



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

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MSH ALL PATIENT REVUE

HARVEST TIME MATINEE — HI-JINKS — EVENING

Gus Garaventa, Farm manager is anxious to put in to operation the new 10 foot McCormack-Deering seeding drill recently received at the farm. "I have 70 acres of small grain land ready to be drilled as soon as the seed arrives," said Gus last Saturday.

Tomatoes, like most other crops at the farm this year, were late.

The large crop is of exceptionally fine quality
(Cont. pg. 10 col. 1)

ADD TO TRUCK FLEET

The MSH Farm became the proud possessor of a new 2 1/2 ton, G.M.C. truck Saturday, October 23. Immediately upon delivery of the new vehicle the farm mechanics went to work removing the truck-bed and accessories from the old machine and installing them on the new truck chassis.

Upon completion of the work the G.M.C. will add much to the already fine farm fleet.

NEW WARD FURNITURE

Several MSH wards will soon be displaying brand new metal chairs replacing the old style wicker furniture which has been in use so long.

The new furniture is the "last word" in comfort be-
(Cont. pg. 10 col. 1)

At 1:30 p.m. Friday, October 29, the curtain goes up for the initial number of Hi-Jinks thus introducing the first of a series of similar entertainments given by the patients of MSH.

Management, personnel and patients, have all contributed with a cheerful good will, of extra hours, props and costumes.

Dances, songs, skits and musical numbers, in fact anything and everything available thought to be of constructive entertainment value is expected to appear in the list of numbers offered. Prizes will be awarded to the winning member or group members for the best performance. Judges who have been appointed to give the nod to the winning act are the following: Dr. Ruth L. Green, M. I. Dekeno, and Charles Bradford.

AA INTEREST GROWS AT MSH

Another weekly meeting of Alcoholics Anonymous was held Sunday evening in the MSH auditorium.

Chairman Lester K., ward 8, stressed the function of the A.A. as relative to its importance to new members during hospitalization and immediately following discharge.

A general discussion on questions pertinent to group objective, individually and collectively, then followed.

The visiting members of
(Cont. pg. 9. col. 2)

JAM AND JIVE 'SESSIONS'

The MSH Orchestra is "going all out" in their efforts to present a top flight organization that will set the dancers toes "a-tingling" when the scheduled patient dances become a reality some-time around the first of December.

The exact date for the opening dance has not been set but an early announcement is expected.

Monday through Friday from 9:30 to 11 a.m. in the auditorium the orch-
(Cont. pg. 9 col. 1)

Patient spectators from "closed wards" will attend the Hi-Jinks matinee which starts at 1:30 p.m.

All parolees, workers and spectators from "open wards" will attend the evening performance. Curtain time 6:30 p.m.

Women patients participating in the show, will enter the auditorium via ward B.

Male patients participating in the show, will enter the auditorium via ward 2.

REST UP AT HOME

Mr. and Mrs. William Elliott, MSH employees, returned to their respective tasks at the hospital Monday October 25, after a leisurely two weeks vacation.
(Cont. pg. 9. col. 1)

NEEDY BEDS ARRIVE

Arriving at MSH last Saturday morning were fifty crank-type hospital beds from the War Assets Administration. According to J.J. Garvey, Business Manager, these are the first of a hundred such beds ordered from this agency. The balance of the order is expected to arrive sometime this week. Upon arrival at the hospital the beds will be delivered to the MSH Paint Shop where they will be overhauled and painted.

FRIENDS ATTEND

FAREWELL PARTY

MSH Assistant Matron Mrs. Katherine Bush and Attendants Mrs. Marie McSparin and Mrs. Billie Walden were the committee for a no-host party given
(Cont. pg. 6 col. 1)

Books Flow In

The MSH Patient's Library has been the recipient of many fine books since the last issue of the Pomo News.

Some of the donors are listed here. They include Cromer G. Nelson Jr., who donated the book, "Life of Mary Baker Eddy" and five other Christian Science books; Frank C., ward 8, with 10 books and Mrs. Mary Von Kagler, of the CDR, 24 magazines. Five books were donated by ward 3 and one book was donated by ward I.

GOES SOUTH FOR VISIT

Jack Buchanan, MSH employee, starts an 18 day vacation October 26. Jack intends visiting in San Francisco but expects to spend most of his leisure time in Los Angeles.

BAKERY

HANDY MAN

The MSH Bakery, under the supervision of Louis Zangerle is one of the busiest shops at the institution and a very busy man indeed is Magnus M., ward 10.

(Cont. pg. 3. col. 3.)

Job Transfer

Attendant Lola Smith, is transferring to DeWitt State Hospital, November 1. She will join her husband Harry who transferred from MSH to De Witt some time ago.

NEED PING PONG BALLS

Ed Veronda, manager of the MSH Masonry Shop, who planned and built the first permanent ping-pong table here at the hospital, also furnished the first set of balls.

When these became battered up and unfit for play, George S., ward 8, an avid ping-pong enthusiast furnished the second set. These are now in a deplorable condition and the players and fans alike are hoping that some good Samaritan will come along in the near future with a dozen or so new balls.

EX-OPERATOR VISITS MSH

Mrs. Winifred La Duke, night telephone operator during Miss Hanson's vacation was a caller at MSH Monday evening. She wished to extend greetings to all her friends here at the hospital.

HAPPY COUPLE

Leland N., ward 8, recently enjoyed a three day visit with his wife.

MSH HAILS "APPLEKNOCKER"

William Overman is a new attendant at MSH, having reported for duty October 25.

He is a former resident of Yakima, Washington where he was employed at St. Elizabeth's hospital. Leaving Yakima, he and Mrs. Overman moved to Napa, California where he was employed for four months at Napa State Hospital.

Mr. and Mrs. Overman are residing in Ukiah.

-LATE FLASH-

Mrs. D. O. Prasser and Assistant Matron Mrs. Katherine Bush have been added to the list of Hi-Jinks judges.

RIVALRY

K E E N

Hi-Jinks contestants, as well as the many employees, who are lending their time and talent, are in a fervor of activity.

In the absence of a detective force, the work of which probably would avail zero anyway, one is forced to hold in check any curiosity as to Hi-Jinks content.

Competition is far too keen to chance a risk of "sneak previews". The dominating feature however is the enthusiastic support given the venture by
(Cont. pg. 9 col. 1)

CANNERY BUSY HERE

The MSH Cannery is continuing the heavy output of canned tomatoes and other products.

During the week of October 18 to 22, a total of 5,180 number 10 tins of tomatoes and 723 tins of tomato juice were stored in the warehouse.

HELPS ODR

Nancy E.K., ward K, is the new helper in the Officer's Dining Room. She reported to Mrs. Lillian Davis, October 22.

DO DOUBLE DUTY

Bob N., ward 15, MSH Band conductor and Louis S., ward 9 the Band's music arranger, are a couple of busy fellows these days.

They have been giving as much of their spare time as possible assisting with "Hi-Jinks" and this work coupled with their band activities keeps them well occupied.

FROM 'BUCKEYE STATE'

A. C. Marshal became a relief attendant at MSH Tuesday, October 18. He is an experienced hospital worker, having served thirty-two months in U.S. Army hospitals during the last world war.

A native of Toledo, Ohio he now resides in Ukiah.

YARDBIRD NEWS



The movie billed for November 6, is "Night Song" with Hoagy Carmichael. -- See it.

Ralph H. T. ward 16., celebrated his birthday on October 16. During a chat with friends, Ralph momentarily drifted into a reminiscent mood. "I came to Mendocino on this date in October 1926.

From ward 1, twenty-two years ago, I was transferred to ward 3 and from there I kept transferring from ward to ward until I came to ward 16. For the past three years I have been working at the Hog Ranch."

J.N.S. was transferred from ward 1, to ward 15, October 22.

Ben P., ward 12, was recently transferred to ward 15. He is now working in the paint and finishing room of the Industrial Shop.

Oscar J., ward 8, enjoyed a visit October 17, from a former employer, L. Cochaen of Stockton, California.

Due to illness Margaret B., a helper in the Officer's Dining Room was confined to ward I, October 23. Fellow patients hope her illness is not serious and that Margaret will soon be back on the job.

Theo. H., ward I, received a most welcome visit from her mother, a San Francisco resident last Wednesday.

Theresa A., ward I, was made happy last week by a visit from San Francisco of her sons and daughters.



DR. WILLIAMS SAYS:

Deputy Fire Marshal Max Miller, in charge of state institutions, was a visitor to M.S.H. last Tuesday, October 19.

He was here in regards to the re-organizing of the MSH Fire Department. Several advantageous changes will be inaugurated and put into effect immediately.

Ten of the volunteer fireman will receive twenty-five dollars a month and will stand three watches every thirty days. They are required to live within a one mile radius of the hospital grounds.

Five other volunteers will receive ten dollars a month. These men will not have to stand watch.

* * * * *

Mr. Ralph Littlestone, personnel officer for the Department of Mental Hygiene was also a visitor to the hospital last Tuesday. He was here to discuss various matters pertinent to his office.

* * * * *

BAKERY HANDYMAN-(Continued)

He is the man that sees to the perfection of all the pastries baked daily for all the wards; the PDR the ADR and ODR.

On arrival at the bakery to start the day's work one of Magnus' first chores is to regulate the boiler room fire preparatory to the days baking.

All sorts of fine pastries are turned out by the bakery, including pies, cakes, butterhorns, cookies and other "goodies."

Magnus literally has his fingers into all the bakery products for he even helps with the bread and rolls.

The good baker has worked in the MSH Bakery for almost four years and one day last week made this declaration to a Pomo News reporter, "If it were possible for me to put more pastry so that the patients could have more I would be glad to add to my present labors. My work has never hurt me and has helped to keep my mind occupied. I enjoy it!"

PHONE 144 FOR
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GROUP MEETINGS SCHEDULED

Group meetings for alcoholic patients with Mr. Gordon McWhirter, psychiatric social worker presiding, has through cooperation with Dr. D. B. Williams staff, been scheduled as follows: at the Conference Room ward 9, Thursday, October 28, 2 p.m. Group meeting (Cont. on pg. 9. col. 1)

Ground parole for women is not a new experiment at MSH. While going through the records this past week one of the doctors found that there were women on parole as far back as 1913.

How many of you have noticed Johnnie's food push-cart lately? He believes in "Safety first"--Has PDR painted all over it.

Attendant Sam Anderson is "pinch-hitting" in the PDR. His annual vacation starts October 26. Plans to stay at home.

SERVICE FOR "VETS."

Any MSH patient who is a war veteran and has a problem to solve, may contact the Veterans Service Officer for this district, Sam H. Ray Jr. in Ukiah. He may also be contacted through the MSH Supervisor's office.

Here is a chance to acquaint yourself with the MSH orchestra. How many of them do you know? In all probability these patients will be "swinging it out, sweet and low, torrid and fast," for the much talked about auditorium dances scheduled to start about December 1.

Here they are and the instruments they play.

Louis S., ward 9, piano-Bill W., ward 8, violin-Ward L., ward 8, trumpet-Marion A., guitar-Al C., drums-Eloy E., saxophone-Floyd D., guitar-Armando P., accordion-John K., violin-Bob N., leader-a 1 of ward 15.

These boys are holding some swell "jam sessions" and are getting in lots of "hot licks."

The Pomo News is the eyes and ears of the patients at MSH. Mail a copy home-"free gratis".

QUESTION BOX

Answers on Page 8

2. What are the basic differences between the alcoholic parole, the criminal parole, the mental parole, and the application of each one of these in the following questions?

3. What is the German word meaning Gin?

4. What is the Greek word meaning yes?

5. What is the fastest train in the world as recorded?

6. In natural phenomena such as wind traveling in a circular direction as in cyclones and typhoons, does the wind circle clock wise or counter clock wise?

SNAPPY JOKES

The little bunny had a habit of going through the fence and eating nice tender carrots in farmer Brown's garden.

One evening a beautiful Fairy appeared and said, "Little bunny, don't you know you shouldn't steal farmer Brown's carrots?" The saucy little bunny replied, "So what!"--so the Fairy said, "The very next time I find you in here I shall turn you into a goon". "Oh well," said little bunny, "Here today, goon tomorrow." Grace Westley (Switchboard)

1st Patient--"I have just reached my 21st birthday."

2nd Patient--"What delayed you?" Francis C., ward I

A wealthy American went on a vacation trip to England.

One day as he was crossing a bridge he saw two boys diving in the river below: At that time we had gold money in the U.S.A. Having a pocket full of gold coins he started throwing \$5 gold pieces in the river, watching two boys dive for them. After he ran out of \$5 pieces, he started throwing \$10 gold pieces in. Just then an Englishman saw all this and asked the American what he was doing. The American replied that he was just having a little past time throwing \$5 and \$10 gold pieces in the river watching the two boys dive for them. The Englishman cried out, "Stop this bloody outrage, you will have the bloody King diving."

H.T.N., ward 10

(Cont. on pg. 8 col. 1)



JUST LIVES SORROW

It came, as quarrels sometimes do,
When married folks get clashing;
There was a heavy sigh or two
Before the fire was flashing;
A stir among the clouds
Before they rent asunder
A little rocking of the trees,
Then came up the thunder.
Francis C., ward I

WILL IT AGAIN BE TOO LITTLE AND TOO LATE?

The history of the United States tells us: Columbus with the aid of Spain, discovered the New World. France gave us the Statue of Liberty that we represent.

Now a son of a beggar is trying to destroy that liberty with confusion and destruction.

Is it not time for the American people to stop and think before we have war again?

We have a place for people who don't know what they are doing.
Al B., ward 15.

ENJOYS SERVICE

An sending my thanks to Rev. Willie K. for holding such a good service at ward 12 on Saturday. "God be with you all"--Manuel V., ward 12.

THOUGH I WALK

I have helped people all of my life and have helped a great many since being here. With pure good purpose in my heart, I always try to do good, regardless of what comes. What good comes unto me, is a blessing from God.

Each individual has within himself a small scale battle-field, where truth triumphs over falsehood where right conquers over wrong, where goodness defeats evil and eternal verity rises over viciousness.--Florence B., ward C....

That most certainly is an admirable viewpoint--Blessed be the meek for they shall inherit the earth.

WRITES THANKS

"I want to say thank you for your kindness for always finding

space in your paper when I write. I'd like to say thank you too, for the many kind things that have been said to me through your paper. It is nice to be able to write and know that our letters are always received in such a nice way.

I really did enjoy my parole, but through my own foolishness I lost it for a while. If I get another chance I will sure try and prove I can do better.

May God bless you in your good work and all who are on the Pono News. What has happened to Bill W? I sure miss his work. Writes Nancy E. K., ward K.

S.B.G.B. ward 12, writes to the Mail Bag stating that when he "gets up in the air, the ice is chilly, and wonders why the heat can't be turned on more quickly in the new building." "Small considerations of this kind can bring a lot of appreciation," he added s-----Maybe the water freezes on the way down to 12, or perhaps the ice just gets cold previous to your rising. Maybe its just expansion.

JIG SAW PUZZLE SOLVED FOR PRESENT

In the mail bag under date of September 28, a letter appeared from Clara Q., ward C. In her letter Clara expressed a desire for jigsaw puzzles.--Later, a nice couple, Mr. and Mrs. O. A. Unfrid, dropped into the Pono News office and stated that they had noticed a request in the Mail Bag. Since their return home they have answered the plea by mailing several sets to the hospital.

CELEBRATES BIRTHDAY

I am very grateful for such thoughtfulness as shown by ward I girls. Happiness can't express the feeling that engulfed me as they sang, "Happy Birthday to You." A surprise it was.

The table, spread with sandwiches, fruits, cookies, candies and gifts almost thrilled me to tears. A special "thank you" to each giver and those who wished me a happy birthday.

I understand that the party was an idea of Lila H., but the rest joined in and helped her make it a success. Again, Thank you. Esther L., ward H.

GIVE US THE "LOW-DOWN"

Pono News is essentially a hospital paper and we want and request any news items of interest to the patients and employees of this institution.

STATES PROVIDE AID FOR 'VETS' PSYCHOTHERAPY

The Mind in the Making

A list of aids the various states give their war veterans in addition to those they get from the Federal Government has recently been published in an Associated Press dispatch.

The Survey, conducted by the Veteran's Administration, discloses that among things the States contribute are:

All States provide for guardianship of veterans who are mentally unable to care for themselves, and all have central agencies to plan, administer and co-ordinate veterans programs.

Thirty-one States provide (1) money or other assistance to needy veterans and their dependents, (2) vocational training programs and (3) funds for housing and public works projects.

Those that do not: Alabama, Arkansas, Colorado, Florida, Georgia, Louisiana, Mississippi, Missouri, New Mexico, Nevada, North Carolina, South Carolina and Tennessee.

SEND 'GRAPEVINE'

Superintendent D. B. Williams sent the following letter to the Santa Rosa chapter of Alcoholics Anonymous Thursday, October 14:

"Alcoholics Anonymous, Santa Rosa Fellowship, Santa Rosa, California; Gentlemen: We wish to thank your Association for the year's subscription to "The Grapevine". We shall file the copies in the Patients' Library at this Hospital, so that it can be generally read. Your s very truly, David B. Williams, M.D., Supt."

FRIENDS ATTEND FAREWELL PARTY-(Cont)

in honor of Assistant Matron Mrs. Beulah Brown, Saturday evening, October 23, at the Palace Hotel in Ukiah. Husband Buster Brown was here from Dewitt State Hospital as was her sister and brother-in-law from Norwalk State Hospital. A sister from Indiana who has been visiting here was also in attendance.

Features of the gay affair were the introduction of the sisters by Mrs. McSparin, the presenting of farewell gifts and last but not least the serving of a splendid turkey dinner with all the trimmings.

GOES TO HOSPITAL

Mrs. Estelle Tuttle, ward I attendant, leaves October 26, to undergo an operation. She hopes to be back on the ward in about three weeks.

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

By George K.

(Cont. from last week)

It was not until the 6th century B. C., that man's speculative thought about the structure of the universe and the phenomenal manifestations of nature took on the aspects of true science. The credit for the development from superficial astronomical knowledge to critical scientific study goes to the philosophers of the Toman school. It will serve us well to keep in mind that their speculations about the cosmic forces, too, were hazardous, to say the least, due to the limited observations they were restricted to. Theirs was no optical wonder of Palomar to penetrate the depths of cosmic space and none of the marvelous sensitive instruments and powerful machinery of the physicists of our time to secure accuracy of observation. Theirs were but keen, disciplined minds skilled in making thorough mathematical calculations. Those great Toman thinkers were mathematicians, geographers and naturalists before they were philosophers. Thales of Miletos of the 6th century on whom the historians of philosophy look as the dean of the Toman school was familiar with the strange force dormant in amber that can be awakened and made active by friction, that is to say, static electricity. The Greek word for amber is electron and in it we have the origin for our word electric.

It might be worthwhile to outline briefly what kind of picture about the origin and the structure of the universe the one and the other Toman thinker had formed in his mind.

To all of them the earth was the center of the universe, stationary and in a fixed place. (There was, however, one heretic among them who proclaimed the sun as the central body. He was Pythagoras. Remember him from your high school days. Your geometry teacher introduced you to him when she demonstrated that the square erected on the hypotenuse of a rectangular triangle equals the sum of the squares of the kathetes. You do remember; no doubt, if not Pythagoras then, certainly, teacher.)

Observing that all organic life depends upon moisture for its development and growth Thales contended that the world emerged from water. Water was the elementary substrate.

(Cont. next week)

SPORTS

SUPPORTS MOVE FOR
EMPLOYEES SOFT BALL TEAM

Opener Soon



Ernie Mosna, MSH employee, is a likely candidate for the purpose of cultivating an interest among fellow employees with a view to organizing an MSH employee's soft ball team.

Don't be too greatly surprised, when in the near future we are able to announce the opening game. It isn't too late in the season and "when the rains come," a seed planted now will grow into something worth while, "come Spring."

As to incentive, no imagination is required in view of the whole-hearted sanction and support of departmental heads, not to mention the healthy recreational element for the patients with whom games might be scheduled. Consider the fine MSH base-ball diamond and the pleasure and amusement afforded so many patients. Yeah--plenty of incentive!

MSH 'Blues' Get New Equipment

Purchased recently via the Patients Amusement Fund for the use of MSH "Blues" softball players, are five new fielders gloves. Is it necessary to mention the significance of this supporting gesture? The implication is obviously synonymous with the fact that while it might prove difficult to force one to play softball, it is intended to show beyond doubt that the venture is sanctioned and heartily encouraged by the occupational therapy department.

LET US HEAR FROM ALL YOU SPORT FANS. MAIL TO SPORTS EDITOR.

GROCERIES
VEGETABLES
FOUNTAIN SERVICE
DRY GOODS

at
Talmage....

THE TALMAGE STORE

TALMAGE WINS 'LITTLE WORLD SERIES'

TAKES TROPHY IN 15 INNINGS

In a pitchers duel, worthy of any big league ball diamond, Talmage won one of the best games of the season at Ukiah, Sunday October 26. Pitcher Severi for Talmage and Openshaw, the Merchant moundsman, both holding their opponents scoreless until the 6th frame. Openshaw hit a home run in the top half of the 6th, tying a Talmage run, scored earlier in the same inning. Tied at 1 all, while playing 8 more innings of great baseball, Talmage broke loose in the 15th, for a 5 run rally, Ukiah retaliating with 2 runs in their half of the inning.

Final score - Talmage 6 Ukiah 3. Severi struck out 9, while Openshaw collected 8 strikeouts. Neither pitcher allowed a walk in 14 innings.

The game marked the 3rd win for the Talmage Sluggers out of 4 games played, of a scheduled 5 game "Little World Series."

A beautiful trophy which during the series had reposed conspicuously at Foggy's Filling Station is now among others previously won by the Sluggers.

★ SAT. OCT. 30TH ★

You will remember

THUNDER IN THE VALLEY

★ TECHNICALOR ★

WITH
Lon McCallister
Edmund Gwenn
Peggy Ann Garner

MSH AUDITORIUM

ANSWERS

To Questions On Page 4

The hospital refers to "leave of absence from the hospital," rather than to parole or probation. From the hospital point of view, people are admitted to the hospital as patients--s i c k people in need of some kind of hospital treatment. From this view point the basic similarity is more important than the "basic difference."

Different patients require different treatment at the hospital and consequently different treatment after they leave the hospital and while they are "out patients on leave of absence."

Generally speaking, patients who are or have been mentally ill, go out on "indefinite" leave of absence. After a period of time (usually a year) the patient will be considered for discharge, on either the request of the patient himself at the hospital, or on the basis of a report and recommendation from the field worker.

----The above is Point A of a 2 point answer to question number 2. Point B will appear next week.

3. Wacholderbeerenbranntwein.

4. The word is nay. 5. The Union Pacific Streamliner-C i t y of Denver. Speed--120 m.p.h. 6. The wind circulation reverses direction, depending upon which side of the equator the phenomena occurs.

SNAPPY JOKES

(Continued from page 4, col. 2.)

A tramp accosted a young girl. "Lady," he said; "I have'nt had a bite in days!" -- So, she bit him!

"This nation is all one," shrieked a politician the other day. "There is no North..no South..no East..no West.."

"Great snakes!" muttered a man in the audience, "no wonder the country don't know where it's going!"

Every day, Doyle was outside the cemetery gates. "What's the idea of standing outside the cemetery gates?" asked a friend. "A few years ago," explained Doyle, "I loaned Guinness fifty dollars. He's got to pass through here some day."

He: "I was a fool when I married you."

She: "I realize that now, but at the time I was so infatuated with you that I didn't notice it."

ALCOTHERAPY

You are about to be discharged from the hospital. You are still an alcoholic in the sense that forever, you shall never be able to drink as does the so-called "Social drinker." Tomorrow he too may become allergic to alcohol. Does that make you an object of curiosity?

Are you leaving hospitalization to face a perfect world? Don't fool yourself! Ironically you are a potential candidate to fall into your old habits by token of the strain of an earnest battle with yourself to resist that ultimate "slip" which you fear. Be prepared!

Stoppages in your emotional outlet can be recognized. Are you lonely--or are you depressed? Recognize these symptoms for the red light that they are. "Blow off steam" through occupational channels by medium of the acceptance of some pleasing fulfillment such as Alcoholics Anonymous. Perhaps by helping others toward achievement of a common goal of abstinence and ultimate happiness, you will have filled the vacuum of an uneasy temperament.

Can the fact that you are an alcoholic in any way be attributed to a physical deficiency? Yes, only within the scope of a possible maladjustment which the system has undergone in order to take care of the excessive amount of sugar taken with the use of alcohol. Meet this natural summons in kind, with sugar in the form of jellies, sweet soft drinks, pastry and candy, carried about the person for an emergency ration.

Why do you drink after a cure?

What troubles are you trying to escape? Can it be the turmoil of emotional self criticism in the knowledge that you have no one to blame but yourself. Meanwhile, swallow your pride, which is where your health and happiness are concerned but false pride at best. Come to realize meantime that you are inadequate to master your difficulties. This conclusion doesn't imply helplessness or inertia. On the contrary such a revelation is paramount to a green light toward the solution of your problem. You merely feint a retreat to enhance your position, to where victory may soon be in sight. "Know thyself," albeit a virtue from any angle!

Having fully decided by trial and error and virtue of common sense that you are unable to cope with your problems or divert them to a normal pattern of existence; you as an alcoholic, if sincere in your search for abstinence further admit that your life has become unmanage-

(Cont. Pg. 10 Col. 2.)

JAM AND JIVE SESSIONS--(Continued)

estra may be heard rehearsing all the latest dance numbers. They will also have at least one talented vocalist on hand to sing your favorite songs when the big day rolls around.

GROUP MEETINGS SCHEDULED--(Cont.)

of alcoholic patients who are from the San Francisco area or expect to go there when released. Friday, October 29, 2 p.m. Group meeting of all other alcoholic patients.

THE TALMAGE SLUGGERS AND THE POMO ATHLETIC ASSOCIATION WILL PLAY AT THE MSH BALLPARK SUNDAY, OCTOBER 31. GAME TIME IS 1:30 P.M.

RIVALRY KEEN--(Continued)

employees departmental heads. Props, costumes and more props are needed and seem to appear as if by magic.

Incidentally Sam Ray, MSH employee was spotted in the administration building with that famous "smug" look adorning his features.

Approached for information, Sam's countenance assumed all the appearances of a mummy, although perhaps not quite so coy.

That Sam was busy, there was no doubt, for quickly taking off like a broken field runner, he disappeared into the Business Office. Later, after coming out of the Supervisor's office, Sam was seen dashing through the tunnel in the direction of the Industrial Shop. Again and again similar "ball carrying" activities have been executed by MSH employees in behalf of Hi-Jinks.

So that the show will be blessed with a successful inauguration; a regular bee hive of giving, borrowing, helping and sewing prevails in a manner meriting something more than commentary notice.

The Pomo News is the proud possessor of a new 1949 Model A. B. Lick Mimeograph Machine.

MSH CHURCH NEWS

The Rev. Willie K. held his service on Oct. 23 ward 12 using the ninth chapters of St. John: Text taken from the 4th Verse.

And as Jesus passed by he saw a man blind from his birth. And his disciple said unto him, who did send this man or his parents that he was born blind. Jesus answered and said unto him neither has this man sendth or his parents but the works of God shall be made manifested in him and I must work the works of him that sent me while it is day, and the night cometh when no man can work, as long as I am in the world I am the light of the world.

* * *

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.

A.A. INTEREST GROWS AT MSH--(Cont'd)

the Santa Rosa Chapter all gave interesting talks. "Doc", mentioned the importance of a view-point of living "just for today," giving a revealing interpretation. Pamphlets on the same subject were passed among the group.

STOPS ENROUTE HOME

John Martin a former attendant here, while enroute to his home in Long Beach stopped at MSH to visit Supervisor L. E. Miller. (He was on vacation) However a pleasant visit was had with Matron Edith Ray.

SAN FRANCISCO MAN TO MSH

Donald R. White a former resident of San Francisco, began his duties as a relief attendant at MSH October 16.

He is residing in Ukiah.



Andy's LIQUOR STORE

DROP IN
* SEE ANDY *
For
Better Liquors and Finer Wines

Ph. Ukiah 1138-J

POMO NEWS

PUBLISHED EVERY TUESDAY AT THE MENDOCINO STATE HOSPITAL, TALMAGE 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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NEW WARD FURNITURE-(Cont. fr. pg.1 col.1)

ing upholstered in long-wearing Masland Duran Stripe, having plastic seats and solid backs.

J. J. Garvey, Business Manager, says 1000 of these chairs are to be distributed at MSH and in all probability wards 14 and 15, I and K, will be the first receivers.

Scheduled to arrive at MSH within the next thirty days are the long-awaited park benches. Ordered last spring from the east it is hoped that the new benches will satisfy a much needed and popular demand.

Young Man: Darling, as I kissed you good-night, love was born."

Young Lady: "That's fine dear, but please wipe the birthmark off your lips."

ALCO-THERAPY-(Cont. fr. pg.8 Col.2)

able. In the light of the foregoing, can an alcoholic afford to pit his will power alone against alcohol, as he has done a thousand times before? Realizing the futility of such a course, if he will seek the aid of some medium of his own choice, such as Alcoholics Anonymous, he will if sincere, at least experience the solace of achievement. Thus we offer the consensus of Dr. G. L. Goodstone's Alco-Therapy discussion on Monday, October 18, in the conference room at ward 9.

HARVEST TIME-(Continued fr. pg.1 col.1)

and weather permitting, will be completely harvested.

A crew of ten men have been busy picking and a steady supply of tomatoes has gone to the MSH cannery.

The corn crop was everything that could be expected this year. The two 130 ton silos are full and 60 tons of dry corn has been sent to the chicken ranch.

For the past three weeks the Farm has been sending five lambs a week to the MSH Butcher Shop. Within a few days a lot of twenty-five prime lambs will be slaughtered and sent to the butcher to be cut into chops to appease patients' appetites.



HARVEST TIME-(Continued)

The MSH truck farm, under the supervision of George Garaventa, is harvesting a large pumpkin crop. A truck-load of crooked neck pumpkins goes to the MSH kitchen once a week. There are three acres of other varieties and truck loads of these have already gone to the cannery to be canned for winter use. "We have a small patch of pumpkins that will go to the bakery for pies," said Mr. Garaventa, adding, "these pie pumpkins will be the last to be harvested."

ATTEND THE A.A. MEETINGS

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