

# POMO

# NEWS

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

Vol. 1 No. 27 November 9, 1948 5¢ per copy Population 2787

## VETERANS TO DANCE

The annual Armistice Ball, sponsored by the Veterans of Foreign Wars, Ukiah Post 1900, will be held at Grange Hall Ukiah, Saturday night, November 13.

Dancers will trip the "light fantastic" to the "rippling rhythm" of Lee Abramson and his 11 piece orchestra. A vocalist will be featured singing the latest hits of the week.

The fun starts at 9 p.m. and will continue until 1 a.m. Tickets are \$1.20.

Refreshments will be served at the "Snack Bar" during the evening.

Get your "ducats" from: F.J. Gibson, Bob Guidi, Floyd Ross, L.G. Von Schrittz, George Harmon or James Lavilotta.

MSH employees and their families are cordially invited.

## HELP COMES FROM UKIAH

Few MSH employees are normally more busy than Clara Fanslow, who is on the Clinical Office staff.

However, while on an errand for the Pomo News, as usual when Mrs. Fanslow is around something happens. So it was when through the courtesy of Miss M. Marvin, (Librarian) she was presented with four American Annuals (Encyclopedias) containing current events (Cont. pg.10 col.1)

## CHICKEN THE MAN SAID

"Chicken, yes sir, all the chicken the patients can eat," said A. Mossi at the MSH Chicken Ranch last Saturday afternoon.

"I sent in to the butcher shop 250 hens this week and will have 250 more for this coming week, which will finish up the fall killing.

Sometime before the corn harvest starts, present plans call for the removal of the six corn cribs to a new location.

Foundations are now being built for the cribs and they will be installed and ready for the corn crop when it is delivered to the ranch.

The new quonset building is proving satisfactory and saves many a step for the patients working there.

All the feed supply is stored in this building and here the feed grinder, mixer and cooker are installed. This arrangement makes it convenient for the patients to prepare the chicken feed, also giving them plenty of room to work around the machinery.

Pleasant working conditions prevail and it is easy to practice-- "Safety First."

"Bill W."

## FLASH - FLASH

MSH Patients Dance, Friday November 26, in the Auditorium. Light refreshments will be served. Watch for further announcements.

## STARTS NEW CLASS

Dr. D.O. Prasser has recently started a sexual deviants class which is held once a week in the Conference Room, ward 9. He now has eleven patients attending the classes but intends to enlarge this group in the future to twenty patients.

These group meetings for sexual psychopaths are held to educate and enlighten the patients to the background of most sexual deviants, to get away from the attitude of the courts toward these unfortunate victims of circumstance.

Nescience on the part of the public in general and of the parents of these deviants are often the cause of the difficulties they are in now.

## SO LONG DUKE

Time changes many things which is what we must expect. Yet, with the passing of "Duke" this week, to become a "new hand" elsewhere a void remains. Surplanting that vacancy in part, are hallowed memories of a pleasant association. Of little consolation to we of the Pomo News staff who remain, is the knowledge that we have given our Editor only a portion of that which he has left with us. In concept - we feel that perhaps in a small measure, we will in continuing, have repaid in part a debt of human endeavor.

## GETS NEW EQUIPMENT

Joe Addor, of the MSH Carpenter Shop reports that the shop is the proud possessor of a new four inch Homocraft Delta joiner.

This new piece of equipment has just been installed, this making a total of three joiners and one twenty inch planer now in use in the shop.

## GOES TO MOUNTAINS

E. R. Stilwell, the veteran attendant in charge of the men's Marking Room, is taking a leisurely vacation these fine fall days.

He took a trip to the "High Sierras" where he loafed for several days returning to visit in Eureka for three more days. "I am just roaming around, taking it easy," remarked the genial attendant Thursday.

## WOE IS ME

"I'll bet," said Al Lemos, ward 12 attendant, a fellow could pick up a few extra 'bucks' in the grape harvest; maybe buy some nice object for the house, added the astute citizen.

Like "Sammy Patch" and his thirteen eggs, the usually well informed Al, reckoned not with the pitfalls of political "light banter," much less speculation.

The grapes were picked with the  
(Cont. pg. 7 col. 1)

## FINDS WATCH

Luther M.B., ward 8, while working near the incinerator located in the rear of ward 9, Sunday afternoon found a ladies wrist watch. Luther promptly turned the watch over to Supervisor L. E. Miller, who identified the owner, a popular employee of MSH in the Administration.  
(Cont. pg. 10 col. 1)

## PAINTS WALL DECORATIONS

Harold V., the clever artist on ward 8, who works in the MSH Paint Shop, is busy putting the finishing touches on the designs for a set of six wall decorations, destined for the PDR.

These colorful paintings, all styled in an "island motif," will do much to beautify the walls of the dining room.

The largest of the paintings are being finished first and when completed will be 72 inches long by 30 inches wide. There are three of these. The remaining three will be 36 inches long by 30 inches wide.

When artist Harold has completed his work the paintings will be suitably framed and hung on the walls of the PDR.

## REPAIR

### FURNITURE

Patients at the MSH Industrial Shop are busy as usual under the supervision of William Elliott and his assistant, Kenneth Williams.

The men have been repairing furniture for several days and a large number of pieces were finished and painted.

During the past week several redwood burl bowls and checkerboards were turned out by the workers.

### WILL RECEIVE POMO NEWS

Emma L., ward C, is a new subscriber to the Pomo News. For the next six months it will be a pleasure to mail a copy to Miss Margaret Taylor in San Francisco.

## PATIENT AID

Constance Horstman of the Bureau of Social Work, Department of Mental Hygiene, arrived here Friday, November 2.  
(Cont. pg. 8 col. 2)

## MAKE LARGE CATCH

Charles Watson, MSH plumber and nephew Johnny Douden, while fishing in the Sacramento River last month, caught five large salmon, weighing a total of 165 pounds. The largest fish of the catch weighed in at forty pounds.

"The salmon were really beautiful, even if I did catch them," remarked Watson as he was leaving MSH for trip to San Francisco.

There "Charley" will visit a medical clinic for a physical examination. The check-up serves to repudiate any theory that he may have used the trip as a means of evading too many pointed questions about the fish. He will return November 10 and it is reported he will be "armed for self protection," with several snapshots of -- yeah, you guessed it--fish.

## ASSEMBLE WARD CHAIRS

Patients working in the MSH Carpenter Shop have been seeing chairs in their sleep for the past week.

Chairs, hundreds of chairs, six to the box, have been unpacked and assembled by the workers.

Four hundred pieces of this new furniture has already been made ready for delivery to the many wards. The men expect to have the balance of the shipment assembled within the next few days.

Besides this big chair job, Joe Addor and his men are designing and building the frames for the wall decorations that are to adorn the walls of the PDR.

## BACK FROM EAST

Supervisor L. E. Miller and wife, were back at MSH November 2, after an extended vacation tour of the East.

# YARDBIRD NEWS



The movie billed for November 20, is "Saigon," with Alan Ladd and Veronica Lake. See it.

Katherine M., ward I, was host at an "after election" party Thursday evening, November 4, for the patients on the ward.

Popcorn, mysteriously prepared by Clara O., Myrtle M. and Lila H., was the principal refreshment item which also included cookies and candy.

Henry N., ward 15, is a new helper in the spray and finishing room of the Industrial Shop. He reported for work last Thursday, November 4.

Dorothy McK., ward B, was transferred November 3, to ward I. She will draw a work assignment sometime in the near future.

Alice D., was transferred from ward M, on November 2, to parole ward I. She is now assisting Mrs. Lillian Davis in the ODR.

Alice S., was transferred November 1, from ward M to ward I. She is now helping with the chores at Cottage 2.

Joyce M., ward I, was host at a get-together party for the ward's Hi-Jinks participants Monday evening, November 1.

At a gaily decorated table set for six, the ladies "pitched in" and thoroughly enjoyed the many delicacies set before them. A pleasant evening was had by all.

Michael "Red" K., who works with Sam Ray, MSH carpenter, was transferred from ward 15 to ward 8.



**UKIAH 144**  
FOR  
**Empire**

OFFICE MACHINES  
OFFICE SUPPLIES  
SALES SERVICE

325 N. State St.



## DR. WILLIAMS SAYS:

Miss Norma Garaventa, M S H surgical nurse has returned from the Nurses Convention held at Long Beach, California.

Miss Garaventa reported the nurses held a fine convention and the public seemed quite interested in the MSH Occupational Therapy exhibit.

The exhibit displayed many articles made in the Industrial Shop and the Sewing and Art Rooms.

\* \* \* \* \*

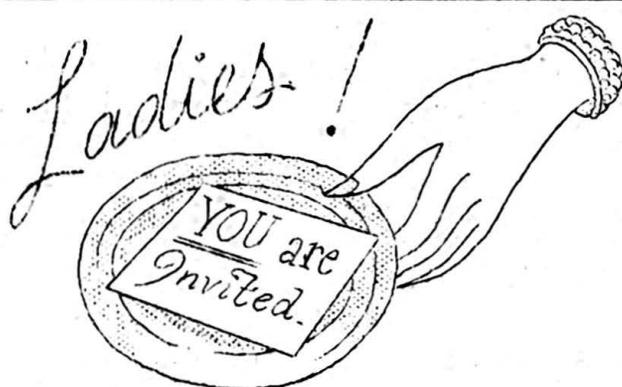
The MSH Medical Staff was host to the Mendocino - Lake County Medical Society at a dinner and meeting Saturday evening, November 6, at the hospital.

The dinner was held in the Officer's Dining Room, with places set for fifteen.

Dr. M. C. Beil of Upper Lake; who is president of the society, presided at the meeting. Topics of interest to the assembled doctors were discussed and general discussions on medical matters were held.

\* \* \* \* \*

Constance Horstman, of the Department of Mental Hygiene, with (Cont. on pg. 10 col. 1)



Receive FREE Scientific Instruction In How To Use Chemically Pure

**MERLE NORMAN**  
**COSMETICS**

Demonstration By  
Licensed Operators

A COMPLETE LINE at the

*Merle Norman*

COSMETIC STUDIO  
287 NO. OAK ST. UKIAH





## QUESTION BOX

Answers on page 7

Everyday someone comes into the Pomo News office and asks us this question. "Where and how do you get the news that is printed in the paper?"

Just to alleviate any doubt of the authenticity we print this for our readers.

## SOURCE OF NEWS

Absolute knowledge I have none,  
But my niece's washerwoman's son  
Heard a policeman on his beat  
Say to a laborer in the street  
That he had a letter last week  
Written in the finest Greek,  
From a Chinese coolie in Timbuctoo,  
Who said that the niggers in Cuba  
knew

Of a colored man in a Texas town,  
Who got it straight from a circus  
clown,

That a man in the Klondike heard  
the news

From a gang of South American Jews,  
Who heard of a society female rake,  
Whose mother-in-law will undertake  
To prove that her husband's sister  
knows,

As stated in a printed piece,  
That she has a son, who has a  
friend

Who knew how the election was go-  
ing to end!

Anonymous

William Elliott, MSH Industrial Shop supervisor, gave a beautiful set of bookends to the Pomo News for their reference books last Friday, November 5.

They are greatly appreciated by the Pomo News Staff.

On the employees bulletin board in the tunnel is a for sale notice which reads: Will sell one 1947 Chrysler New Yorker four door sedan See Delmar Damgaard, cook in main kitchen 4:30 a.m. to 12:30 p.m.

*Andy Stahl's*

---

LIQUOR STORE

---

\* DROP IN \*  
SEE ANDY  
for  
Better Liquors  
and  
Finer Wines

Phone  
UKIAH  
1138-J

1-Alaska is an Island of what group?

2-Where was the initial Japanese bombing of U.S. land troops and installations off the coast of North America?

3-When did the first American troops land on Attu in counter-attack for repossession?

4-How long did repossession require?

5-Who made the first picture with a camera? When? How long was the exposure?

6-Who made the first sunlight picture of a human face? Who was the subject? When?

7-When was the first color photograph made?

## SNAPPY JOKES

He: "You remind me of a can of beer in my neighbors ice box."

She: How come?"

He: "So cold and distant."

"Surely you know what the word mirror means, Tommy. After you've washed, what do you look at to see if your face is clean?"

Tommy: "The towel."

Junkman: "Any old rags, papers, iron?"

Man of House: -Come back later. My wife's away.

Junkman: "Any bottles?"

"Can you tell me the name of this school?"

"Sorry, I'm just a football player here."

Bald-headed man: "You say this is good hair tonic?"

Clerk: "It sure is."

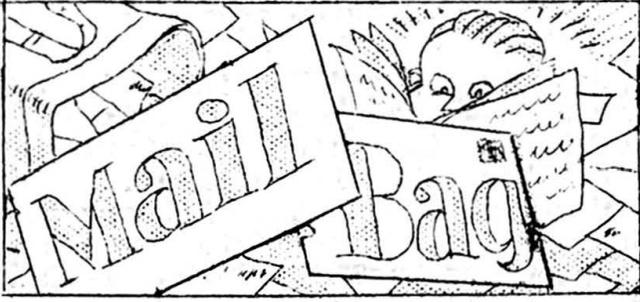
We have a customer who took the cork out with her teeth, and the next day she had a moustache."

Farmer: "What are you doing up in my apple tree?"

Boy: The sign says keep off the grass.

She: "I simply adore that new dance step of yours. Where did you pick it up?"

He: "Don't be silly. I'm tripping over my garter."



## ATTENDANTS ENTERTAIN PATIENTS

The ladies of ward B are very happy after enjoying a very nice Halloween Party including refreshments which consisted of punch, salad, sandwiches, cake, coffee and Halloween candies that were enjoyed by all. The table was prettily decorated with autumn leaves, pumpkins and colorful Halloween candies. Candles were lit as all were seated which made the room very colorful. The ladies all wore pretty masks and a good time was had by all.

## Postscript:

Attendants listed gave this party to the workers:

Ines Young, Beatrice Larson, Mabel Jackson, Elsie Thornton, Georgie F., ward B.

## WE NEED A RECREATION HALL

Where is our recreation hall or a place where the parolees may go when it rains? There are many places available where the old pool table could be set up. With a table and a few chairs the parolees would more than take advantage of it. At least it would keep the tunnel from being so crowded that the lady attendants can hardly pass on their daily missions. Now that the winter months are coming on we would like a place to keep warm and gather around and talk. I hope someone will look into this matter in the near future. H.T.N. ward 10.

---Atta boy H.T.N. Expression of a need often brings a harvest of fulfillment.

## HALLOWEEN FUN

The dining room girls had a party Halloween afternoon at which a mysterious person appeared.

Mary J., guessing the witches' identity won the prize. Toasts and jokes were in order.

Alice M. read "Little Orphan Annie's" goblin stories and all joined in the warnings - "An' the Gobble - uns'll git you Ef you dont watch out! Apples, nuts, cakes, candy and cider were enjoyed.

On Halloween Eve a dainty lunch was served to ten other workers.

Mrs. Mack of ward 8 must have a new idea.

She doesn't have enough funny things happen during her day watch but now she is playing tricks on the patients who come in after dark. She has a new game called "hide the slippers." She gathers all the slippers together and hides them in a certain place and we understand she is going to give a prize to the first one who finds his own slippers. Signed by the boys of the "Hide and go Seek Club." ward 8.

## ENTHUSIASM PLUS

We hear from friends on the outside as well as inside that our Hi-Jinks performance was out-standing and that many people from town are anxious to see it and are willing to pay for the privilege. May we suggest that we give it again for that purpose with an admission charge and donate the proceeds to the hospital entertainment fund. Would the staff consider this? We are anxious to know.

We are indeed thankful for the kindness and co-operation extended to us in putting on our show, for it seems that staff and attendants enjoyed it as much as we did putting it on; in fact, there were more smiles and laughs all over the hospital and the worst patients seemed to catch the spirit and joined in.

The whole institution seems to have blossomed out as never before, so let this grand work go on. Superintendent D. B. Williams we thank you with all our hearts for the wonderful work you are doing. Myrtle M., ward H.

Dear Editor;

In the lower left hand corner of the "Visitors Guide" are the words, "Before you leave subscribe to M. S.H.'s official newspaper the Pomo News." This was directed at visitors only and leaves me wondering why we patients should not do the same. K. B. ward 9.

K. B.

We might call your attention to a similar letter published in the Mail Bag November 2, page 6. "The Pomo News is published for and by the patients of MSH and we see no reason why you should want to buy the paper when it is already yours." However if before your release you wish to subscribe and keep in touch with MSH through the paper, we will be glad to accept your subscription. Editor..

## PASSING COMMENT AND WELL WISHES

## GIVES VIEW POINT

Dr. Goodstone: We of the kitchen sure miss old Pete Mc., who left us last week. He had charge of the coffee, tea and other drinks to be served the wards. Now that Alfonso M., who has taken the work over is doing a fine job, he hopes to please all the women and men patients in the Mendocino State Hospital. Best of luck to you Alfonso. From a fellow worker.

## NEW SOUP CHEF

We will have a new soup Chef in the kitchen soon. His name is Charlie M., of ward 8. He will make the best soup the PDR and other wards have ever enjoyed. Charlie tells the boys in the main kitchen that he will be the best German Soup Chef while he is here. Best of luck to you Charlie from the boys of ward 8 and the kitchen cooks. Charlie M., has been here before in charge of the dining-room on ward 16. He learned to cook from Chef Harvey at ward 16. H.S.M. ward 8.

## CONGRATULATES ALL

Dr. Goodstone & Staff:

We all had a swell time at the Hi-Jinks and were glad that everything turned out alright. I hear that the boys on ward 8 who won first prize wished that the women patients on wards H, I and M had the cake. The boys would of liked the cigarettes better, and the girls could have had all the nice sweet things. Anyway hats off to the girl and boy patients who entered the show. I am very proud of all the contest persons and hope to see more shows like this one from now on. I know Dr. D. B. Williams and Staff, Mr. L. E. Miller and Attendants of the hospital would be pleased to have many more entertainments for their patients. I will be leaving here within the next month for home and hope to see a few more shows before I leave. George F.

As lightly as your love for me,  
I bore my love for you  
And knowing you would kiss and tell  
I kissed and tattled, too--

Until continuous reports  
And whispers unabated  
Revealed I only kissed and told  
But you exaggerated!

Stella Weston Tuttle  
Submitted by Frances C., ward I.

SEND A POMO NEWS HOME

Greatly enjoyed Hi-Jinks. 'Cause medical science has long appreciated the healing value of entertainment, hope they'll continue.

How about using the library for the different wards to exchange Jig-Saw Puzzles? Perhaps, if Dr. D. B. Williams desires this suggestion approved, details could be worked out immediately.

Is anything being done about a checker tournament?

Read in the Pomo News several months ago about movies on the ward, but have never seen them yet.

My Thanksgiving and Christmas verses, am sure will meet your press dead line.

Words alone cannot express my appreciation of Pomo News.

Arthur M., ward 14.

## ON ROAD TO RECOVERY

We are glad to learn that Attendant Maude Clarke, who has been seriously ill for the past four weeks is on the road to recovery.

Best wishes for your speedy recovery Miss Clarke.

Friends.

## NEEDS BARBER

What we need in the State Hospital is a Barber for the wards so that the ladies will look nice on parole.

Patient on ward K.

## PRAISES HI-JINKS

The success of the Hi-Jinks program prompts me to write, concerning first:

A Beauty Parlor project for the MSH. Yes all of we females do like to look our very best at all times, with hair tints, hair waves, pin curls and etc., and then to I'm very sure the hospital Staff like to see all of us looking beautiful at all times.

Then secondly:

A Glee Club of as many voices of persons who care to participate.

We patients have these past few months enjoyed all the liberties that have been conferred to us and therefore I should like to suggest these projects for which perhaps I, myself, could qualify.

Grace P. K., ward K.

If all our misfortunes were laid in one common heap, whence every one must take an equal portion, most people would be contented to take their own and depart.

Solon

ANSWERS TO QUESTION BOX

- 1-The Aleutians. A chain of small islands belonging to Alaska Territory, extending nearly 1600 miles from East to West.
  - 2-The Aleutian Islands attained unusual prominence in 1942 when on June 3, the Japanese bombed Dutch Harbor on Unalaska Island, causing 93 casualties, and effected landings on Agattu, Kiska and Attu Islands. Daily attacks by joint U. S. Army and Navy troops began; destroying and damaging many ships.
  - 3-On May 11, 1943, American troops landed on Attu and a terrific battle ensued. The Japs retreated to Chichagof Harbor, where they made their last stand. 2,350 Japanese were killed and 24 captured.
  - 4-It was then announced that the Aleutian Islands at the end of the 15 month campaign, had been completely cleared of all Japanese forces and that the Aleutian expedition had cost Japan 59 vessels including 29 warships.
  - 5-Nicephore Niepce. 1827. 7 or 8 hours.
  - 6-Prof. John William Draper of the University of the City of N.Y. The subject was his sister, Miss Dorothy Catherine Draper. 1840.
  - 7-1861, By Professor Maxwell.
- The last three questions were submitted by Claude H., ward 8.

# 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)

Anaxagoras proclamation of a single creative, disciplining intelligence amounted in fact to a proclamation of a monotheistic faith. An also explained intelligently solar and lunar eclipses.

Anaximenes (about 550 BC) proceeded that the elementary principle from which the universe was made was air. Condensation and rarefaction were brought about by eternal motion. From different degrees of condensation resulted visibility. Heat and cold were just manifestations of varying degrees of density.

Heraclitus (530-470 BC) named fire as the primal element out of which the universe was produced but to him fire was more a symbol of a vital energy that created the world. To his mind all things were in perpetual flux. Change perpetual was the only manifestation of permanency. Worlds  
(Cont. pg. 9 col 2)

WOE IS ME-(Continued)

verified) who spent moments of joyous speculation of objects-d'art, via extra "bucks" to enhance the appearance of their domicile.

Sixty seconds, did the "Lord of the Manor" later spend with Attendant Beecher Conover. The result of that "clash of opinions" will be rehearsed scores of times again,--come '52.

Later, "I'll bet Al," didn't even have a feather in his hat as he quoted "a loaf of bread--a jug of wine; I'll bet this hits the grape vine." From reliable sources comes word that "The House of Lemos" remains as such, despite the slight temblor.

Ladies 100% WHITE WOOL SWEATERS \$39.50 the TALMAGE STORE. A new assortment of Mens and Childrens Sweaters.

YOU'LL BE SURPRISED BY  
THE INSIDE STORY  
STARRING MARSHA HUNT, WM LUNDIGAN, CHARLES WINNINGER, GAIL PATRICK  
SAT. NOV. 13 MSH AUDITORIUM  
to be revealed

## SOCIAL THERAPY *Patient Information*

Q-What does "leave of absence" mean for the patient who has been mentally ill.

A-Leave of absence status is essentially the same for any patient who goes out of the hospital but has not been discharged.

"Leave of absence" may be considered as a period of convalescence for a patient who has been sick and is getting well-----or well enough to live outside the hospital.

For patients who have not been mentally ill, the leave of absence period automatically terminates; however, for patients who have been mentally ill, the leave of absence does not automatically terminate.

A mentally ill person leaving the hospital on leave of absence status usually remains on this "out-patient" status, until a request for consideration for discharge is made to the hospital.

This can be done either by the patient applying directly to the hospital, or by the patient discussing the matter with the psychiatric social worker to whom he has been referred on leaving the hospital.

The social worker will present the patients' request for discharge to the hospital.

A mentally ill person on leave of absence may request discharge at any time, however it is usually required and it is considered best for the patient, to remain on leave long enough to get well adjusted at home.

During this period the patient can and should make as much use of the out-patient social worker as he wants.

It would be especially helpful for the patient to have been in touch with the social worker, if he will not be able to return to the hospital for a discharge conference, but instead of this will want to have his request for discharge considered on the basis of the social worker's report.-----

(Cont. next week)

### SOCIAL THERAPY GROUP MEETING

Sixteen persons, both men and women, were present at the last Social Therapy meeting for alcoholics. This is held at the Conference Room, ward 9, every Thursday, as part of the Mendocino Alcoholic Program, under general supervision of Clinical Director Dr. G. L. Goodstone.

These meetings provide lively discussion about problems to be faced by patients after leaving  
(Cont. on pg. 9 col. 1)

## ALCOTHERAPY 27

He who knows not and knows not that he knows not is an object of pity if that person is an alcoholic. However, generally speaking, an alcoholic is a plain drunk. Being a drunk makes him automatically an alcoholic.

Ironically he has no aversion to being called a drunk. Coinciding with a recession of self respect he resents continued jail sentences, only with regard to the picture he presents to his fellows. He is shamed into a more complete sense of inferiority. A thousand times he is asked: "Why can't you straighten up?"

To his parents, wife, family or children, most of the time the alcoholic promises sobriety, being sincerely ashamed of himself and wishing, as he voices that promise, that he could stifle the inner voice of denial.

The knowledge that he cannot resist alcohol, becomes a "cancer" within his personality temperament. The mere mention of his habit as an alcoholic, has the effect of salt to his "wounds." To be truthfully told that he is neurotic, caps the climax of his indignation. Long known to the drinker, others have come to recognize the fact of useless jail sentences as a cure. Hospitalization is the logical alternative. You are an alcoholic! You can be helped only if you so desire. It is a matter of viewpoint. You have been committed to a state institution; by whom or under what circumstances is of little consequence.

Turn the compass of your viewpoint and after submitting to the fact that you actually need help and are now where several kinds are available, examine them thoroughly.

Why not capitalize upon your presence here? Tools? Here they are representing your privilege of participation. Sequence of mention here is of little consequence, unless it lies in "recognition" of your need. Alcoholics Anonymous, Psychotherapy, Substitution, Conditioned Reflex, Environment and not the least is Spiritualism. First AND last Help Yourself.

"Pete"

### TO AID PATIENTS-(Continued)

ber 5.

She will assist in arranging for service to patients on leave from Mendocino State Hospital.

THE POMO NEWS IS THE EYES AND EARS OF MSH.

# MSH CHURCH NEWS

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

\* \* \*

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.

\* \* \*

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

\* \* \*

November 14, 1948  
Christian Science Church - Subject: Mortals and Immortals. Golden Text: Romans 8:13. If ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live.

\* \* \*

The Rev. Willie K. held his service on Nov. 6 ward 12 using the fourteenth chapter of John:

"Let not your heart be troubled: Believe in God, believe also in me and my Father's house of many mansions. If it were not so I would have told you. I go to prepare a place for you and if I go to prepare a place for you I will come again and receive you unto myself."

## SOCIAL THERAPY GROUP MEETING (Continued)

the hospital.

Treatment for alcoholism means a treatment PROGRAM. There is no one way by which all alcoholic patients are helped.

If an alcoholic is going to get help, it will probably be through a program involving many kinds of help, such as: Conditioned Aversion Treatment, Group Meetings for Alcohol Therapy (as conducted by Dr. Goodstone, Mondays and Wednesdays) Vocational Rehabilitation, (job counseling and job training) Alcoholics Anonymous and all other social and personal help available.  
(Cont. next column)

## PSYCHOTHERAPY-(Continued)

emerge out of fire and perish in fire in a never ending cycle. That perpetual changes Manifesting permanency is "law."

And law or "logos" (Λογός) it was what the Ionian thinkers were looking for in the manifestations of the cosmos, the universe and in all life processes, whether they represented the dynamical or the mechanical school of thought. The majority of the Ionian philosophers were dynamical theorists. Their belief was in a vital energy that underwent unceasing alterations in form as well as in quality.

All phenomena of nature they looked upon as so many forms of transmuted cosmic energy.

The exponents of the mechanic theory, as which we have come to know Anaximander and Anaxagoras, in opposition to the view of the believers in transmuted energy held that all phenomena were solely due to a purely mechanical combination of the primal elements, to their changing places in the over-all structure of every quality and form of natural phenomena.

We should not close this chapter on the Ionian thinkers without according at least honorable mention to Hemocritos who seemed to have lived up to the ripe old age of 100 years (460-360 BC).

(Continued next week)

## SOCIAL THERAPY GROUP MEETING (Continued)

The hospital remains interested in the out-patients welfare and here the field social worker may be able to perform an all important function. He is willing and able to offer and perform a useful and constructive intermediate service at the hospital, which may be advantageously continued by the out patient during his readjustment. The patient may at this time, voluntarily call at the social worker's office seeking aid or advice peculiar to his personal readjustment.

The patient must realize, it was brought out, that this program of several groups are one and all a part of an over-all program offered as treatment.

It is of inestimable value only with full patient co-operation now and later.

Questions concerning delirium tremens, weird dreams and "pick-up" drinks were discussed. Particulars of medical pertinance were, at the request of the chairman, answered by Dr. Paul Bittick, who was present as a visitor.

(Cont. on pg. 10 col. 1)

# POMO NEWS

PUBLISHED EVERY TUESDAY AT THE MEN-  
DOCINO STATE HOSPITAL, TALLAGE, CAL-  
IFORNIA, 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.

A non-profit project of the Occupa-  
tional Therapy Department. 5¢ per  
copy: Subscription mailed \$2 a year.

## DR. WILLIAMS SAYS:-(Continued)

offices in San Francisco, was here  
last week.

She is the Social Service super-  
visor for MSH patients and will be  
here every two weeks to study soc-  
ial problems of the hospital.

She will supervise the social  
workers that already work at MSH  
and will also advise the Social  
Service office here should a per-  
manent worker be obtained.

\* \* \* \* \*

Interest in the Christmas party  
and show is growing and I would  
like to see all wards contribute  
their available talent.

In line with our plans for a  
Glee Club, we would like to have  
Bob Haslam take over and organize  
a chorus of 20 voices, both men  
and women. In addition we will  
need at once, patient volunteers  
to act as co-ordinator, stage man-  
ager, musical director and proper-  
ty man.

Get busy and contact Dr. G. L.  
Goodstone for these jobs.

## HELP COMES FROM UKIAH-(Continued)

from 1941 to 1945. A present from  
the Ukiah Public Library to the  
MSH Patients' Library.

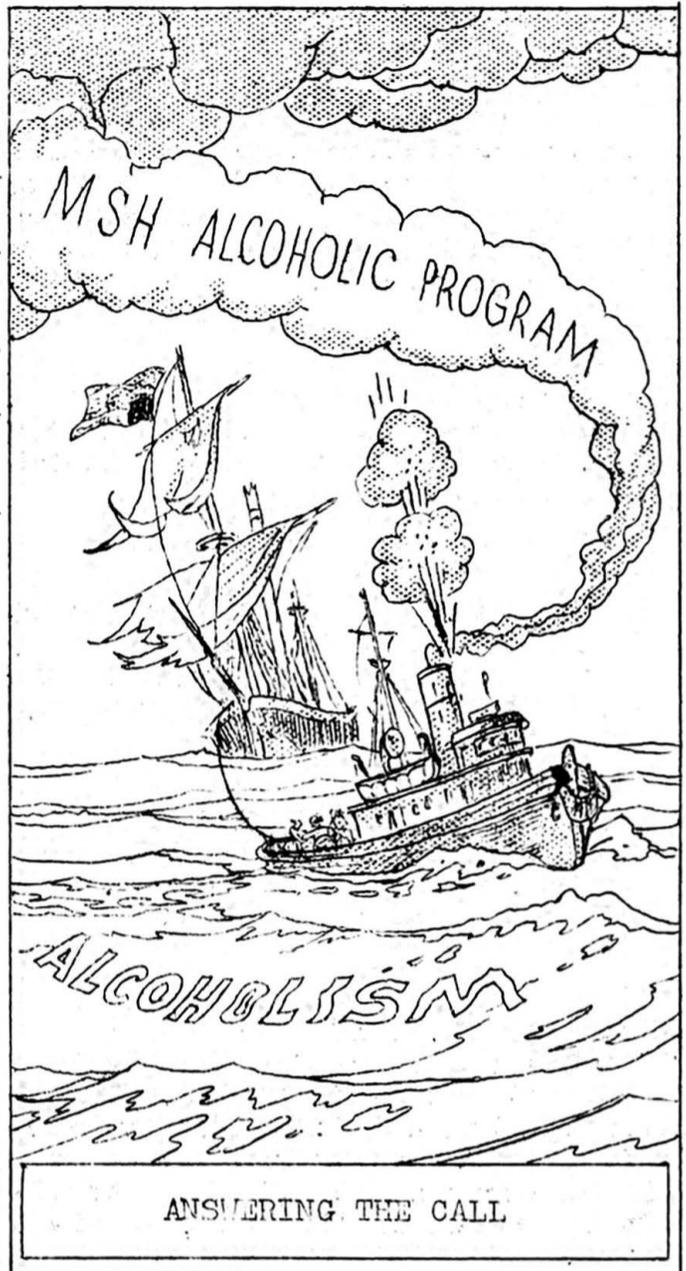
## FINDS WATCH-(Continued)

tration Building.

"It was a dandy little Elgin and  
runs like a top," said Luther.  
Commented the owner, "the incident  
proves that honesty still pre-  
vails."

## SOCIAL THERAPY GROUP MEETING (Continued)

Following further discussion it  
was announced by Gordon McWhirter  
that this group therapy meeting is  
offered as part of the Social Ser-  
vice of the Mendocino Alcoholic  
Treatment Program, and would be  
continued at 1:30 p.m. every  
Thursday.



RECOGNITION. ALCOHOLICS ANONYMOUS.  
PSYCHOTHERAPY. SUBSTITUTION. CON-  
DITIONED REFLEX. ENVIRONMENT. SPIRI-  
TULISM.



## REDWOOD

V A L L E Y N U R S E R Y  
-Next Frozen Food Lockers-  
So.State St., Ukiah, Calif.

JUST ARRIVED  
GIANT FLOWERING BULBS  
Exhibition Grade  
Splendid color assortment  
New potted plants  
New copper ware  
New wrought iron  
Bedding plants

Bulb Fibre.....	Bone Meal
ONION SETS	Lawn Seed
Extra Fancy	Phones
	565-W
Open 9 a.m.	262
to 6 p.m. ....	1036-W

REDWOOD VALLEY NURSERY