



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

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**MSH POINTS FOR GAY YULETIDE
T.B. PATIENTS REHEARSE FOR BIG PARTY
PEOPLES PROBLEM**

T.B. patients at MSH under the care of Dr. Marcus Schramm, now have a circulating nurse, Mrs. Mamie Chaney, in addition to their regular ward care.

Since the first Mobile X-Ray survey, many obstacles have been overcome. Confronted with a segregation problem, - when "suspect" or "active" cases are

(Cont. pg. 7. col.1)

**DIVIDENDS
HOG RANCH**

The Maternity Ward at the MSH Hog Ranch is really on the "point of production" what with 155 "porklets" delivered of 20 sows "confined" in the last 6 weeks. "On an average, that's hitting 8 to the bar," beamed Gilbert Mossi as he proudly displayed the wriggling, rooting, but healthy rows of pork chop prospectives at lunch hour.

"We have 40 brood

(Cont. pg. 6. col.1)

**PSYCHOLOGY
POST TO SON**

Dr. Theodore Schramm, eldest son of Dr. and Mrs. Marcus Schramm, was recently appointed Resident Psychologist of the School for Juveniles at Louisville, Jefferson County, Kentucky.

Patients at MSH are in a fervor of expectancy. Taking their cue from Superintendent D. B. Williams, who urged them to get busy on a good Christmas program, enthusiasm is mounting daily.

Through the Occupational Therapy Department, contacts for talent rehearsals are being made and the hope that "discoveries" in the vocal field will become the nucleus for a Glee Club, is a near reality.

**MSH PATIENTS
DANCE**

Friday November 26,
AUDITORIUM
MUSIC by MSH DANCE ORCHESTRA

LIGHT REFRESHMENTS.

**OUT-PATIENT
SOCIAL WORKER**

Mrs. Lee Headley, connected with the San Francisco Office, State Dept. of Mental Hygiene, Bureau of Social Work, stopped at MSH on Monday, November 15. Mrs. Headley has been on a two weeks field trip in Humboldt and Del Norte Counties to find out how the patients there are doing and how she could be helpful to their continued progress and adjustment while on leave from the hospital as an out-patient.

She stated, "I'm recommending several discharges for out-patients that I have seen since their release from the hospital. Most of these patients were in the hospital on mental committment."

Mrs. Headley regularly works with

(Cont. pg.10 col.1)

Vocal groups are diligently rehearsing Christmas carols and one and all are invited to participate.

An air of mystery apropos of Christmas, prevails among those taking part. "Our program is intended as a Christmas present and should be treated as such. "Don't open until Christmas" a curious reporter was told.

That all in attendance will share in a common Christmas package of seasonal cheer, is now assured.

MSH A.A. MEET

At their regular Sunday evening meeting at the MSH Auditorium November 14, the local Alcoholics Anonymous group past a profitable

(Cont. pg. 6 col. 2)

**THEY STILL
COME IN**

The following friends contributed to the MSH Library this past week.

(Cont. pg.10 col. 2)

SEND A POMO NEWS HOME

PIES IN SIGHT

Henry Brunges, supervisor of the M S H cannery and the many men and women patients under him are still a busy lot.

Total of tomatoes, puree and juice canned in #10 cans this season and stores in the warehouse are as follows: 1,438 of puree, 18,597 of tomatoes and 2,682 of tomatoe juice.

Pumpkins have been coming in since November 8. The patients are kept very busy washing, cutting and cleaning the pumpkins before they are ready to go into the cans.

Up to November 11, their output of #10 cans are 1,406.

MSH COUPLE GO SOUTH

Johnny Shanyfelt, and his wife Irene, MSH attendants started their vacations Friday, November 12.

The couple plan to spend Thanksgiving with relatives in Los Angeles.

"We intend to 'just take it easy' for the remainder of the time," said "Shaney."

LUCKY PAIR IN WIN

Mrs. Eleanor Eby, MSH switchboard operator, won one hundred dollars at CSEA Meeting here at MSH Auditorium, November 9.

M. L. Dekeno, MSH attendant, won a three way floor lamp the same evening.

FRITZ EBERHARDT

Wishes to express his appreciation for the condensation shown by the MSH employees during his recent bereavement and funeral of his beloved late departed wife Jeannie Eberhardt.

He said: "I didn't realize that we had so many friends, or that so many people were so considerate; I thank you one and all."

CAR STRIKES DEER

Enroute from Lakeport to Talmage late last Thursday, Gilbert Mossi struck a doe with his car. "Gil" reports a damaged left front ferder. Injuries to the doe are unconfirmed.

MRS. FAAS STILL ILL

Mrs. J. Bailey, assumed the duties of assistant to Dr. Frost MSH Dentist, in a temporary capacity last Thursday November 11, replacing Mrs. Bernice Faas during the illness of the latter.

Mrs. Faas who is still quite ill, remarked Saturday "A nervous breakdown I guess is mostly the cause of my illness and I seemed to be having quite a time getting over it."

VACATION AT HOME

Mr. and Mrs. Ben Vickery MSH employees, began their vacation November 11. They intend to work on their new home in Talmage, and will return to duty on December 2.

PLEASANT SUPRISE

Ross H., of ward 8 was pleasantly surprised by his wife. Together they were celebrating their first wedding anniversary.

"I intend to stay three or four days and possibly longer depending on the length of the bus strike," smiled the pretty bride of a year.

ACTIVITY AT SEWING ROOM

Women patients at the MSH Sewing Room under the supervision of Mrs. Mayme Williams have been very busy condemning clothing and the tearing up rags for use at the institution, during the coming month.

Although very busy there is a happy air about the patients working there.

Mrs. Williams, recently took over the Sewing Room and things are progressing nicely there.

"I like my new duties just fine and I get along well with my charges which make our working days pleasant for all," remarked Mrs. Williams.

CSEA DANCE

Dance on Sat. Nov. 27 at MSH Auditorium 8:30 to 12:30. Refreshments and Prizes.

Music by Louis L. and Orchestra.

MSH WELCOMES NEW COMERS

Mrs. Kathryn Brown, MSH's newest Registered Nurse on active duty here since November 1, and presently is attached to the surgery in hospital ward.

Mrs. Brown led a busy life in the nursing field during the war, working in shipyards on the Pacific Coast.

Following three years of training at the Jamison Memorial Hospital, Inc., Mrs. Brown worked there for five years.

She then entered the Fresno County Hospital for a six-month post graduate course after which she became an industrial nurse.

(Cont. on pg. 6)

BECOMES ILL

ON VACATION

Mrs. Elva Brown, wife of attendant Bert Brown returned by plane last Wednesday evening at 7:14 p.m. from Vancouver B.C.

Mrs. Brown left MSH to visit in Vancouver, arriving October 7, but became seriously ill and was operated on October 15, for an infection.

While recuperating Mrs. Brown visited her sister and brother in law Mr. and Mrs. R. N. Rutledge in Vancouver.

SOCIAL BUREAU HEAD VISITS MSH

J. J. Ploscowe, Regional Supervisor of the Bureau of Social Work, was a business visitor at MSH Friday, November 5.

While here he conferred with Superintendent D. B. Williams concerning field work with Mendocino State Hospital patients on "leave of absence."

TO RETURN FROM EUROPE

Mr. and Mrs. Joe Addor of Talmage are happily anticipating arrival this month of their son Richard F. Addor home from Germany with the daughter-in-law they have never seen, and a grand-daughter Rita Danhe.

Richard with the U.S. Army for the past three years was married in Maunheim, Germany, to Trudy Weber in 1946.

(Cont. pg. 6 col. 2.)

YARDBIRD NEWS



The movie billed for November 27, is "THAT HAGEN GIRL" with Ronald Reagan and Shirley Temple. See it.

VERSATILE WILLIE

Bill O., ward 8 is a new member of the MSH Orchestra, wherein he is serving as drummer and feature vocalist.

A vocal quartette is also in the making for merriment at "hops" in which Bill is lead tenor.

Betty C., was transferred from ward M. to ward I last week. She is working at Dr. McKeever's cottage.

There were many patients who were saying "Happy Birthday" Friday November 12 to Dorothy M., ward H.

Less S., ward 8 has added his talent as a Tenor Saxophonist to the MSH Orchestra.

PATIENT TIP FOR THE WEEK

Attention Parolees:

The bicycle in the tunnel belongs to Miss Helen Anderson, MSH Social Worker who was kind enough to lend it to the Pomo News. It is for the Pomo News reporters to ride. Your cooperation is expected.

Many women parole patients have taken it on themselves to keep the Assistant Librarian Claude H., in fresh flowers, and he wishes to express his appreciation of their thoughtfulness.

Louis L., ward 9 was given a
(Cont. on pg. 7, col. 2)



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DR. WILLIAMS SAYS:

I attended a meeting of State Hospital Superintendents last week; held in Sacramento, Friday and Saturday, November 12 and 13. The meeting was attended by a number of the Boards of Trustees from these hospitals.

There were two Trustees from the Mendocino State Hospital present.

I am pleased to notice the active interest shown by so many patients in the Christmas Program and would like to see even more participation in these and similar activities.

YARDBIRD NEWS-(Continued)

CHRISTMAS SHOPPING

Mrs. and Mr. Ted Wimmor MSH employees were Christmas shopping in San Francisco, over the weekend.

WEEK-END IN SAN FRANCISCO

Mrs. and Mr. Jack La Valle MSH employees spent the week end in San Francisco.

Elsie Fitzpatrick, MSH Attendant, who has been spending her leisure time at archery returned November 13. No darts were let fly that day it is hoped.

NEVER TO LATE TO MAKE AMMENDS

Through an error, mention of "Irish" as having received Honorable mention for his Hi-Jinks participation was omitted.

Incidentally the apologies of the Pomo News Staff are also included herewith.

"Three things that are indistructable in this world, that make life worth living are; good will, ambition, and average intelligence," John S., told a Pomo News reporter while he visited at the MSH Shoe Shop last Friday.

BAND PRACTICE

The MSH Band Practices Monday, through Friday, 9:30 to 11:00 a.m.

TODAY'S TRYING TIMES
ARE TOMORROW'S "GOOD OLD DAYS"

TUNNEL ECHOES

Mrs. Ben Vickery Assistant Matron moved to her new home taking her cats with her. One cat kept returning to its old home, but by a little "buttering" suggested by Mrs. Edith Ray, it no longer tries to go to its old home.

Mrs. Ray told them to put butter on the cat's feet and it would no longer return to its old home..... Funny.....but it worked.

That cats ignore changes of address with buttered underpins (or paws) makes us wonder how they could find a wolf howl address. Probably slip right by a whole pack without a pause.

Lona J., ward F put a nickel in the tunnel coke machine and received neither coke or nickel, but was noticed by a Pomo Reporter who took her name and saw to it that she got her nickel returned.

Maria B., ward I also lost her nickel in the machine and it has been returned.

Anyone having similar troubles, let it be known to the Pomo News and you will be reimbursed of your losses.

November days are here again.... With all their smiles and tears... And all the mingled memories....Of many yesteryears...With leaves of yellow, red and green...Around the winds that blow...And fertile fields of harvest time...Forgotten in the snow...The lonely moon, the morning frost....The crowded thoroughfares....And stadiums where football fans...Forget their daily cares...November days are here again...With melancholy dreams.... And energy that seems to flow...In never ending streams.....They are the minions of the month.....That comes before the last...And entertain the future with....A story of the past. By James Metcalfe

QUESTION BOX
Answers on Page 10

- 1.- What is the area of Washington D. C. in square miles?
- 2.- In what year was the Washington Monument begun? Finished? What is its height? Cost?
- 3.- What is the length (between anchors) of the George Washington Bridge? Its height above water? Cost?
- 4.- What and when was the first National Park established in the U. S? What is its area? How many geysers are in its area?
- 5.- When was the first wrist watch made? It was owned by whom?
- 6.- What is Zyzyn?

SNAPPY JOKES

A man returning home unusually late was tiptoeing into his bedroom when his wife woke up. "Is that you, John?" she asked sleepily.

"Well," he answered, "it better be."

Two Soldiers meet, one English and one American. They stand talking together for awhile when finally the English one asked, "What is the time on the nose? The American replied, "Look at your own nose, mine is not running."

A Sioux Indian in Washington doing what he can to help our Government understand his people, told us that his people have a prayer which he recommends to everyone.

"Oh, Great Spirit, help me never to Judge another until I have walked two weeks in his moccasins."

My brother put off telling his motherless daughter the facts of life as long as possible. But when she fell in love for the first time at 16, he realized that he had to talk to her. I overheard his concluding remark, "Jean, the best advice I can give you is written on the top of the mayonnaise jar." That night, when I mixed the salad for dinner, these words on the mayonnaise jar glared up at me: "Keep cool but don't freeze."

A former Navy seabee was passing a beach when he heard cries for help. Tearing off his coat, he dashed into the water and saved the lives of two drowning boys.

(Cont. on pg. 6 col. 1.)

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THE GREATER NEED

I was wondering if they are going to distribute ping pong tables through out the wards this winter, as they will not be able to play out doors. George O. ward 8.

Several ping pong tables have recently been received and distributed to wards other than those which have patients on parole, according to information received from the Supervisors.

FRIENDS GETS POMO NEWS

On October 16, I handed in a subscription order made out to Mrs. Irene Brady. This item has not been mentioned in the Pomo News. Has this practice been discontinued? Yours truly, Ed. B., ward 2.

We wish to thank you Ed. B., for your one year's subscription to the Pomo News.

It will be a pleasure to mail the weekly paper to your corresponding associate Mrs. Brady of Middletown Springs, Vermont.

A HAND FOR THE "IRISH"

We of the kitchen, are glad to see that Dennis C., has a mighty fine job in the ADR now. The other boy Jack C., left the hospital for home. I know "Irish" is well liked by everyone in ADR and Main kitchen. Good luck to you, "Irish." I know Mrs. Ida Mosley has a very good crew of workers in the ADR.

A fellow patient.

THANK YOU!

When I picked up the Pomo News this week it seemed to me that our paper had just stepped out of a fog, a semi-darkness into the clear light of day; the new spacing is neat and renders the contents so understandable, so delightfully easy to read. Winifred F. ward D.

MANY HAPPY RETURN, MARY!

A surprise birthday party was given Mary L., on November 1st.

In the center of the table was a beautiful birthday cake with pink candles.

In addition there were cheese sandwiches, coffee and candy. "Happy Birthday to You," was followed by many good wishes for Mary's future.

CONSTRUCTIVE ADVICE

Dr. D. B. William's sole desire is to put more and more patients on parole as they improve. Some that have been confined for many years to help accustom themselves gradually into the good habit of living in a free world again. You patients who have ground parole are the try-outs now. So set a good example to those that are eagerly watching and waiting behind locked doors to follow your course into a free world. "Do unto others as you wish others do unto you." So, don't betray the trust and liberties given you. Obey all rules and regulations written down by the Superintendent. Be careful and don't "get into his hair" by doing wrong; for disciplin, respect and obedience are his sacred mottos. All in all -- the Doctors here care little or nothing about your social standing or your political views, or what you have. What really does interest and concern them while you're here -- and upon you're release, is your health and your future welfare in life.

Simon M., ward 12

"PRAISE FOR HI-JINKS"

I went to Hi-Jinks and sure did enjoy it. Everybody was really good. I liked ward 8 and ward I the best of all; but the best next I enjoyed "Irish's" singing.

Wish we could hear him more often. How about having him sing for us before the show on Saturday if he would.

I'm sure every one would like it. Thanks for letting me ramble on like this.

Please tell the band master I can sing but never have with a band, but if he can use me I'll be glad to be of some use. Yours truly;

Nancy E. K., ward K.

XMAS SHOPPING

We hope that we have a Thanksgiving day program and also a Happy Christmas play which many of the patients are entering from all the wards. I know many boys and girls will be glad to join in the glee club.

A fellow patient..

EVENTS AT MSH THIS WEEK

Wednesday.....Band Practice
MSH Auditorium.....9-11 a.m.

Alcotherapy Group.....
Roundtable meetings, at Conference Room, ward 9. 2 p.m.

Your commissary order arrives.

* * * * *

Thursday: Socialtherapy Group Meetings with Gordon McWhirter, Social Worker, every week 1:30 p.m.

* * * * *

Friday.....Vocal Rehearsals
9:30-11 a.m.

* * * * *

Saturday...Movie ("Saigon")
at the MSH Auditorium

Place your commissary order with attendants.

* * * * *

Sunday...Church (See Page 9)
Alcoholics Anonymous Meeting every Sunday evening in the MSH Auditorium. 6 p.m.

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Monday.....Band Practice
MSH Auditorium..9:30-11 a.m.
Roundtable meetings at Conference Room, ward 9. 2 p.m.

* * * * *

Tuesday.....Band Practice
MSH Auditorium..9:30-11 a.m.

MSH WELCOMES NEW COMERS-(Cont.)

She was first employed at the Sharon Steel Corporation, and then went to Miami, Florida, where she was an industrial nurse for the Hartford Insurance Company.

In 1941, Mrs. Brown went to Richmond, California to work in a field hospital, remaining there
(Continued next Col.)

MEMO
Check all windows before cold weather sets in!

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ANSWERS TO QUESTIONS

1. 69 1/4 square miles. 2. Begun in 1848. Finished in 1884. Height 555 feet. Weight 36,912 tons. Cost \$1,187,710. 4,760 feet Height---- above water 250 feet cost approximately \$60,000,000. 4. Yellowstone National Park was the first established. 1872. 3426 square miles. At least 70 geysers. 5. The first wrist watch, made in 1572, was presented to Queen Elizabeth as a New Years gift by the Earl of Leicester.
6. A town in Poland.

MSH WELCOMES NEW COMERS-(Cont.)

through the summer of 1942 before going to Richmond, Shipyard #3 where she remained until 1944.

Mrs. Brown then went to Tacoma, Washington, to take a nursing position in the Todds Pacific Shipyards, the West State Hospital at Fort Steilacoon, and at Tacoma, Washington arriving in Ukiah Oct. 28.

SON TO RETURN FROM EUROPE-(Cont.)

He was born in Talmage and is a graduate of Ukiah Union High School, 'Class of '45.

DIVIDENDS AT MSH HOG RANCH-(Cont.)

sows yet to farrow" said 'Gill' who is now doing a fine job as temporary "maternity ward charge" in the absence of Ed. Laviletta who has been on the sick list the past week.

Meantime no less than 5 (proud) but still anxious "Papaps" stride anxiously up and down awaiting termination of this particular arch of the cycle, which includes vaccination and deworming later for all youngsters.

20 head of surplus hogs were sold last week. Previously 40 were sold in the same period.

"Bill W"

MSH A.A. MEET-(Cont.)

evening of enlightenment and enter-
(Cont. on pg. 10 col. 1)

00000000+!
LADIES
100% WOOL
WHITE SWEATERS AT
\$3.95

The Talmage Store

PASSES BOOKS

Plans are underway at the Ukiah Library to arrange for donations of books to the MSH library as they are replaced by other books, it is understood.

"The newly acquired encyclopedias are for patient use, but only as a source of information, to be used at the MSH library only, and are not to leave the library," said a member of the Occupational Therapy Department today. The books were a gift from the Ukiah Library last week.

T.B. PATIENTS PEOPLE'S PROBLEM(Continued) detected by the Mobile X-Ray film, isolation is necessarily mandatory.

In a hospital designed for mental patients, facilities conducive to proper treatment and care of patients, begin with "housing," according to a pamphlet prepared by the National Tuberculosis Association.

"Tuberculosis or Consumption or T.B. or Phtisis patients should be housed in a special sanatorium where those who have the disease are sure of getting the best modern scientific treatment," an excerpt from the pamphlet stated.

Realizing that mass patient care as provided for mental patients, presents a problem which is to date, dismissed with a shrug by legislation; emphatically cannot be met with an air of pious benevolence, nor a frown of resignation, the MSH Clinical Staff instantly went about the problem it was left to assume.

All "suspect" T.B.'s are segregated where they are now under treatment at wards -F, 12, and 7 with minor groups elsewhere approximating 180 patients.

Dining utensils are not only isolated,
(Cont. Pg. 10 col. 1.)

YARBIRD NEWS-(Continued)

cartoon of cigarettes by Beatrice C., ward I for his help and piano accompaniment during Hi-Jinks rehearsals and performance.

LeRoy H. ward 15, and the Rev. Willie K., enjoyed a nice visit Friday with Mrs. Thelma M. and Mr. C. H. Brown who were MSH callers.

Claude H. ward 8, was visited by his wife from Stockton California last week.

Mrs. H. brought Claude a large three layer cake, which several patients were graciously asked to share with them.

The following day (Friday) the amiable couple entertained several patients with a luscious pumpkin pie, a Mrs. H. creation crowned with whipped cream, added to the pleasant comfort to a delightful luncheon.

Vera G., transferred from ward M to ward I November 8. She will start her duties at the ODR this coming Wednesday.

Louise D., transferred from ward M to parole ward I, Friday, November 12.



Treat
YOUR SKIN
SCIENTIFICALLY

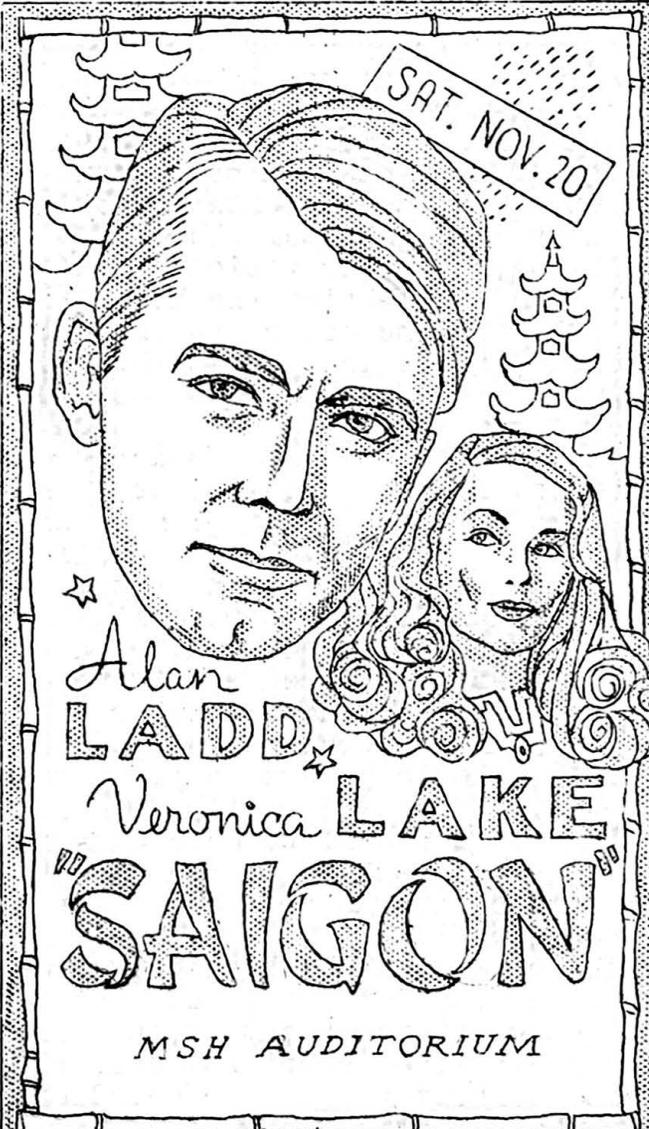
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MSH AUDITORIUM

SOCIAL THERAPY

Patient's Information

Q. "What can the alcoholic do to facilitate his parole, before and after seeing the social worker," asks patient Ed. S., of ward 8?

A. The length of the patient's stay in the hospital is recommended at the time the patient is seen at the medical conference.

At this time the recommendations for treatment are made. There are several kinds of treatment that may be helpful to the patient, but there is probably no one treatment that is "blest" or even good for all patients.

At the time the medical conference recommends the length of a patient's stay in the hospital, it also recommends specific treatment as well as a treatment program.

The aversion treatment (conditioned reflex) is offered to alcoholic patients unless there are medical reasons for not doing so. A patient's stay in the hospital may be shortened if this treatment is prescribed.

Leave of absence is usually granted when the course of aversion treatments has been completed and the patient has had a chance to rest up. Other treatments are available for all patients.

Group Psychotherapy is offered by Dr. G. L. Goodstone.

There is a Socialtherapy group meeting Thursday afternoons.

Friday afternoons, there are two separate groups which are prescribed for all alcoholic patients; a group for new admissions and a group for those patients preparing to leave the hospital shortly.

The way for any patient to facilitate his leaving the hospital, both before and after seeing the social worker, is to make the fullest possible use of all hospital facilities.

Make an effort to understand that even the uncomfortable and disliked things can be made use of, in terms of getting well, and staying out of the hospital.

Any patient may be reconsidered at medical conference in regards to either prescribed treatment or length of stay. Such consideration will usually depend on the patient being able to present a plan for himself. If the patient's plan requires that a call be made on relatives, arrangements can be made by the doctors to have this done by a field worker.

The object in the hospital treatment of any patient is of course, to get the patient out of the hospital in the shortest possible time, consistent with good medical care and treatment.

ALCO THERAPY

Why do you drink? A familiar question, yet its importance becomes increasingly manifest under the revelations of open discussion. Some alcoholics, all in good faith, assume and truthfully believe that they drink because they "crave" alcohol. Others, attribute their lack of abstinence to social obligations which in many cases automatically include loneliness. All are merely surface products of a cause, and the alcoholic in diligent search for a more basic reason is prone to ask: Is alcoholism hereditary?

Is it indirectly-emotionally hereditary? Not in either sense is alcoholism hereditary. Environment, in some manner of your experience, perhaps suddenly but more often gradual, has caused your emotional temperament to become overwrought to a degree of neurotic tendencies.

What is an alcoholic? Plainly alcoholism may well be defined as an emotional disease. Therefore you, having resorted to alcohol to "overcome" your emotional excess, emerge as both an alcoholic and a neurotic. In this dual role you are trying to escape from; you know not what. Small wonder you are hospitalized. "The Lord works in mysterious ways, his wonders to perform." Incidentally He has been known to "help those who help themselves." Hospitalization may be a boon to you. Speculate, make it a boom that will give you a return of everything desirable.

There is a grand prize awaiting him who in an endeavor to arrest his own case of alcoholism, conforms to these simple rules.

1. Be the man who will concede that he is suffering from an emotional lack or void.

2. Finds out what that need is.

3. Finds something as a substitute to fill that need.

It is an attractive offer. The prize is an annuity of 60 diamond studded minutes in every 24 hours for life.

The foregoing is a version of an alcoholic, in attendance at Dr. G. L. Goodstone's Round Table Group, Alcotherapy discussions on Monday, November 7, at the Conference Room, ward 9.

A Sexual deviants meeting was held by Dr. D. O. Prasser last Wednesday November 10. This meeting began shortly after 2 p.m. lasting to 5 p.m. "This class was so interesting that we didn't realize the afternoon had passed," stated one of the patients in attendance.

SUBSTITUTION DISCUSSED AT SOCIAL THERAPY GROUP MEETING

Is there a substitution of alcohol? As alcohol is alcohol there can be no substitute made. It is only to be removed by use of one's personal desire for abstinence. However to accomplish this the chronic alcoholic patient finds he has to make a social adjustment, but until this end has been achieved by the patient he can only realize he has contracted to a mental disease which needs treatment for cure in their own social field, in order to gain a true knowledge of self respect; authority, deferential, regard, consideration, honor, conformity and unity.

It is revealed that the origin of all alcoholic diseases are mental, but it declares that it can be cured only by one's intelligence. There is no sure cure except through right thinking and knowing, whether or not we trust a drug or any other substitution toward which misguided faith is directed.

But the Alcoholic is never cured except by means of his own intelligence. Only this action can receive conformity.

* * * * *

Private Alcoholic interviews can be made through Mrs. La Valle, Social Service receptionist, at ward 9.

Alcoholics are cordially invited to attend Mr. McWhirter's Social - Therapy group meetings, every Thursday at 1:30 p.m. in the conference room at ward 9.

VISITS WEEKLY

Cromer G. Nelson, C. S. of San Francisco, who was here at the MSH last Friday, November 12, leaving Christian Science literature at the MSH patients library for those interested in Christian Science.

CALL FOR YULETIDE VESPERS

Anyone who can sing and would like to take part in the Christmas show, send your name, ward no. to Bob N., c/o Dr. G. L. Goodstone.

YARDBIRD NEWS (CONTINUED)

Emma W., was transferred from the hospital ward M to ward I and will continue her duties at the laundry.

The following patients transferred from ward 12 to ward 15 last week. Joseph D, Murray R; J. V. W, Jim R. Louise R, Bobby R, L. W, Thomas D.

MAIL A COPY OF THE POMO NEWS HOME.

CHURCH SERVICES

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.

* * *

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

* * *

November 21, 1948

Christian Science Church - Subject: Soul and Body. Golden Text: Psalms 86:4. Rejoice the soul of thy servant: for unto thee, O Lord, do I lift up my soul.

* * *

SUNDAY SERVICES

AT M. S. H. AUDITORIUM

Rev. Willie K., held services in the main auditorium Sunday, November 7, using the fourteenth chapter of John, text taken from the 27th verse: "Peace, I leave with you. My peace I've given unto you, not as the world giveth, give I unto you."

The subject was "Be not afraid." Rev. K., brought this message to his many friends and followers as his farewell sermon.

The congregation and many friends of Rev. Willie King; wish him well in appreciation of his services.

MRS. EBERHARDT PASSES ON

Mrs. Jennie Eberhardt passed away Sunday at her home 148 Gibson Street, Ukiah, after a long illness.

Mrs. Eberhardt is survived by her husband, Fritz Eberhardt, an MSH employee since 1925.

Funeral services at the Eversole Funeral Parlor with the Rev. Leonard G. Brown officiating.

* * *

Alcoholics Anonymous meet every Sunday evening at MSH Auditorium 6 p.m. All Alcoholics are invited.

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,
CLINICAL DIRECTOR.

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T.B. PATIENTS PEOPLE'S PROBLEM (Continued)
but are boiled as well, for T.B. is communicable.

Meantime marked progress is noted among the number of patients, who are given a special diet, including egg-nogs and vitamins.

Already a few have been discharged or transferred to a sanatorium. At present, several patients are receiving the Pneumothorax treatment wherein the lung is collapsed with air.

The advisability and frequency of this treatment is based upon clinical charts and records of progress as revealed by fluoroscopic X-Ray pictures taken just prior to the operation.

Other T.B. patients will receive this treatment from time to time on the basis of laboratory tests which are conducted at the MSH Laboratory by technician Teresa Sipkins.

Temperatures, sedimentation rate and gastric lavages (stomach washes) are all given, recorded and charted, serving as an aid to determine progress.

Unfortunately, to safe guard the health of other patients, those afflicted with T.B. at MSH, have become a "must" for housing, proper sunshine and exercise facilities. The problem they present should obviously hold an eminent position in legislative appropriations.

THEY STILL COME IN (Continued.)

Mrs. A. L. Ford, 118 Norton Street, Ukiah, 68 books, 14 magazines.

Mrs. Laura Shields, of Ukiah, Calif., 25 books, a New Encyclopedia of Universal Knowledge.

Mr. Stilwell, Charge Attendant of Men's Marking Room delivered these books for Mrs. Shields.

Mrs. Ruth Chaney, MSH employee, 7 books

Mrs. Francis Lindsey, of Susanville, California: 36 books, 3 magazines.

Donna R., ward I, 1 nice volume.

E. M. L., ward 9, 16 fiction - pocket editions.

MSH A. A. MEET-(Continued)

tainment.

After official business was consummated, the group, was treated to a period of pleasant entertainment by their A.A. Group sponsor "Dee", who attended the meeting with "George" and "Jack" all visiting members of the Santa Rosa A. A. Group. Despite the condition of a leg in which "Dee" suffered two broken bones last week, he still carries on.



OUT-PATIENT SOCIAL WORKER (Continued.)

patients from Agnews State Hospital in the Alameda County area.

THREE GOOD THINGS

"Three things that are indestructable in this world, that make life worth living are; ambition, good will, and average intelligence," John S., told a Pomo News reporter while he visited at the MSH Shoe Shop last Friday.



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