor's office has received a postcard mailed in Tennessee from Supervisor L. E. Miller, which reads, "I am going to sell my interests in the Ozarks."

ESTER ARCHER PASSES ON

Mrs. Ester Archer, an attendant at MSH since April 15, 1930 was stricken last Thursday while visiting the grave of the late Ben Archer in Ukiah cemetery. She was rushed to Ukiah General hospital where she lay unconscious until she passed away at 1:00 a. m. Sunday, October 17. The deceased is survived by several brothers and sisters.

Funeral services were held at 3:30 p.m. Tuesday, October 19, at the Eversole Mortuary, interment in Ukiah Cemetery.

MSH EMPLOYEE'S VISITS TYER HOME

Mr. and Mrs. Hal Krupp, employees of Norwalk State Hospital, accompanied by Ed Bishop, assistant supervisor also of Norwalk, were visitors last week at the Talmage home of their relatives, Mr. and Mrs. I. H. Tyer MSH employees.

MAIL A POMO NEWS HOME
TO A FRIEND.

THANKS BARBARA

Barbara Knudsen, queen of the Ukiah Vintage and Centennial celebration was largely responsible for the free tickets provided MSH patients attending the Calvalcade.

Not until recently was it revealed that while selling tickets, Barbara often was met with the reply, "Sorry, but I am unable to attend." That would have closed the incident for many but not for one with the interests of the patients at heart. She would smilingly reply, "buy one and turn it over to the patients."

The results so achieved, coupled with tickets donated by the C.S.E.A. and others, helped make it possible for the 40 MSH patients to make the trip to Ukiah to see the Calvalcade of California.

PICTURES ON WARDS

Although just a little probing was necessary, it has been now established that the M.S.H. Occupational Department in negotiation with the Standard Oil Company notted the scenically beautiful printed pictures, hung in strategically "homey", positions on the walls of MSH wards.

Thru the courtesy of the Supervisor's office, the printed pictures were distributed among the wards. All ed some. In addition a limited number of oil paintings by Harold V., ward 8, such as only he can paint, were distributed in a number of lucky places.

PARKER SOUTH TO TAKE "FIVE"

W. H. Parker, ward 9 attendant, began his vacation, October 15. "Just say I am going south.

ANDY STAHL'S LIQUOR
STORE IS A NEW SUB-
SCRIBER TO THE POMO NEWS.

YARDBIRD NEWS



The PDR is to be decorated with murals. Work will begin next week by the MSH Paint Shop Crew.

THIS IS YOUR COLUMN.

Arvilla W., ward I, was pleasantly surprised on her birthday October 12, by a visit from her son and daughter-in-law who are residents of Hamilton Field.

They brought along everything needed for a birthday party which was held on the lawn at ward I. Arvilla invited her friends and all had a gay time. The big moment of the affair was the cutting of the "Happy Birthday to Ma", cake, by the beaming Arvilla.

Claude H., ward 8, was made happy by the visit to the hospital of his wife and mother October 14 and 15. They brought with them his favorite cake and other tempting good things to eat.

Addison A., ward 8, is now working in the MSH Paint Shop. He was transferred from ward 14.

Fred K., and George D., were transferred October 15, from ward 2 to ward 15.

Harold A., ward 8, was visited by his wife, several days last week. Mrs. A. brought from home a bountiful supply of delicacies for Harold's eating enjoyment.

Louise D., ward I, is the new assistant cook to Mrs. Lillian Davis in the Officer's Dining Room. "I am happy to be working in the ODR kitchen", she said, "because I love to cook."

ATTEND THE A.A. MEETINGS

PHONE 144 FOR Ukiah

OFFICE MACHINES
OFFICE SUPPLIES
SALES SERVICE
325 N. State St.

POMO NEWS-THE PATIENT'S PAPER

DR. WILLIAMS

SAYS:



Katharine M. Steele, Director of Nursing Service, was a visitor at MSH last week. She had some helpful and constructive

suggestions to offer regarding the attendants training program. In the near future selected training films will be shown at the classes held for the MSH attendants.

The women's parole system is moving along smoothly.

We are trying to intensify the psychiatric social workers program for San Francisco patients and we hope to have Mr. Gordon McWhirter at the hospital two days each week.

This will give him an opportunity to interview the patients before they leave MSH.

The library is growing every week and we anticipate a lot more books. Patients relatives are passing the word around that we need all kinds of books and magazines and their respective communities are responding nobly. We are all encouraged by the splendid accomplishments of the orchestra. It is hoped that by December we will have an organization capable of playing for dances at MSH.

The Pomo News has been asked to stress the fact that theirs is a non-profit Occupational Therapy endeavor. Patients are asked to pass the paper on to the next fellow and also mail it home--free gratis.

* * * * *

Under the supervision of H. E. Brunges, patients working in the MSH cannery have handled a lot of fruit and vegetables this fall. The crew of 7 men and 24 women have canned in the past two weeks, 6721 cans of tomatoes, 379 of tomato juice and 560 of pears. These are all number 10 size tins.

Mrs. Leona Myers is the attendant in charge of the women workers. They work with clock-like precision and have a happy smile for everyone visiting the premises. So far this canning season the patients have processed the following in number 10 cans. Beets 6959 -- beans 5975 -- carrots 5540 -- peaches 3486 -- peeled pears 4186 -- plums 3193 and tomatoes 6721.

"Due to the light crop only 1,320 pounds of dried pears are in storage," said Mr. Brunges. "Prunes are coming in now and I expect to store about twenty tons of the dried fruit this fall. "Bill W."

TUNNEL ECHOES

MEOWS APLENTY

Each evening upon arriving at her home Mrs. Edith Ray, MSH matron, is greeted by her feline harem of seven cats; two persians and five alley variety. When her car nears the drive all seven spring out to greet their mistress who is obliged to toss rocks in another direction to distract them so that she may proceed to the garage.

A bobcat is an unusual pet to have for ten years but Mrs. Ray had one of these animals in addition to her domestic felines. Poor "Bobbie" had a bad accident about two years ago when he stopped a neighbor's bullet. Although nursed back to health he apparently had lost his faith in mankind, for he disappeared and has not been seen since.

Fred Bolliger, the cigarette machine man from Ukiah, was in the Pomo News office several days ago. "No more pennies in the packages," he said.

Did you see "Snafu" and "Susie" those swell dachshunds scampering about in deep centerfield Sunday?

Does any body know the first name of Mr. Dowlen, the nightwatchman?

Wonder what will be the subjects of the murals to be done on the P.D.R. walls?

BOOKS DONATED SINCE LAST ISSUE

Katharine M. Steele, Director of Nursing Service-Magazines; to be distributed to wards.

Mrs. Blanche Meyer-7 books--Mrs. Theresa Sipkins-4 fiction books, 1 Bible and magazines.

MSH wards:--ward K--6 books--ward C--36 books--ward 4--6 books.

FORMER MSH WORKER HERE

Mrs. Caroline Sweeney, a former employee in the MSH Clinical Office visited Miss Eda Bordin and other friends at the hospital last week-end.

Stephen Cornell came from Santa Rosa to visit his grandmother Mrs. Elwin Cornell, MSH switchboard operator last Saturday and Sunday.

QUESTION BOX

This is the first of a series of 9 questions submitted by Ed. S, ward 8. Each week another question will appear in this column.

We hope that the answers (pg. 8) compiled by Gordon McWhirter, Psychiatric Social Worker will provide useful information to patients regarding their ultimate release. This column will welcome any question sent in, accompanied by the answer, that may prove of constructive educational value.

Address your correspondence to Question Box c/o Pomo News.

1. When you leave here do you leave on probation or parole and who is eligible?

(Continued next week)

SNAPPY JOKES

"MAKE MINE THE SAME"

One of my pals, having collected the fruits of a judicious wager, was walking down the street in a cloud of good spirits when he was approached by a seedy panhandler who begged for two bits. "I suppose you want to buy your self a drink?" My friend demanded. "That is right, the bum admitted, his watery gaze fixed firmly on the tips of my friend's shoes. Since you are honest about it", my friend said, "I'll go you one better". And he guided the bum into a nearby bar. "Two double bourbons", he said to the bartender. Whereupon the bum croaked, "Make mine the same."

DRAGS LOAD

A Utah farmer, bringing his cow home from pasture the other evening, opened the barn door and discovered the body of a tramp who had found the barn a handy place to hang himself.

The farmer turned, and ran -- At the inquest the coroner asked the farmer what he did after seeing the body. "I did exactly what you would've done", said the farmer. "I didn't stop for two blocks! 'And why did you stop then?' Demanded the coroner. 'Well, the farmer replied, 'I wondered why I wasn't making better time, so I looked around and there I was still dragging my cow.'" Submitted by Henry T. N. ward 10.

TEEN-AGER VS. THE FAIR SEX

He can't quite decide how to rate them,

(Cont. on pg. 9 col. 1)



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

CHAFF AND CHATTER

Freida S. ward E, writing to the Mail Bag, is looking forward: "I will have a vegetable garden next year when E ward gets parole. I am saving, seeds---William B. ward 12, announces that his feet are well. How's the roads over that way Bill?---and Edward F. Ward 1 offers some constructive advise in his letter, saying: "We patients could more easily get, and keep more privileges by showing our appreciation, by going about our duties with cheerful care, consideration of others, (especially where their feelings are concerned)---in conclusion Ed continues: "I do hope that through this letter we may find the means of proving in part that we can and will be,---worthy of a trust".

Edward F., ward 1, has a few Christian Science Sentinels he would like to have passed on to others. - Good deal Ed.

Spike D. ward 12 likes the Pomo News he writes, and also sends the introductory words, of many songs. Sing it boy sing it.

TEA FOR I MAYBE

Sophie, ward I reporting via the Mail Bag reveals a rueful condition viz: "We girls at ward I, would appreciate it very much if we could have coffee instead of chocolate for breakfast.

Also we have been getting cold storage eggs instead of fresh eggs. Please try to get the eggs soft boiled!"---Why not just scramble them or fried on the half shell. That would be "Just eggs in the Coffee".

PITCHES FOR COOK

We, the boys who work in the kitchen, would like to see someone get a good job in the kitchen as 'pot washer.' Many patients on ward 8 would like the job.

WORKWISE PLUS

Mail Bag c/o Dr. Goodstone:

We should have more help in the Kitchen and other jobs around the Mendocino State Hospital. I think that the cooks and the attendants should work together in seeing that jobs are filled with patients. I

know many patients in ward 8 and 10 who would like to see better conditions worked out. We work many hours a day. Some jobs; the dairy, kitchen and cottages, seven days. other jobs as the laundry, paint shop and etc; are five or six days a week. We would like Mr. Harry Johnson and Mr. Jack Goddard to approve this method. I know of one patient who works 12 hours a day 7 days a week in the kitchen.---A paroled employed patient.

Thank you, thank you for the extra copies of the Pomo News issue requested. I am sending them out one each week, as per rules, to relatives with the fond hope that it will encourage them to write me.

What sort of luck do you think I will have?---Edward B. Ward 2.

I think that its high time someone said a word of thanks for the patients library and for the patients and doctors and all others who have helped to make it a success.

I have made several trips to the library and want to express my sincere thanks for the good service they gave me. It is a great help to patients who are confined to the locked wards and I believe I can speak for most of the patients and when I say thanks for the swell job you have done, and lets see our library grow and grow and grow..... Frank E. C. Ward 9.

I have read in the paper about, inter-ward Hi-Jinks they are having and I would like to say that I know, of a patient in the ward who might like to participate. He plays the accordion quite well. If someone is interested in giving him a chance to play, he can use my instrument. I'm sure he can play some very nice Italian tunes and many others. I know I can't play so very much myself right now. Just thought I'd let you know.....Armondo P.

There is little to tell you at the present moment that would interest you for publication; except we are busy and now working upon our nonfiction books. Also we are still waiting for work to be done in the library and hope it won't be long, before I can say, we are ready for big business in that department. All of the book lovers who have been calling for books in the past three weeks since we opened have sung the praises of having a Library of their own where they can browse among the books and select books of the authors they like best. Librarian....Joyce M.

I am sending you by parcel post mail; two packages of Gig Saw puzzles, consisting of four sets. I read in the Pomo News that they were wanted on ward C.

I was at the hospital accompanied by a friend Oct. 5 and 6, visiting my daughter Marion on ward C.....
A. O. U.

There is very little I can tell you at the present moment that would interest you for publication, except we are now working upon our new fiction books, also we are planning on remodeling for a better library for the book readers and selection.
Joyce M...Librarian.

Being a Christian Science student since 1925, and witnessing many healings of cancer, polio, rupture and the curing of many bad habits and other ills through our leader Mrs. Mary Baker Eddy, I wish to express my gratitude for the interest taken and knowing that Christian Science never leaves you where it finds you. Thank you.....William M. Jr., ward 15.

"You" will recall my letter bringing to mind the physically disabled and what their particular vocations might be. This is Emma, the patient with one hand. I'd like to ask a privilege; haven't ever mentioned this to a professional person before. It is something I feel best qualified and fitted for. In fact, I have spent my life time knowing, inquiring, listening and thinking to the individual person and his interpretation of his living, his life. Then, my living alone with Dad always afforded me the time to concentrate and try to understand their being and attitude.

Dr. Karl Bowman, five years ago, I consulted him listened and inquired of my past history. At that time I didn't make this suggestion, didn't quite know how. For comparison, contrast the sensitive, temperamental actor studies of character to act. No, I wanted to have the feeling and understanding I hadn't any assurance.

I would like to be interested and listen to each person his or her problem. It does have a broadening effect." Sincerely yours.....
Emma L. McD., ward C.

Word from Peter L. B., ward 15, reveals that he has been a patient at MSH for the past seven years.

He is now assigned to the MSH Dairy crew.

Pete has a good boss and we know there are a bunch of swell fellows out at the Dairy.

PSYCHOTHERAPY

The mind in the making

"From Astronomy 20 Centuries before Christ to Nuclear Physics 20 Centuries After."

By George K.

(Cont. from last week)

The year of the Egyptians also was an astronomical year of 12 months of 3 weeks each, with 10 days to a week. At the end of a year of 360 days the Egyptian calendar simply attached 5 additional days. The ancient city of Nimoch of biblical fame, boasted of a royal astronomical observatory even before the reign of the mighty Assurbampal (668-626 B.C.). To exact were its records that Assyriologists found a total eclipse recorded which in accordance with calculations of modern astronomers an astro-physicists had taken place on June 15, in the year 763 B.C.

While civilized man of those early empires of biblical antiquity directed his attention chiefly at the notions of heavenly bodies the inquisitive mind of the Greek philosophers of the Tonian school went farther in its search for rationale explanations of the phenomena of nature. The Tonian school of philosophy dominated Greek thought for about 2 centuries from the time of Thales to Socrates 600-400 B.C. With them questions about the phenomena of matter far outweighed the questions about force and motion. The great thinkers of the Tonian school inquired: What did the world come from what is the element or, if more than one, what are the elements the universe is made of? They looked for one fundamental principle underlying all phenomena occurring in nature, for a kind of natural law. Tonian thought emanated from the argument, "nothing comes from nothing and nothing passes away into nothing." Although it was Parmenides a philosopher of another school of thought (The Eleatics) who first made that statement the Tonian school of philosophy made it its starting point of cosmological speculation. In modern chemistry the same idea is expressed in the Law of Conservation of Matter. That matter can neither be created nor destroyed.

However earnestly man of those earliest civilizations contemplated the starry heavens, he remained mystified by the behavior of the celestial bodies and his knowledge of cosmic space and cosmic forces could be but shallow for his were not the means for study and research that are scientific man's of the 20th century of the Christian era.
(Continued next week.)

Dr. Joseph K. Orr is a new subscriber to the Pomo News.

SPORTS



Hats Off!

RECTIFYS OMISSION

It is indeed a pleasure to have our attention called to a mistake, especially where the constructive criticism serves the end of filling a yawning gap of omission.

So we repeat in behalf of this column and the portent involved: It is pleasingly conducive to publish the following letter from Clayton W., ward 8.

Dear Editor: In the last edition of the Pomo News, Oct. 12 on the sport sheet, an article appeared about Joe Gordon when he was on the Hamilton Field team, coming here to play ball with the Sluggers. You left out one man as important to baseball as the rest and a swell guy. The man is Ernie Mosna. I also might mention that after Hamilton Field played the Seals in Oakland, Joe Gordon made this statement: (which was printed by the Chronicle.) "Ernie Mosna is the best catcher I've seen in the Bush League." Clayton W.

JUST FOR THE RECORD

Does anyone find themselves in a state of speculation for the answer to whether or not the Talmage Slugger baseball team receives any compensation in the way of salary? If so, - at ease. They definitely do not! It isn't necessary to think overly hard to capitulate the unselfish spirit reflected by the team members. The portrayal of faithful sportsmanship and their personal contributions as a group for the pleasure of the MSH patients in their every appearance at MSH ball park is evident.

INCOMPLETED PASS

This column finds itself on the passing end of an open apology to readers, especially so, to members

of the Ukiah Cubs and MSH Blues Softball teams. The "copy" covering the Blues 15 to 13 win over the Cubs was "bottailed" in error in last week's edition.

However, it was a good game and although the Blues won, it remains that the Cubs have an impressive array of talent.

POUNDING THEIR CHEST

This column is in receipt of an open challenge from the MSH Blues softball team to a MSH Attendants Softball game.

HATS OFF TO "HANK".

One of the interpretations of the word sportsmanship is the quality of allowing the laurels to the best; those who have given just that, regardless of odds. Therefore as we all know, the MSH Blues, as a softball team representing the patient personnel of the institution has become an actuality.

After careful screening and the ultimate setting aside of the precedents of long standing by the institution departmental employees, obstacles that at first loomed

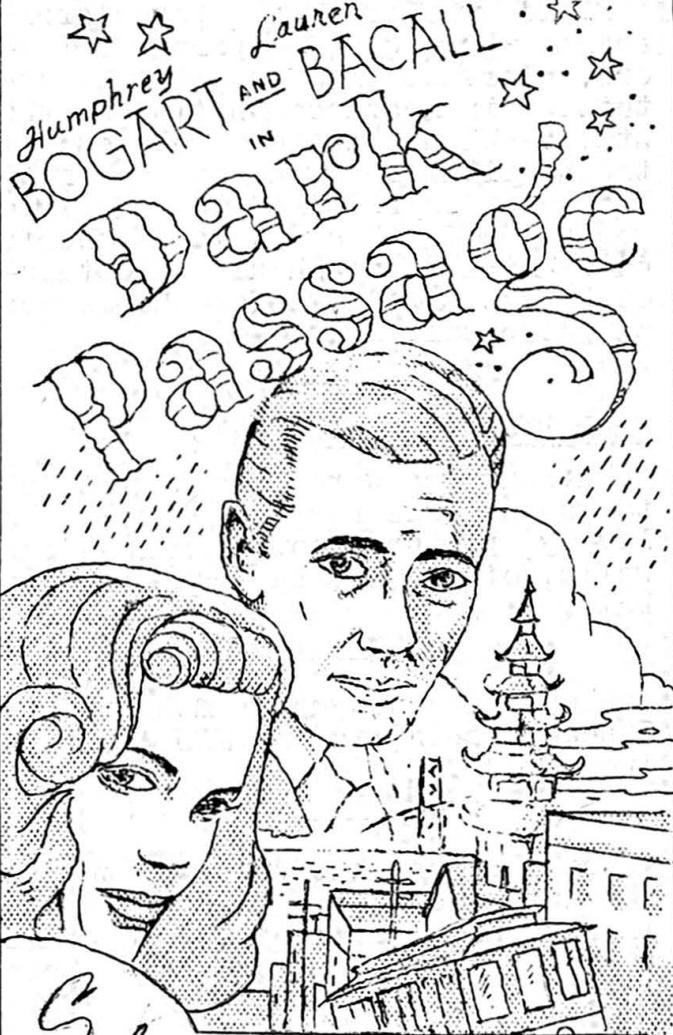
(Cont. pg. 9 col. 2)



Wait a Minute!

Here they are!
Those new BOB EVANS
Hospital
Uniforms

The TALMAGE
STORE



Humphrey ^{Lauren} AND BACALL
BOGART IN
PASSAGE

Saturday OCT. 23RD
MSH
AUDITORIUM

ANSWERS TO QUESTIONS ON PAGE 4

ALCO THERAPY

1. Any patient may ask to be considered for leave of absence status, or for discharge. Mentally ill patients go out when they are well enough and when an acceptable plan can be made. Alcoholic patients go out when their treatment period has been completed. Patients admitted on a criminal commitment have to complete a minimum period in the hospital and be well enough to go out, in order to be considered for leave or discharge.

When a patient leaves the hospital he goes out on what is called leave of absence, or out-patient status, unless he is discharged. The terms "probation" or "parole" are no longer used in connection with treatment for hospital patients whether in the hospital or on leave of absence.

Going out of the hospital on leave of absence means that a patient is still under the jurisdiction of the hospital, is still responsible to the hospital and that the hospital is still responsible to give out-patient service. Out-patient or follow-up help and service. Out-patient or follow-up help and service may be obtained by the patient who is on leave of absence from the field worker.

Field workers are psychiatric social workers, not parole officers. Service from them may be obtained in most communities in the state. When a patient goes out of the hospital on leave of absence, his name is referred to the field worker and this field worker's name and address should be obtained by the patient, before he leaves the hospital.

WALL PICTURES TO WARD 15

Patients on ward 15 are grateful to who ever is responsible for the lovely pictures now adorning the walls, of the living room and day hall.

Alcoholic Anonymous meets every Sunday evening in the MSH Auditorium, 6 p.m.

The MSH Band has received twelve new music stands. They were made in Joe Addor's Carpenter Shop and painted by Bob Wright's Paint Shop men.

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

You are an alcoholic. Do you intend to stop drinking? Don't seek solace in veiled excuses born of discouragement, financial reverses, mental difficulties or any of a number of adverse circumstances. These are not causes--- they are evils that beset the average alcoholic, and which he is prone to label "hard luck." Surplant them with truth, by a personal research. Hard, yes! But harder still, is the way of an alcoholic!

Excuses so readily found and easily enumerated, are relative and not the cause of an alcoholic's debut as such; springing from a cause, based upon or directly related to; some incident or series of incidents experienced by the alcoholic emotionally, much earlier at a critical period of his personality fabrication. Later; lost is its identity, in the roots of emotional personality. Unlabeled on the surface, however deep into the unconsciousness - the memory lies embed. These changes of temperament define radical changes of emotional concept.

To cure an alcoholic habit, one must seek and find the primary cause.

An alcoholic drinks because of some flaw in their personality, not because they were drunk the day before - the week or the year before. Viewing in retrospect, their eminate past, by the lighted fires of the bridges they are burning behind them, - it is easy to confuse this state of temperament and habits with the real "culprit" or the basic cause of an abnormal habit.

That basic emotional personality has its inception in early childhood is generally recognized by science.

In the search for the basic cause of alcoholism, the stakes are undeniably high. Gold is where one finds it! In the search, spare nothing in retrospect. One's priceless happiness lies in the balance! Everything pertinent to childhood, from sex--even prior to adolescence, environment, even idolatry;-- all, are suspect +-- basic potentials! "As the twig is bent, so grow the tree."

Meantime, an alcoholic, in his attempt to attain sobriety - needs all the aid available.

What is a good substitute for the alcoholic habit?

Alcoholic Anonymous following hospital treatment and care, hobbies and other helpful diversions. So is the trend of which the foregoing

(Cont. Pg. 10 Col. 2.)

REDWOOD JOURNAL-(Cont. fr. pg. 1)

can there be than the knowledge that one is making a contribution to the enjoyment of others?

Congratulations to who ever is responsible for the formation of this musical organization."

BAND AT GAME-(Cont. fr. pg. 1.)

numbers including a dance, (Mexican Hat) cleverly done by Maria., ward M.

Meanwhile the ball game now underway, was hotly contested with the outcome constantly in doubt, until; to the strains of "Now is the Hour", the Merchants failed to add to the short end of a 5 to 2 score in the 9th. An unavoidable incident occurred in the 6th stanza when, with Ukiah at bat, catcher Brazil, migrating to home plate collided with catcher Moroni, with sufficient impact to necessitate a call over the public address system for a doctor, which was answered at once by Asst. Supt. R. G. Brankamp.

Shortly thereafter Brazil was back into the game amid cheers of his many admirers. As the crowd filed out of the park, to strains of band music, one could hardly escape the feeling of good will accompanying the afternoon of fine entertainment.

TEEN-AGER VS. THE FAIR SEX-(Cont. fr. pg. 9.)

Is, he really against them or for them.

He's a little too young to date them,

But a little too old to ignore them.....Submitted by Frances C.,

FAIRWELL PARTY

Thursday afternoon at 2:00 p.m. Mrs. Lillian Addor gave a farewell party for the patients of the Sewing and Art Rooms. The table was heaped with sandwiches, potato chips, cookies and several varieties of grapes. Tea was served. The patients were grateful for Mrs.

(Cont. on pg.10. col. 1.)

MSH CHURCH NEWS

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

* * *

Christian Science Church- Subject: Probation after Death. Golden Text: II Corinthians 5:17. If any man be in Christ, he is a new creature; old things are passed away; behold, all things are become new.

* * *

The Rev. Willie K. held his service on Oct. 16 on ward 12 using the fifth chapters of Daniel:

"Thou art weighed in the balances and art found wanting," was the text found in the 27th verse.

* * *

HATS OFF TO "HANK".(Cont.fr.pg.7.)

large, were after persistent determination, somehow overcome.

Things weren't easy as those good people can attest. Several patients also had an active part, among whom Hank P., was not the least. Today Hank is the Blues oldest member, with a admirable persistence, and tolerant patience, Hank "played ball" with others, patient and personnel alike, resting not until or after the Blues became synonymous with MSH softball.....(Pete)

GOES NORTH

Charles Valentini, MSH Shoe Shop manager left October 16 for Tacoma, Washington to visit relatives.

He will be back on the job November 1.

Elinor W., was transferred October 14, from ward M., to parole ward I. She is now a busy helper in the Attendants Dining Room.

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POMO NEWS

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

Supervised by Dr. Gerald Goodstone,
C l i n i c a l D i r e c t o r .

"Duke" R.....Editor.

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VISIT PLEASES

Last week Katharine M. Steele, Director of Nursing Services visited MSH on a brief tour of inspection. While here she called at the Pomo News office and left us this message of good cheer which we print verbatim.

This visit to Mendocino State Hospital has been very brief but it is a great pleasure to be back and see all the fine activity going on; the band, the library, the parole for women. Increased activity on the wards is noticeable, with ping pong tables and athletic equipment being used to good advantage.

Of course, I read all about these things in the Pomo News but it is much more interesting to see them. Good luck!" Katharine M. Steele.

HI-JINKS PRACTICE (Cont. fr. pg.1)

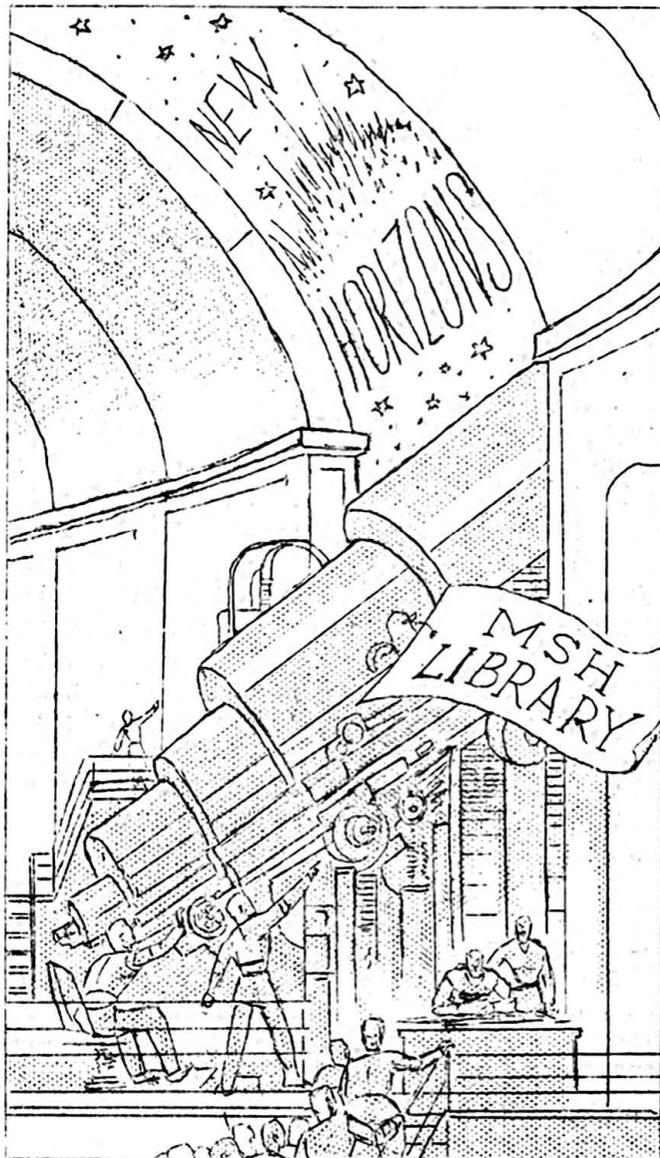
cal, or any other talent and desire the use of the auditorium for rehearsal, are asked to contact Sally H., patient Hi-Jinks coordinator at the Pomo News office. Bob Haslam, MSH band manager, who gave the foregoing information added, "wards at rehearsals need not harbor fear of prying eyes, for I intend to be on hand to see that complete competition secrecy is maintained."

FAIRWELL PARTY-(Cont.fr.pg.9 col.1)

Ador's thoughtful and generous surprise.

Turn about is fair play, so a surprise party was given in honor of Mrs. Ador by the patients of the Sewing and Art rooms Friday afternoon at 2:00 p.m. As one patient said, "we wanted to show our appreciation for all the kindness shown us in the months Mrs. Ador has been in charge." Congratulations Mrs. Ador for a job well done.

Mr. and Mrs. Ador were leaving for a two weeks vacation and upon their return she will return to duty as a ward attendant. Monday, October 18, Mrs. Kenneth Williams will take charge of the Sewing Room.



ALCO-THERAPY (Cont. from pg. 8)

is typical at Dr. G. L. Goodstone's Alco-therapy roundtable discussions held in the Conference room at ward 9, bi-weekly.....Pete

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