

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

Vol. 1 No. 26 November 2, 1948 5¢ per copy Population 2783

HI-JINKS HUGE SUCCESS

MSH FIREMEN ASSIST

The MSH Fire Department was called out at 5:30 a.m. October 29, to assist the Ukiah firemen extinguish the conflagration at the Farmers Club.

Five MSH firemen and one firetruck were rushed to the scene, remaining until 7:30 when the fire was declared under control. Their services no longer needed they returned to the hospital but left a supply of two and one-half inch hose with the Ukiah department for emergency use. This hose was later returned.

GRAND PRIZE

The MSH Bakery has once again made a high score with a bakery product.

Magnus M., ward 10, the well known pastry man was recently the creator of a masterpiece of bakers' art.

The "masters touch" presented itself in the form of a huge cake that was presented to the winner of Hi-Jinks first prize.

The beautiful cake was on display during the performance and many exclamations of delight were voiced by those viewing the prize.

(Cont. pg. 8 col. 1.)

WARD 8 TAKES THE CAKE

That many things come of creative thought is a foregone conclusion. Enhanced by the strength of co-operative interests, visions recognize no horizons.

Thus it was when a comparatively short time ago, Mrs. G. L. Goodstone suggested an amusement program as a part of Occupational Therapy. As a measure of incentive she announced that she would give a prize to the feature proving the most worthy of expressive talent.

Enjoying enthusiastic interest and support in line with a policy already adopted by Superintendent D. B. Williams and the MSH Staff, to better hospital conditions at MSH--Hi-Jinks flourished from its birth.

NEW SPONSOR FOR AA

A lively Alcoholics Anonymous meeting was held in the MSH auditorium last Sunday evening.

Five members of the Santa Rosa chapter were in attendance. Round table discussions developed the fact that Dick's visit here marked his fifteenth consecutive Sunday evening trip, during which time he has acted as MSH group sponsor.

The local group un-animously expressed their appreciation for the benevolence of Dick and others of the Santa Rosa chapter who have given so much of their time and effort to the interests of those at MSH.

"Dee" volunteered to assume the sponsorship and entertainment for future meetings was discussed prior to adjourning.

THE POMO NEWS IS THE EYES AND EARS OF MSH.

better hospital conditions at MSH--Hi-Jinks flourished from its birth.

Credit for the successful presentation may well be marked as rungs in a ladder of progress. Co-operation by patients and employees alike, coupled with the progressive support of departmental heads, Hi-Jinks could not fail.

If a measure of success can be weighed by congratulatory comment both oral and written, then surely Hi-Jinks has made history. In (Cont. pg. 10, col. 1)

HOLD DANCE AT MSH

Saturday night, November 6, the C.S.E.A. will hold a dance in the MSH Auditorium. Employees are their families are invited. Dancing is to start at 8:30 p.m.

TO NEW HOME

MSH Assistant Supervisor, Kelly Thrailkill, and wife are moving to their new home in Regina sub-division.

FROST DAMAGES CROP

MSH Patient workers at the MSH Cannery are still engaged in canning tomatoes. Under the supervision of Henry Bruges, the cannery for the week of October 30, packed and stored in the warehouse: 3460 cans of tomatoes, 278 cans of tomato juice and 425 cans of tomato puree. This week was made in number ten tins.

"The first heavy frost of the season which occurred on the night of October 29, did considerable damage to the tomato crop," said Henry, when interviewed last Saturday. "We will have another week of tomato canning before processing the large quantity of pumpkins that have been accumulating," he stated at the conclusion of the interview.

MORE ALLEVIATING COMFORT

The MSH Mattress Shop is busily engaged in the manufacture of 100 new mattresses. Upon completion they will be combined with the hospital beds now being assembled in the Paint Shop.

It was the Mattress Shop that helped supply the "preps" for the Hi-Jinks "Drunk Woman" act.

Included were the Third and Howard signpost with which the talkative inebriate became involved and the fireplug where she "wound up" somewhat disengaged.

MORE BOOKS TO LIBRARY

Andy Stahls liquor store in Ukiah was a recent donor to the MSH Patients Library.

Twenty-five nicely bound books were in the lot delivered to the librarian.

These included twelve fiction books by (Cont. on pg. 8 col. 1)

SON HAS FLU

Due to the illness of her son, Mrs. Annie Anderson, MSH telephone operator was called home the evening of October 28.

She was necessarily absent from her post for several days.

VISIT IN UKIAH

Walter Thomas, a former MSH Tailor Shop employee, who is now employed at Agnew State Hospital, is vacationing in Ukiah with his son and daughter-in-law, Mr and Mrs. Ladd Thomas.

VISITS NORTHWEST

Charles Valentini, MSH Shoe Shop manager, was back on the job November 1, after vacationing fifteen days in the state of Washington. He visited relatives in Tacoma, Seattle and Olympia.

GOOD SAMARITAN

Mrs. J. W. Eversole, a long time resident of Ukiah, recently donated 180 fine novels to the MSH Patients Library. These books have already taken their place among the countless others that line the library shelves.

A resident of Ukiah for 55 years, Mrs. Eversole has long been noted for always being ready to lend a helping hand wherever needed.

She is especially noted for the many kind things she has done for others throughout her life.

C.S.E.A. MEETING

A \$100.00 Merchandise drawing is to be held by the C.S.E.A. Tuesday November 9, at the regular monthly meeting in the MSH Auditorium. Tickets will be available until the regular scheduled meeting time.

TALMAGE PAIR WORK AT MSH

Mrs. Marilyn Barton is a new relief attendant at MSH having reported for duty October 23. She joins her husband, William H. Barton who has been an MSH kitchen employee since last January. The couple reside in nearby Talmage.

DO SALVAGE WORK

As an aftermath of a fire that occurred at the Ukiah Farmers Club early Friday morning, October 29, the MSH "Big Gang" was called to the site Saturday to help with salvage proceedings.

The fire did considerable damage to farm implements, grain and other commodities and happened at a time when available laborers in this area were busy with the grape harvest.

A large quantity of grain was salvaged by "Skid" and his "Big Gang" and the men were the object of much favorable comment by the Farmers Club interests. It was decided that the wages earned by the patients would be divided equally among them and credited to their personal drawing accounts at the hospital.

WARD 8 CLOTHES ROOM BUSY

Fred K., patient in charge of the Clothes Room at ward 8, certainly holds down a job which is no bargain; especially for any one inclined to look for a "snap."

Of the average 175 patients on the ward, many bathe quite frequently, or as often as their type of work necessitates. While most any size clothing might be worn as a clean change, Fred does not stop there. Each garment is checked (Cont. on pg. 8 col. 1)

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(Cont. on pg. 8 col. 1)

YARDBIRD NEWS



The movie billed for November 13, is "The Inside Story," directed by Allan Dwan. See it.

Porter B., on October 29, was transferred from ward 1 to ward 8.

Erna W., ward I, a press operator in the MSH laundry became quite ill while at work October 27. She was removed to ward M for hospitalization.

Ralph G., Eugene P. and James C., made the transfer from receiving ward 9 to parole ward 8, October 31.

Starting with this issue the Pomo News will publish as an additional feature, news deemed pertinent to patient Social Service. Under the column heading, "Social Therapy," Gordon McWhirter, Psychiatric Social Worker, will provide useful information on many subjects relative to patient welfare.

Myrtle R., ward M, was transferred to ward I, October 27. She will be added to the crew of workers at the MSH Laundry.

POMO NEWS-PATIENT TIP FOR THE WEEK

If you are a parolee do not leave the institution area to pick fruit or do other work without an "Okey" from the proper authority.

Marie S., on October 27, made the transfer from ward M to ward I. There she will be assigned to the ward work detail.

(Cont. on pg. 7 col.1)

PHONE 144 FOR UKIAH

Empire

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



DR. WILLIAMS SAYS:

I am well pleased with the good account shown by you patients in your presentation of Hi-Jinks. Why not go ahead now, and drum up a good Christmas program? Start getting your costumes and props ready against the time you will need them.

Miss Norma Garaventa, who is attending the State Nurses Convention in Long Beach, is taking samples of Occupational Therapy work with her at the request of the hospital Occupational Therapy department. Sample articles from the various Occupational Shops were taken, including copies of the Pomo News. They will be placed in the Department of Mental Hygiene Occupational Therapy exhibit. *****

I would like to see more women alcoholic patients attending Alcoholics Anonymous meetings. The doors are wide open. The rest is a matter of your own point of view.

HAPPY HARVEST

Joe Addor, with his three sons Tommy, Bennie and Eugene from Santa Rosa can now say, "our fruit picking is all finished." Joe expects his oldest boy home from Germany soon. Mrs. Addor expects to return to duty Friday, November 5.

OREGON BOUND

Sam Ray left Saturday October 30, for Portland, Oregon on a business trip. Word was sent back that he had a little car trouble in Marysville, California.

RECEIVES GIFT

The ward I participants in the Hi-Jinks appreciated receiving the Halloween gift. The centerpiece made our table at the party quite attractive. It was a gala time of get-together on the following evening, November 1st. Thank you Dr. and Mrs. Williams. Maria B., ward I.

BERNICE FAAS IMPROVING

Mrs. Bernice Faas, MSH Dental Technician who has been absent from the hospital for some time was finally reached by a Pomo News reporter by phone. Sick in bed since October 11., Mrs. Faas is still under doctor's orders and has been doing her best to get out in the sunshine.



PAINT LIBRARY FLOOR

The boys from Bob Wright's MSH Paint Shop moved their "rigging" into the Patients' Library last Friday. When they left the library floor was gleaming with a new coat of battleship grey paint.

During the week the paint crew was never too busy to do a "last minute" rush job for Hi-Jinks.

Through the courtesy of the MSH Matron's Office a number of jigsaw puzzles are being redistributed. They were brought to the Pono News office last Friday by Attendant Annot Penneo, ward D.

SKILLED HANDS SUPPLY NEEDS

Patients and others attending the Hi-Jinks last Friday, might be interested to know that the cute umbrellas used in the ward H skit, were made at the Industrial Shop.

The Industrial Shop also furnished the several articles taken for exhibitional purposes to the Nurses Convention at Long Beach by Miss Norma Garaventa.

Joyce M., the librarian at MSH Patients' Library was host at a birthday party last Sunday afternoon in honor of Claude H., ward 8. Claude is part time assistant librarian.

Eugene W. and Paul S. were recently transferred from ward 15 to ward 8.

Joyce M., the librarian at MSH Patients Library wants to buy a used typewriter. Anyone having one for sale may contact her there.

Andy Stahl's
LIQUOR STORE
 * DROP IN *
 SEE
 ANDY for
 Better Liquors and Finer Wines
 Ph: Ukiah 1138-J

QUESTION BOX

Answers on Page 8

1. What is the highest mountain in the world?
2. What is the highest mountain in the United States?
3. What planet is known as the God of war and of fertility.
4. What is the seventh month of the Gregorian year.
5. Who was the youngest billiard player to win the worlds championship.
6. What are the names of the 5 Great Lakes.

SNAPPY JOKES

A sailor was taking his girl home in a taxicab, when the driver, having some trouble putting the car in gear, growled, "That is a terrible clutch." The young lady leaned forward and said, "So, what business is it of yours." Submitted by H.T.N. ward 10.

Mater: Woman who finds mates for her daughters.

Two small boys were walking in the woods in search of adventure. One of them picked up a chestnut burr. "Come here quick, Tommy," he cried. "I've found a porcupine egg."

Judge: "What excuse have you for being in a parked car on that dark road?"

Old Maid: "I was driven to it."

Daughter: "Mother, what is the best way to stop Tom from spending so much money on me?"

Mother: "Marry him."

Bulldozer: A first sergeant's chin with a motor in it.

Bud: "I've found a swell place to go fishing."

Bob: "Where?"

Bud: "Well, about five miles down the road, there's a place marked 'Private.' You go through the gate, then past the sign that reads, 'Keep Out--Trespassers will be prosecuted. Turn East until you come to a sign that reads, 'Positively No Fishing.'"

Bob: "What about it?"

Bud: "That's the place."



THE HOUSE BY THE SIDE OF THE ROAD

There are hermit souls that live
withdrawn
In the place of their self content;
There are souls like stars, that
dwell apart,
In a f e l l o w l e s s firmament;
There are pioneer souls that blaze
their paths.....

Where h i g h w a y s never ran--
But let me live by the side of the
road

A n d be a f r i e n d to m a n.

* * *

Let me live in a house by the side
of the road,

W h e r e the race of men go by--
The men who are good and the men
who are bad,

A s g o o d a n d a s b a d a s I
I would n o t sit in the scorner's
seat,

O r h u r l the c y n i c's b a n--
Let me live in a house by the side
of the road

A n d be a f r i e n d to m a n.

* * *

I see by my house by t h e side of
the road,

By the side of the highway of life,
The men who press with t h e ardor
of hope,
T h e m e n w h o are faint with the
strife.

B u t I turn not away from their
smiles nor their tears,

Both parts of an Infinite plan--
Let me live in a house by the side
of the road,

A n d be a f r i e n d to m a n.

* * *

I know there are brook gladdened
meadows ahead

And mountains of wearisome height,
T h a t the road passes on through
the long afternoon

A n d stretches away to the night,
But still I rejoice when the tra-
velers rejoice

And weep with t h e strangers that
mean,

Nor live in my house by t h e side
of the road

Like a man who d w e l l s alone.

* * *

Let me live in a house by the side
of the road--

It's h e r e the race of men go by.
They are good, they are bad, they
are weak, they are strong,

W i s e, f o o l i s h--so am I;

Then why should I sit in the scor-
ner's seat,
O r h u r l the c y n i c's b a n?
Let me live in a house by the side
of the road

A n d be a f r i e n d to m a n.

Sam Walter Foss

Selected by Joyce M., ward I MSH
Patients Librarian.

DOUBLE-HEADER SURPRISE

I couldn't keep t h e tears back
when Mrs. McSparin presented m e
with a Birthday cake and ice cream
for all the girls from the attend-
ants on ward M i n celebration of
my Birthday. T h e girls all sang
"Happy Birthday to You" and I was
just recovering my composure when
in walked Ruth M. and Fern T. with
another cake with lighted candles.
I w a s surely well remembered by
all at Mendocino. Cards galore
came from my many friends. Thank
y o u one and all. Josephine S.
ward M.

WANTS SERVICES BY WILLIE K.

We go to church every Sunday in
order that we may enjoy the mess-
age from the minister. We believe
that the Rev. Willie K. can bring
us that message. Leland N., ward
8.

GREEN PASTURES

We, t h e church goers would be
more than pleased to hear and sing
with the Rev. Willie K., the first
Sunday i n November if it can be
arranged. Kindly notify the wards
and we will be r-e-a-d-y. Thanks!
Lila H., ward I.

Al B., ward 15, also writes the
M a i l Bag expressing a desire to
hear Rev. W. K.

THERE'S MORE IN THE BARN

Some bulbs were donated to our
garden by Mrs. Shipley. M r s. L.
Sanford brought me a lot of straw-
berry plants a n d I have them all
planted. May W., and M. M. helped
me with t h e spading. We a l l
carried sawdust over from the or-
chard, also rocks to line our gar-
den, plus some mud for the flower
plot. All was thankfully received.

Please, I did not ask for un-
abridged dictionary; it was Adeline
C. I have no time to look words up
as m y letters are kind of hard to
understand. Please, I h a v e not
s e e n the new Buick, will settle
for a little rubber tire w h e l-
(Cont. on pg. 13 col.)

SPORTS

When the sun shines
try your hand at
Ping-Pong.



BASEBALL SEASON OVER

Due to the rainfall of the night before and which continued throughout Sunday, the baseball game scheduled between the Pomo Athletic Association and the Talmage Sluggers was rained out. Slugger Manager "Foggy" Ottosen, stated Monday morning that their baseball schedule for the 1948 season is closed.

YARDBIRD NEWS-(Continued)

Making the transfer from ward 9 to parole ward 8, October 29, were Janes S. and Harold W.

Friday, October 29, Vilida R., was transferred from ward 12 to ward 15.

John M., Thomas S. and George K. were transferred from ward 9 to parole ward 8, October 30.

SEND A HI-JINKS PROGRAM HOME!

Jack C., ward 8, who works in the ADR, recently enjoyed a visit from his wife Rose, of San Francisco. She came to MSH last Sunday and spent the day with him.

Maria B. and Sophie R. both of ward I were awarded honorable mention by the Hi-Jinks judges.

Thank you Emma L., ward C, for your six months subscription to the Pomo News. It will be a pleasure to mail a copy every week to your friend in San Francisco.

GROCERIES
VEGETABLES
LUNCH MEATS

MAKE YOUR DOLLARS BRING HOME THE BACON

shop at

THE TALMAGE STORE

MAIL BAG-(Continued fr. pg. 5)

barrow and a mattock to use in our garden.

Thank you, E w a r d patients at last h a v e ground parole. With best regards from, Frieda S. W., ward E.

Here is some good news f o r you Freida. In a n o t e recently received it develops that a patient on ward 10 is collecting s e e d s from his garden. He also states that "Freida can h a v e all the seeds s h e needs." Probably when the time comes you can mention the kind of seeds y o u desire through this column and fill y o u r order via ward 10.

Dear Editor;

I am a patient on w a r d 15, of MSH.

Would l i k e to know whether or not it is permissible for a patient to subscribe to t h e Pomo News. If this is advisable, I would like a one year subscription.

Please notify t h e Secretary, Mrs. G. Elliott of MSH to deduct from my personal account t h e sum of \$2.00 for a one years subscription. Peter L. B.

Peter L. B.

In regard to your letter authorizing deduction from your personal account for a year's subscription to the Pomo News, we wish to stress a point which s h o u l d clear up this matter for you. The Pomo News is published for and by the patients of MSH and we see no reason why you should want to buy t h e paper w h e n it is already yours. Editor

SATURDAY, NOVEMBER 6TH

NIGHT SONG

A John Cromwell Production

WITH

DANA MERLE
ANDREWS • OBERON
ETHEL
BARRYMORE



And

HOAGY CARMICHAEL

AT M S H
AUDITORIUM

SOCIAL THERAPY

PATIENT INFORMATION

Point B of Original Question #2. Repeating Question #2 to clarify the point:

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?

Q-#2B--What does it mean for an alcoholic patient to go out of the hospital on leave of absence status?

A-#2B--When a patient leaves the hospital he may go out "in care of a friend or relative" or "care of Social Service," depending upon the arrangements made or upon the patient's own wishes.

Being on leave of absence from the hospital means being an out-patient of the hospital until the period for which the patient was committed, terminates.

Most alcoholic commitments are for one or two year periods, although this differs in some counties. The purpose for being on leave of absence, or out-patient status, is for the patient to keep in touch with the field worker with a view to staying well and keeping out of the hospital.

The purpose of the field worker is to help the patient remain out of the hospital, stay well and to obtain a successful discharge.--

FORMER MSH PATIENTS MEET

A group of five men and four women, all alcoholic out-patients of MSH held a get-together meeting Monday evening, October 25, in San Francisco.

At the meeting with Gordon McWhirter, Social Service Worker presiding, this group voluntarily designated themselves as the "MSH Alumni!" Here friendships were renewed, problems discussed and the desire expressed to continue the meetings bi-monthly. Three former patients telephoned, expressing their regrets for being unable to attend.

TO SERVE SAN QUENTIN

Croner G. Nelson Jr., Christian Science Practitioner who visits MSH every week, has recently been elected by the United Christian Science Churches of the San Francisco area to serve in the same capacity at San Quentin.

He will render service over a two year period, holding interviews with inmates on Fridays' and church services on Sunday.

PSYCHOTHERAPY

The Mind in the Making

(Cont. from last week)

Anaximander, who like Thales called Mileos his home town, in his mind pictured the universe as a series of concentric cylinders which encased, so to say, the cylindrical earth. However, don't hold that queer view against the good man, for he has a few things to his credit that prove he was not crazy. He is considered the inventor of geographical maps as well as history credits him with the discovery of the obliquity of the ecliptic and having been the first to have determined the solstices and equinoxes. Accomplishments of such nature should reconcile us with Anaximander's queer cylindrical "concepts." Of the elementary matter the universe had emerged from Anaximander seemed to have had no clear definite idea. He thought of an undefined substance—one or more perhaps—infinite in quantity, and purely mechanical interaction of these primal matters accounted for the universe having come into and being kept in existence.

Anaxagoras who lived about a century later (500-428BC) professed the same view as to the matter the universe was made of. But his vision was clearer and broader than that of the afore mentioned thinker. To him the universe had emerged from a state of atomic chaos. He professed a belief in a plurality of elementary matter, elements of atomic structure (yet his concept of atomic structure was in no way identical with the concept of modern physics), different from each other in nature, countless in number and motionless in themselves, acting one upon the other and this is important now that chaotic conglomerate of matter was put in motion by some creative intelligence. From that motor energy, emanated from an eternal, immaterial, spiritual being, "the world emerged. All things were confused, then came mind and put them in order." These words of Anaxagoras read as if they had been taken from the opening chapter of Genesis. Yet, there is no reason to believe that it was acquainted with the books of Moses. Here for the first time a scientist and philosopher proclaims the triumph of mind over matter.

Others before Anaxagoras had undertaken to substitute a belief in an impersonal cosmos for a belief in defied cosmic forces, for a belief in almost as many gods as there were known stars and planets.

(Continued next week)

ANSWERS TO QUESTION BOX

1. Mt. Everest, Northern India.
2. Mt. Whitney, California.
3. Mars.
4. July.
5. Willie Hoppe.
6. Lake Michigan, Lake Superior, Lake Ontario, Lake Huron, Lake Erie.

WARD 8 CLOTHES ROOM BUSY-(Cont.)

ed for size and classified as it comes from the laundry.

Influx and exodus of patients via transfers and releases finds Fred busily engaged in checking and preparing each patients personal property. He must also act "valet" to each patient attending conferences, meanwhile making it his concern to see that all patient's clothing is kept in a state of press and repair.

Fred handles most of his duties alone. Patients on ward 8 repay Fred with smiles and an amiable attitude. Pay day sure tickles the genial clothesman.

MORE BOOKS TO LIBRARY-(Continued)

well known authors and an equal amount of classical volumes.

Mrs. Waunita Mullikin who resides at the MSH Nurses Home contributed 40 fiction books to the Patients Library November 1.

THIS IS THE CAKE THAT MAGNUS MADE-(Continued)

Not only was the prize delicious in appearance but it was large as well. A lot of cake flour and other ingredients were used in the making of this two layer delicacy and the amount of resplendant frosting required to adorn its 16 by 30 inch surface could be measured in pounds. The two layers of wholesome goodness were four and one-half inches thick.

Ward 8, the lucky winners, had enough cake to appease their craving for sweets for some time to come.

Mrs. G. L. Goodstone was the gracious donor of this masterpiece of baking for Hi-Jinks grand prize.

FLOWERS FOR SPRING

Down at the MSH greenhouse twenty-three beaver busy patients are giving nature and supervisor Fred Figone a hand.

The transplanting of thousands of blooming flowers by the patients is now under way in anticipation of a luscious spring.

"We have approximately 3000 perennials, 1200 daffodils and 10,000 calendulas ready to plant," Figone said.

Included among the duties of the "patient gardeners" is the trimming and raking of leaf-littered lawns.

ALCOTHERAPY

What advantages does an alcoholic get from attending round table Alco-Therapy discussions? Each person in attendance absorbs ideas often quite alien to and in many cases at odds with ideas formerly accepted. He is given a running start toward solution of his own problem.

An alcoholic has proven by virtue of his voluntary attendance at such meetings, a change of temperamental concept, therefore his attitude has become decidedly more susceptible.

Do you know why you drink?

Incompatibility, so handy as a legal term, serves well as a subject study if thoroughly examined. It is easily proven that sexual incompatibility is a result emanating from a sexual disorder prior to marriage, rather than a cause of marital strife. Every effect has a cause. The victim need not necessarily have been a drunkard prior to marriage although the chances are great that he was an alcoholic.

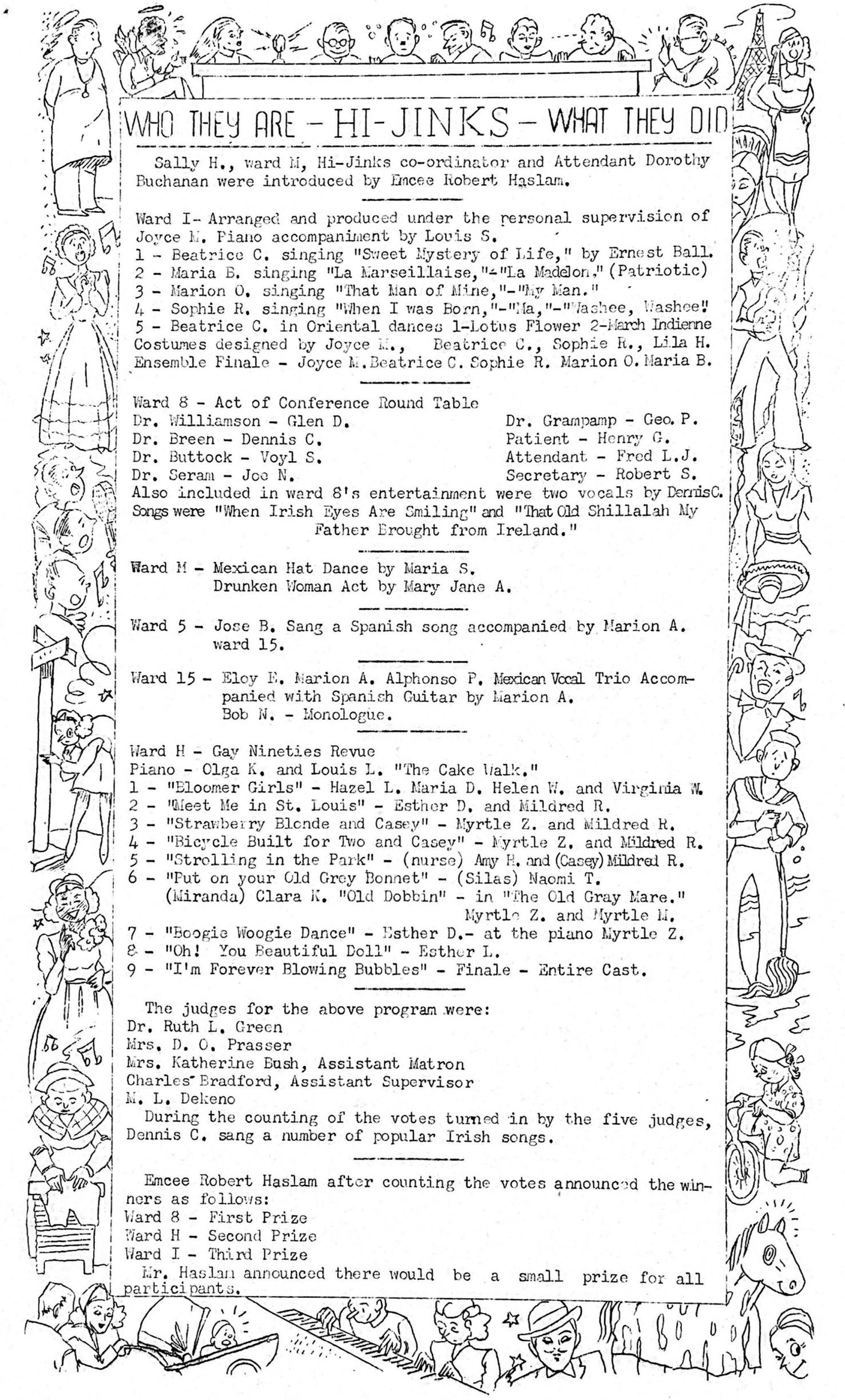
Thus we find that a sexual disorder, the inception of which may have occurred in early childhood from an incident, a series or a combination of incidents as imprinted upon emotional temperament, had in affect superceeded alcoholic allergy, marriage, marital difficulties, drunkenness, eventual divorce, skid row or its equivalent.

Now an alcoholic in every recognized sense, the victim has taken flight to the refuge of his habit. Hospitalization in severe cases has become a requisite as the first step toward ultimate sobriety. No alcoholic cure is guaranteed. Sobriety cannot be expected without sincere patient co-operation or a complete submission to his need for help, coupled with voluntary initiative paramount to obsession.

Leaving the hospital upon discharge, seeking a combined hobby and pleasant occupational recourse through the medium of common fellowship and spiritualism as provided in Alcoholics Anonymous, the final conversion from drunkenness to sobriety has begun.

Thus we find the alcoholic in the process of a complete re-conversion through the combination of medicine, hospitalization and fellowship found in Alcoholics Anonymous. Through this medium of conversion he seeks, secures and wears a new personality temperament. He attains ultimate so-

(Cont. pg. 9. col. 2.)



WHO THEY ARE - HI-JINKS - WHAT THEY DID

Sally H., ward M, Hi-Jinks co-ordinator and Attendant Dorothy Buchanan were introduced by Encee Robert Haslam.

Ward I- Arranged and produced under the personal supervision of Joyce M. Piano accompaniment by Louis S.

- 1 - Beatrice C. singing "Sweet Mystery of Life," by Ernest Ball.
 - 2 - Maria B. singing "La Marseillaise," "La Madelon." (Patriotic)
 - 3 - Marion O. singing "That Man of Mine," "My Man."
 - 4 - Sophie R. singing "When I was Born," "Ma," "Washee, Washee!"
 - 5 - Beatrice C. in Oriental dances 1-Lotus Flower 2-March Indierne
- Costumes designed by Joyce M., Beatrice C., Sophie R., Lila H.
Ensemble Finale - Joyce M. Beatrice C. Sophie R. Marion O. Maria B.

Ward 8 - Act of Conference Round Table

Dr. Williamson - Glen D.

Dr. Breen - Dennis C.

Dr. Buttock - Voyl S.

Dr. Seram - Joe N.

Dr. Grampamp - Geo. P.

Patient - Henry G.

Attendant - Fred L.J.

Secretary - Robert S.

Also included in ward 8's entertainment were two vocals by Dennis C. Songs were "When Irish Eyes Are Smiling" and "That Old Shillalah My Father Brought from Ireland."

Ward M - Mexican Hat Dance by Maria S.

Drunken Woman Act by Mary Jane A.

Ward 5 - Jose B. Sang a Spanish song accompanied by Marion A. ward 15.

Ward 15 - Eloy E. Marion A. Alphonso P. Mexican Vocal Trio Accompanied with Spanish Guitar by Marion A.
Bob N. - Monologue.

Ward H - Gay Nineties Revue

Piano - Olga K. and Louis L. "The Cake Walk."

- 1 - "Eloomer Girls" - Hazel L. Maria D. Helen W. and Virginia W.
- 2 - "Meet Me in St. Louis" - Esther D. and Mildred R.
- 3 - "Strawberry Blonde and Casey" - Myrtle Z. and Mildred R.
- 4 - "Bicycle Built for Two and Casey" - Myrtle Z. and Mildred R.
- 5 - "Strolling in the Park" - (nurse) Amy R. and (Casey) Mildred R.
- 6 - "Put on your Old Grey Bonnet" - (Silas) Naomi T.
(Miranda) Clara K. "Old Dobbin" - in "The Old Gray Mare."
Myrtle Z. and Myrtle M.
- 7 - "Boogie Woogie Dance" - Esther D. - at the piano Myrtle Z.
- 8 - "Oh! You Beautiful Doll" - Esther L.
- 9 - "I'm Forever Blowing Bubbles" - Finale - Entire Cast.

The judges for the above program were:

Dr. Ruth L. Green

Mrs. D. O. Prasser

Mrs. Katherine Bush, Assistant Matron

Charles Bradford, Assistant Supervisor

M. L. Dekeno

During the counting of the votes turned in by the five judges, Dennis C. sang a number of popular Irish songs.

Encee Robert Haslam after counting the votes announced the winners as follows:

Ward 8 - First Prize

Ward H - Second Prize

Ward I - Third Prize

Mr. Haslam announced there would be a small prize for all participants.

WANTS MORE COWS

"Bull," says "Hank" Fanslow, MSH Dairy supervisor, "bull that's all I get around here."

"Hank," bemoaning the birth of a fresh batch of calves, said he wished his cows would present him with some baby heifers.

"I don't want to sound like an unappreciative father, but I've been waiting some time for this delivery. And what happens? Last week my cows present me with twin boys. Bull I say."

Aside from Hank's bull story he was happy to report another delivery item. He received and will install a new pasteurizer this week in the dairy.

HELP WITH STAGE

But for "Skid's" "Big Gang" last week's Hi-Jinks might have been a bust.

Deadline for the show was rapidly approaching. Performers were feverishly preparing skits, songs and gags when it was brought to the attention of the director that MSH Auditorium was lacking a stage.

"Skid" was called onto the scene immediately. He took in the situation and notified the actors that the show would go on as he left to notify the "Big Gang."

The Gang swung into action and in a wiggle of a lamb's tail Sam Ray's Carpenter Gang pitched in to aid in the completion of the work.

Needless to say it was a happy group of anxious actors who applauded the "quick change artists" from their newly erected stage.

UKIAH AT MSH

Attendant E. H. Young began his new duties in this capacity at MSH, November 1. The new attendant was born and raised in Ukiah.

FROM IOWA TO MSH

Mr. and Mrs. R. C. Jessup, former residents of Cedar Rapids, Iowa, are new relief attendants at MSH. The couple reported for duty October 28, this being their first experience in hospital work. The new attendants reside in Ukiah.

VISIT BIGGEST LITTLE CITY

Dr. & Mrs. G. L. Goodstone spent the week-end of October 30-31 in Reno, Nevada.

Patients having occupational paraphernalia for inter-ward exchange may henceforth use the medium of the MSH library through their regular "library order detail," said Occupational Director Dr. G. L. Goodstone today.



November 7, 1948

Christian Science Church- Subject: Adam and Fallen Man. Golden Text: Genesis 2:6,7. There went up a mist from the earth, and watered the whole face of the ground. And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life, and man became a living soul.

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

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The Rev. Willie K. held his service on Oct. 30 ward 12 using the thirty fourth chapter of Psalms: Text taken from the 7th Verse.

The Angel of the Lord encampeth around and about them that fear him and delivered them.

I will bless the Lord at all times and his praises shall continue to be in my mouth. My soul shall make a boast in the Lord. And the humble shall hear thereof and be glad. Oh, magnify the Lord with me! And let us exalt his name together. I sought the Lord and he hears me and delivers me from all my fears. They looked unto him and were lightened; And their fact were not ashamed.

This poor man cried and the Lord hears him; And save him out of all his troubles.

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

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

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

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

briety and eventual happiness.

Thus in affect and with a blackboard "skull session," did Dr. G. L. Goodstone recapitulate his recent Alco Therapy round table discussion in the Conference room at ward 9, October 25.