



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

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# PATIENTS DANCE TO CLIMAX SPIRIT OF THANKSGIVING CLINIC LAUDS VOCAL NUMBERS IN ADDED ATTRACTION POMO NEWS

MSH AUDITORIUM TO BE SCENE OF GAY PARTY  
DANCING NOVEMBER 26 FROM 6:30 to 8:30 PM.

A sketch depicting the MSH Alcoholic Program, which appeared in the Pomo News November 9th, above the caption "Answering the Call," is now on display on the bulletin board at Langley Porter Clinic in San Francisco.

Dr. Simon, Assistant Superintendent at the Clinic, "ordered" Dr. E. L. Lochen of MSH, who has been studying at Langley Porter, to post the Pomo News Ship sketch on the bulletin board as a demonstration of "good things being accomplished," according to a despatch from San Francisco.

The Sketch which appeared in the edition (Cont. pg. 8 col. 1)

## RIVER UNION GIVES BOOKS

The MSH Patients Library had a busy day November 19. It was on this day that charge attendant Irvin Ball of ward 12, delivered 400 books to the library.

This fine assortment was a gift from the River Union Grammar School of Talmage and is one of the largest donations yet received.

Joyce M., the librarian, has many busy days ahead in order to get the books properly catalogued and arranged on the library shelves. Another recent donor (Cont. pg. 9 col. 2)

Planned as a recreational feature of Occupational Therapy, awaiting only the perfection of the MSH Orchestra, all is now in readiness for the gala Thanksgiving party and dance.

Truly an occasion for the day the event takes a prominent place in the MSH "Ladder of Progress."

## EMPLOYEES TO DANCE

This coming Saturday night November 27, the C.S.E.A. and MSH employees will hold a dance in the MSH Auditorium.

Dancing will be to the syncopated rhythm (Cont. pg. 9 col. 1)

## GRADUATE IN PSYCHIATRY

Back to MSH Saturday, November 20, were Dr. L. G. McKeever and Dr. E. L. Lochen. Completing a course in Psychiatry at Langley Porter Clinic in San Francisco, both resumed their duties at the Mendocino State Hospital Monday morning.

"We are certainly happy to be back at work among old friends and acquaintances," they remarked. "Langley Porter Clinic is well organized and in co-operation with the University of California and they are doing a commendable job in offering this course.

"We also wish to thank the State Bureau of mental Hygiene for mak- (Cont. pg. 10 col. 1)

The event is another step in the climb to modern achievement and follows the pattern of determination that founded the Pomo News, the Patients Library and Patients Sports.

Other events of no less importance have been accomplished for patient welfare.

Every department of MSH is touched by the incidence and direction of these projects as they take place in the progressive advance.

Employees are cheerfully accepting the extra work and necessary change in working routine as exemplified by charge attendant Harry Johnson of ward 8.

He was stationed at the PDR Saturday noon, busily engaged in making a list of all patients who contemplated attending the Thanksgiving dance.

## STRAIGHT TURKEY

We of the Pomo News Staff wish everyone a joyous and bountiful Thanksgiving.

## SEEKS KNOW HOW

The Librarian of the Patients' Library was in Ukiah Wednesday and Thursday at the Ukiah Public Library learning bookbinding to facilitate maintenance of books in the Patients' Library.

The Librarian was much interested and learned a lot with Mrs. Marvin in two hours. She is the  
(Cont. pg. 7 col. 2)

## FOODLINER ANSWERING DINNER BELL

Delivery to MSH was made on another new G. M. C. truck chassis Wednesday November 17, to be used on Food Delivery.

-Like its predecessor another G.M.C. chassis received by the MSH Farm, October 23, the new motive unit is temporarily idle awaiting a revamp job being done by MSH mechanics on the enclosed box formerly in use, which will be placed amidships on the new "Foodliner."

Leo C., patient mechanic is assisting in the work. The MSH lettering has already been applied to the cab.

## AMONG THE NEW COMERS

-Mrs. Lillian Smith a resident of Ukiah for several years began her new duties as an Attendant here at MSH November 18.

Anthony J. Campbell, formerly of Madera, California says, "This is my first experience in the hospital work. I worked for  
(Cont. on pg. 9 col. 1)

## DR. BITTICK IN MIDWEST

Dr. Paul Bittick of the MSH Medical Staff was called to the middle west last week due to illness in the family. He is expected to return to duty some time this week.

Pomo News the eyes and ears of MSH.

## NOW IS THE HOUR

On ward I, the evening of November 19, at 8 p.m. the patients gathered for a surprise farewell party in honor of Myrtle M.

Refreshments were varied and all enjoyed delicious sandwiches, salads, candy, cake, cookies and coffee.

Vocal selections by several of the guests entertained those gathered around the festive board.

In parting Myrtle expressed her gratitude by leaving this message.

When the golden sun is setting,

And your mind is free from care;

While of others you are thinking,

Will you think of me, As I'll often do of thee.

In that golden chain of friendships,

Please regard me as a link.

## PAINTING MORE CHEER

Just a matter of a short time now - till we can view the new wall decorations being painted by Harold V., for the PDR.

He reports a finished product in the near future.

## RECOVERS FROM OPERATION

Mrs. Jennie Parducci, MSH employee was operated on for appendicitis on November 7.

She is recovering nicely and expects to return to duty soon.

## SOS FOR CAROLS

To an S.O.S. from Bob N., ward 8, through the MSH Occupational Therapy Department last week, Lloyd J. Lynch of San Francisco, answered with alacrity.

The request, for copies of Christmas Carols was answered at once by Mr. Lynch by 38 copies to MSH. They will be used  
(Cont. pg. 7 col. 2)

## DRESSING UP AT WARD 15

The boys working with Bob Wright's Paint Shop, treated the ward 15 dining room and kitchen to a nice paint job. The woodwork including the serving counters and tables not to be outdone by the recent installation of new chairs therein; jealously radiate a cheerful cream color scheme applied last week.

## RETURNS TO HOME

Mrs. Estelle Tuttle attendant on ward I is convalescing at her home following an operation performed at Ukiah General Hospital.

## WOMEN HOLD VOCAL TRYOUT

Vocal tryouts and rehearsal of female patient parodies, was held at 1:30 p.m. Sunday November 21, at the MSH Auditorium.

## SEASON OPENS

Theasant season opened November 19 and all MSH nimrods lucky enough to have time off are out in pursuit of the ringnecks.

A good crop of these splendid game birds is reported in the Sacramento Valley.

## BREAKS LEG IN FALL

Pearl Bolton MSH attendant, while practicing a horseman's quadrille suffered a broken leg, Sunday November 22.

It is reported Mr. Bolton's horse reared, falling backward. He is convalescing at the Ukiah Hospital.

## REPAIRS AT WARD 4

Sam Ray and his gang of husky patient helpers started a repair job on the floor at ward 4, Monday November 22.

It is reported that the floor at 4 is also due for a floor sanding.

# YARDBIRD NEWS



The movie billed for Dec. 4, is "I Wonder Who's Kissing Her Now" with June Haver and Mack Stevens.- See it.

Fredrick R.C. and Oliver V.M. are new arrivals on ward 15 via transfer, while Henry H. initials appeared on the roster at ward 8. He comes from ward 15.

Walton J., has returned to ward 15 after having undergone an operation on ward 9.

Oh! It ain't agona rain no more--in Dormatory 3, ward 15. Somebody must have shut the sky off. It's fixed in any event - even rain.

Two new transfers to ward I last week, are Kay A., and Alphild K.

The following patients were added to the group already working at the Industrial Shop as of November 19: Jim R., Bobby R. and Louis R., who is assigned to the Paint and Finishing Room there. All work out of ward 15.

Robert N., was transferred from ward 15 to ward 8 last week. Bob, who is active in the musical and entertainment field can utilize his parole advantageously.

Donna I, was recently transferred to ward I, from ward G.

Patients, Mamie W., Hazel B. and Aimee H. working in the Womens' Marking Room under the supervision of Mrs. D. Alexander, have been unusually busy this past week with the necessary marking of many clothes sheets and other items.

## DO JOBS ON MAINTENANCE

Patients working in the MSH Mattress Shop under the supervision of Marion Freitas have been working on new seat covers for one of the state cars.

## PATIENT TIP FOR THE WEEK

Get your hair cut or curled and shoes shined up for the Big "Patients Dance," November 26.



## DR. WILLIAMS SAYS:

We are all looking forward to the Thanksgiving party and dance, as well as that of the Christmas

Holidays.

I will take this opportunity to wish you all a very pleasant Thanksgiving.

These dances have been resumed for the pleasure of you patients and I hardly think it should be necessary to do more than remind you that their continuance rests with your conduct.

Most of you are aware of what is generally socially acceptable as behavior elsewhere, and if every one conforms to that yardstick, all will have a better time at these gatherings.

## UNDER-GOES OPERATION

Mrs. Margaret Orr, wife of Dr. J. R. Orr of MSH, recently underwent a Fenestration operation on her left ear at Good Samaritan Hospital, Los Angeles.

The operation which is a relatively new field of surgery was performed by the eminent Dr. Howe.

Mrs. Orr, accompanied by Dr. Orr, returned home Sunday and will be under observation for a short time in order to determine the success of the operation.

## CSEA DANCE AND EMPLOYEES OF THE HOSPITAL

SATURDAY-NOVEMBER 27  
MSH AUDITORIUM  
SIX PIECE ORCHESTRA

VOCALISTS  
Haslam.....Tracy

Door Prize....Pot-O-Gold.  
Prize For Best Waltz

MODERN AND OLD TIME DANCING

REFRESHMENTS  
Sandwiches-Cake-Coffee

The Dance You Have Been Waiting For

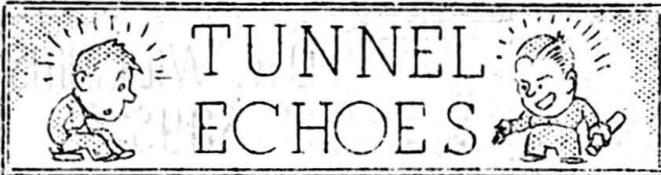
FUN-COME ONE-COME ALL-FUN

DANCING-8:30 p.m. to 12:30 a.m.

ADMISSION.....FREE

## INFORMATION WANTED

Let the Pomo News know what you think of the Library, Dances and Programs.



whether you think you can sing or not, "borrow a page from Bob Hope and try it anyway."

Your voice probably isn't bad at all, and even if it were; those Christmas carols, sang with others can't miss sounding good to anyone fortunate enough to hear them. Go out for practice!

Of the original 13 members of the MSH Fire Department, (organized in October 1941) -- Nine still remain on the job, including the Chief, Marshall Von Schrittz.

They were officially appointed Fireman, on January 6, 1942.

"If it's a little girl, its name will be "Puss." If it's a boy, I will just call it "Tommie," said the proud owner.

"It's already 'house broke' and everything" she beamed.

A small kitten had strolled "majestically" into the MSH Library and "moved in." To the question of a "moniker," was added a biological determination, awaiting confirmation. "Ben Hur, is considered too" quipped a wise guy.

Flash -- Flash-via late bulletin: "Somebody has pinched the library kitten."

The "out of order" sign on the wall at the receiving ward is the object of much comment. Especially so when the elevator is seen serving passengers both up and down.

#### NEW HELP AT ODR

Mrs. Lillian Davis, MSH ODR Supervisor, now has two new girls added to her kitchen and dining room help, Margaret R., and Kay A., both of ward I.

SEND A COPY OF THE POMO NEWS HOME.

*Andy Stabl's*  
**LIQUOR STORE**

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

PHONE  
UKIAH  
1138-J

## QUESTION BOX

Answers on page 7

- 1.-Which is the largest in area of square miles, Australia or USA?
- 2.-What is the area in square miles of Australia?
- 3.-What is the population of Australia?
- 4.-When was Arizona admitted to the Union?
- 5.-What is the second largest city in Arizona?
- 6.-When was Idaho admitted to the Union?
- 7.-What is the population of Idaho?
- 8.-What is the second largest city in Idaho?
- 9.-Who was the 9th President of the U.S.?
- 10.-How many islands in the Philippine Group?

## JESTS FOR FUN

"There are two ways to turn a man's head -- rattle money or rustle a skirt."

Secretary: "Your wife wants to kiss you over the telephone."

Boss: "Take the message and give it to me later."

"You look depressed my friend. What are you thinking about?" "My future."

What makes it seem so hopeless?  
"My past."

Judge (during divorce proceedings), "And why didn't you speak to your wife once during these past 7 years?" Husband: "I couldn't think of anything that she herself hadn't said already."

A young lady stopped at a notion counter and asked to see a man's comb.

"Do you want a narrow man's comb?" the clerk asked.

"No, replied the girl. "I want a comb for a fat man with rubber teeth."

Henry T. N. ward 10.

She: "Sometimes my dad takes things apart to see why they don't go."

He: "Yeah?"

She: "Yeah, So you's better go."

A doctor remarked to Screwball Jake, "you know, exercise kills germs." "How do you get the germs to exercise?" asked Screwball.

# PATIENTS DANCE PROGRAM

WITH  
INTERMISSION NUMBERS  
NOVEMBER 26, 1948

MUSICAL ARRANGEMENTS -- LOUIS L.

- 1.- Waltz
- 2.- Fox-Trot
- 3.- Fox-Trot  
Myrtle M. ....Soloist
- 4.- Waltz
- 5.- Fox-Trot  
Dennis C. ....Irish Ballad
- 6.- Fox-Trot
- 7.- Three-Step
- 8.- Waltz  
Myrtle M.  
Amey H. ....Girl Vocal Trio  
Myrtle Z.
- 9.- Fox Trot
- 10.- Fox Trot  
Jim I. ....Bass Solo
- 11.- Waltz
- 12.- Fox Trot  
Myrtle Z. Piano  
Esther D. Dancer....."Boogie Woogie"
- 13.- Waltz
- 14.- Fox Trot  
Joyce M. ....Vocalist
- 15.- Fox Trot
- 16.- Fox Trot  
Jim W. ....Baritone  
Jim K. ....Bass  
Dennis C. ....Tenor.....Male Quartet  
Louis L. ....2nd Tenor
- 17.- Good-Night Waltz

- ORCHESTRA MEMBERS -

- Saxophone Team.....Les S., Elroy E.  
 Accordion.....Armando P.  
 Brass Team.....Robert N., Ward L.  
 Drums and Vocalist.. "Bill" O.  
 Guitar.....Marion A.  
 Piano.....Louis L., Olga K.  
 Violin.....Bill W.

LIGHT REFRESHMENTS DANCING 6:30 to 8:30 p.m.





## MONKEYS' DISGRACE

Three monkeys sat in a cocoanut tree,  
 Discussing things as they are said to be.  
 Said one to the others: "Now, listen you two,  
 There is a certain rumor noble race.  
 The v e r y idea is a disgrace.  
 No monkey ever deserted his wife,  
 Starved her babies or ruined her life,  
 And you never knew of a mother monk  
 To leave her babies with others to bunk,  
 And pass them on from one to another,  
 Until they scarcely knew who was their mother.  
 And another thing you will never see,  
 Is a monkey, build a fence around a cocoanut tree,  
 And let the cocoanuts go to waste,  
 Why, if I built a fence round a cocoanut tree,  
 Starvation would force you to steal from me.  
 And another thing a monkey won't do,  
 Is to go out at night and get on a stew,  
 And use a gun or a club or a knife,  
 To take some other monkeys life.  
 Yes; man descended, onery cuss,  
 But, brother he never descended from us."

J. C. B.....ward 12.

Dear Editor;

Received your message and I don't know your latest Dr. Bair's approved recruit...or do I?

After learning of some of the other institutions throughout my travels, I am quite sure that the patients at MSH will or would feel much better if they but knew the conditions that prevail in other places. Paroles are unheard of in the greater number of institutions and the old "snake pits" are quite common.

Strange that mankind has spent millions to preserve democracy and yet have treated their own people as they have and are still using the old methods of treatment of mental ill.

As always  
 Friend Trip.

## THE LAMB

Little gamboling lamb;  
 Do you know where you am?  
 In a patch of mint.  
 I'll give you a hint:  
 Scram,  
 Lamb!

## SWEET DREAMS OF YOU

Good Night  
 Sweet Dreams of You  
 Good night the day is through  
 When night shadows fall,  
 Love birdies cease their call  
 Good Night  
 Sweet Dreams of You.

Submitted by Robert C,....ward 12.

## A FRIENDS GARDEN

My heart is in a Friend's  
 garden of flowers,  
 I've watched him hours and  
 hours;  
 An exile He, and exile I and  
 many a smile and a question  
 why?  
 Comes up in the mind of both,  
 But I know He's true as an  
 oath.  
 If He gives me His word  
 Not with other's does, is He  
 Heard.  
 Who b r e a k t h e i r own  
 And wander years all alone,  
 On "this world," God made for  
 us all.

Mary F. ward H.

## "WE JUST COULDN'T SAY GOODBYE"

We thought that love was over,  
 That we were really through,  
 I said I didn't love him,  
 T h a t we'd begin a new,  
 And you can all believe me  
 We s u r e i n t e n d e d to  
 But we j u s t couldn't say  
 goodbye,

The chair and then the sofa,  
 They broke right down and  
 cried,  
 The curtian started waving for  
 me to come inside,  
 I tell you Confidentially, the  
 tears were hard to hide,  
 But we just couldn't say good-  
 bye,

The clock was striking twelve  
 o'clock,  
 It s m i l e d on us below,  
 With folded hands it seemed  
 to say, We'll miss you if  
 you go,  
 So I went back and kissed  
 him, and when I l o o k e d  
 around,  
 (Cont. on pg. 6 col. .)

# THIS WEEK

Wednesday: (Monday thru. Friday)  
Band Practice MSH Auditorium 9:00  
to 11:00 a. m.

Alcotherapy Group Dr. Goodstone  
Roundtable meetings, at Confer-  
ence Room, ward 9 at 2:00 p. m.  
Commissary orders arrive.

\* \* \*

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

\* \* \*

Friday: Dance Program rehearsals  
9:00 to 11:00 a. m. Dance 6:30  
to 8:30 p. m.

\* \* \*

Saturday: Movie-That Hagen Girl.  
at the MSH Auditorium.  
Place Commissary orders.

\* \* \*

Sunday: Church (See page 9.)  
Alcoholics Anonymous Meeting in  
the MSH Auditorium at 6:00 p.m.

\* \* \*

Monday: Roundtable meetings at  
Conference room wd. 9, at 2 p.m.

## "ATTENTION FOR THE BLACK CURRANT BERRY-BUSH."

A fine fruit bush which does en-  
danger the life of big trees, but  
has food and medical value for us,  
and is a delicacy for birds.

Close to the buildings of ward  
14 and 15 you will find some of  
these bushes which according to  
the reports of the Department of  
Agriculture are able to kill big  
trees. An expert will recognize  
more correctly how much harm was  
done there, and these bushes  
have to be transplanted or des-  
troyed.

The black currant berry is a  
native of Europe and Siberia. But  
there are several American hortic-  
ultural varieties. Some are not  
cultivated for its fruit, but more  
for its decorative appearance. The  
American black currants is little  
esteemed, but likely less danger-  
ous as the Europe species.

About the medical value of the  
Europe black currant berry, with  
its very peculiar flavor, I was  
informed by a San Francisco monk,  
in the Hospital at San Andree near  
Lille in France. He took care of  
the mentally sick. In this hos-  
pital I was also employed as a X  
ray technician, and so I had often  
the opportunity to see the Holy  
(Continued next column)

## "WE JUST COULDN'T SAY GOODBYE" (Continued)

The r o o m was singing love  
songs, and dancing up and  
down,

And now we're both so happy  
because at last we've found,  
That we j u s t couldn't say  
goodbye."

Printed by request.  
Olga K. ward H..

## "OUT-PATIENT" ATTENDS A.A.

The following is an excerpt from  
a letter to a friend from Dewey P.,  
formerly of ward 8, who is now an  
out-patient on leave of absence:

"The doctors at t h e hospital  
certainly don't fool around, once  
they decide to let you go. Al-  
though I didn't have time to say  
good bye, I really got some good  
out of the treatment there at the  
hospital.

It was my first--and I hope--my  
last experience with conditioned  
reflex treatment.

Have attended 2 Alcoholics Anony-  
mous meetings the past week."

## THE BLACK CURRANT BERRY-BUSH-(Cont.)

Father working over the black cur-  
rant bushes in a mysterious way.  
As soon as I was getting acquainted  
with him, he was kind enough to  
explain to me why he collected the  
leaves from these berry bushes.  
He said from the leaves he was  
brewing a tea for his patients  
with a weak bladder to prevent  
wetting of the mattresses. Also  
the black berries, he said, are of  
high value as a blood-builder, and  
has been proven specially success-  
ful for the insane and for patients  
with anemia.

Under the water tank on the hos-  
pital grounds is a space bare of  
big trees, just large and good en-  
ough to give these berries a chance  
to grow for the benefit of the  
patients.

They grow easy from cuttings,  
when the Law is not opposing.

Arno G. ward 8.

**HOLIDAY  
★ CANDY ★**

CHOCOLATE DROPS.....	40¢	1lb.
MIXED HARD CANDY.....	35¢	1lb.
1 LB. BOX CHOCLATES..	\$1.25	
2 LB. BOX CHOCLATES..	\$2.50	

★ THE TALMAGE STORE ★

# FIRE WARNING

Attendant all large gatherings is the ever present menace of Fire! This is especially true at Christmas time.

Possibility of fire may largely be avoided if the following rules are observed at, and during our MSH Holidays on all wards and assemblies.

1. Xmas decorations should all be Fire Resistant!
2. ORDINARY COTTON should not be used! Use only cotton purchased for "Decorative purposes" only. It bears the label "F l a m e P r o o f e d". This cotton is designed for Xmas decorations.
3. CREPE PAPER. Decorative paper may also be purchased bearing a Flame Proofed label. Most of the new maiden hair is spun glass and will not burn.
4. Many of the old paper bells are flammable and should not be used.
5. All Xmas tree lights should be checked at an early date.
6. If any wiring shows defects-fraying of the insulation (covering) or should the bare wire be exposed, it should be fixed at once.

We ask and will appreciate the full cooperation of everyone in this matter.

Chief: MSH Fire Department.

## DINE AND DANCE

The Hospital Employees Local #519 had their annual turkey dinner, at the Community Club House, Nov. 15th. After dinner, dancing was enjoyed until mid-nite.

This date being Jimmy Maurer's birthday, she was presented with a beautiful cake, all decorated.

The gang sang happy birthday to you Jimmy.

The Social Editor.

## GRANGE BAZAAR

AND

## CAMPFIRE GIRLS BENEFIT

Saturday Dec. 4th 1948: 1:30 P.M.

Sale of fancy work.  
Cooked foods, candies & handicraft  
by Grange.

8:00 P. M.  
Campfire Girls Program.

Admission 50¢  
Sale of tickets by Campfire Girls.

9:00 P. M.  
Jitney Dance

## Answers To Questions on pg 4

1. U.S.A. 2. 2,974,581 3. 7,-174,247. 4. Feb. 14, 1912: 5. Tucson Arizona. 6. July 3, 1890 7. 524,873-(1940). 8. Pocatello, Idaho. 9. William H. Harrison. 10. 3141.

## MSH LIBRARIAN SEE'S KNOW HOW-(Cont)

mother of Miss M. Marvin, the Librarian at the Ukiah Public Library.

On Thursday the Patients' Librarian conferred with Miss Marvin herself on the classification of books and was given valuable information which will help her in her work for the progression of the Patients' Library here.

The Librarian wishes to thank Dr. G. L. Goodstone and the Medical Staff for this wonderful opportunity of being able to avail herself of the knowledge which she acquired in those two days, and also says: "Happy Thanksgiving to all." "Maria B."

## ANSWERS S.O.S. FOR CAROLS-(Cont.)

in the big Christmas Program and Party, for which preparations are daily being made.

Through his thoughtful gesture of good will, Mr. Lynch has earned the gratitude of all concerned at MSH, as well as their friends and relatives.



Saturday  
NOV. 27<sup>TH</sup>

YOU'VE  
GOT A DATE  
WITH  
**"THAT  
Hagen  
GIRL"**

Starring  
RONALD REAGAN  
SHIRLEY TEMPLE

MSH AUDITORIUM

## SOCIAL THERAPY

### Patient Information

In view of the fact that by stating herewith, my personal attitude, acquired of experience concerning out patient social work, I offer the following to whom it may concern -- or any and all patients at MSH.

I know it is a great help to contact an MSH social worker just as soon as a patient leaves the hospital on an out patient basis.

He alone, aside from the Hospital Clinical Staff, can and will make contacts concerning your welfare that are extremely difficult for the patient to handle alone.

I know a large number of patients erroneously feel that the social worker "may be trying to send us back."

Truthfully however, the social workers functional purpose of contact, is to do everything in his power to keep us out of the hospital.

Mr. McWhirter has initiated a hospital Alumni Group at San Francisco (which they have chosen to call themselves) who by their own design, meet twice a month to discuss their problems, exchange notes, and renew friendships.

Personally, I can tell you in the language a child can understand, that social service as administered today is beneficial to anyone on an out patient status.

Benefits that can be obtained thereby are incalculable, take it from me!

Signed -- Glen B.

### CLINIC LAUDS POMO NEWS-(Cont.)

of November 9th, is one of those sketched every week by Pomo News Staff artist Harold V.

"Answering the Call," artfully pictures a salvage vessel on the rough and stormy, "Sea of Alcoholism." The smoke from the vessel forms the MSH Alcoholic Program.

A pilot obviously blows two blasts on the ships whistle, indicated by two billowy rings of steam emanating from the pilot house. A tow or life line is seen rescuing a derelict ship.

Clearly the victim of a "rough trip," the derelict is an abject example of an alcoholic receiving MSH (SOS) compassionate treatment.

### HAS BEEN SLIGHTLY ILL

Due to illness, Rev. Willie K., wishes to express his regrets for being unable to hold his regular service at ward 12, last Saturday.

## ALCOTHERAPY

Ernestly searching for a solution, after voluntary personal concession that they are suffering from an emotional lack or void; 11 MSH Alcoholics met in Round Table Group Therapy discussion, Monday, November 15.

Meeting bi-weekly, under the enlightening guidance of Dr. G. L. Goodstone, at the Conference Room, ward 9; all present were appreciatively attentive, as befits the seriousness of their purpose in discussion.

It was generally agreed that an Alcoholic may be defined as an addict, rather than an allergic. Discussion further disclosed that most Alcoholics having developed a feeling of guilt; vaguely sense a void, nourish an acquired sense of inadequacy which finds expression in irritable small jealousies of others who's lives are more in harmony with their surroundings. Moreover he wants to move! He cares not where. He moves! The only change is geographical. Now he is gripped with fear, discouraged and in his bewilderment becomes even more inadequate than he formerly imagined himself to be.

Subconsciously, he would like nothing better than to commit suicide! "The wish is the father of the thought! However, being generally above the average intellectually, this neurotic tendency finds expression in a common alternative of social, economic and financial suicide. Now he drinks to cheer himself into a false feeling of well being. He only succeeds in applying alcohol to his brain, minimizing fear and remorse, both factors so closely akin, that recognition is difficult ---- almost impossible for the victim to diagnose. He does realize however, that he has acquired a habit to the point of addiction. These facts are realized only in a vagary of opinion in his bewildered inadequate self-diagnosis.

Upper-most in his mind, domi-  
(Cont. on pg. 9 col. 2.)

UKIAH 144 FOR  
Empire

OFFICE MACHINES  
OFFICE SUPPLIES  
SALES SERVICE

325 N. State St.

← EVER SEEN TURKEYS WITH STRAW HATS ?

"THE PILGRIM" 1948

BACK TO NATURE

# Fowl Play!

(-OR HOW ONE EARLY WORM GOT THE BIRD-)

HOW SOME PEOPLE FEEL ABOUT HOLIDAYS

DON'T GET IDEAS, MAC!

TWO TOUGH OLD BIRDS

PRICE RAISE

FOOD PRICES SOAR!

50% BOOST

TURKEYS SKY HIGH!

and  
IF YOU'RE THE MAN WHOSE GOING OUT TO DINNER

TRAVEL LIKE THIS-

- BUT IT'S A GREAT DAY -  
ORIGINATED IN NEW ENGLAND, 1621 -  
OBSERVED ANNUALLY  
BY PROCLAMATION OF  
A. LINCOLN

① Expectation -



② Anticipation -



③ Realization!



H.V.

# MSH A A GROWING

With 43 alcoholics in attendance including 18 women and 25 men, the MSH Alcoholic Anonymous held the regular Sunday evening meeting at the Auditorium. Visiting members from the Santa Rosa Group, of whom 5 were present, included "Dee," the MSH Group Sponsor.

In an interesting discussion, "Dee" emphasized the alacrity with which others are willing to aid an alcoholic, once they are reasonably assured that a conversion to sobriety has taken place.

Interesting talks by others of the Santa Rosa Group largely followed in the same vein.

Admitted "slips" by a few, has tended to reflect an increased interest in A. A. rather than a recession.

## MESSAGE OF FAITH

To those of my congregations, the spiritual faith of whom with the help of God I have endeavored to strengthen with His Word.

I have enjoyed a very pleasant association and may the Lord bless you and keep you.

Rev. Willie K.

## EMPLOYEES TO DANCE-(Continued)

of a six piece orchestra featuring vocalists Haslam and Tracy.

An evening of modern and old-time dancing, interspersed with some lively square dances, will assure all of an enjoyable time. Refreshments, including sandwiches, cake and coffee will be served to the dancers during the evening.

This affair has been well arranged by the committee in charge and they extend a cordial invitation to one and all to participate in the fun.

Admission is free with dancing to commence at 8:30 p.m. and continuing until 12:30 a.m. a good time is assured.

## AMONG THE NEW COMERS-(Continued)

several years for the New York Gas and Electric Company. Leaving there I came to Madera and have been doing carpenter work there for the past eighteen months." Mr. Campbell went to work at the MSH November 18.

Donald R. Overman of Yakima, Washington is another who began his duties at MSH on November 18 also. Mr. Overman has had some experience working at the St. Elizabeth hospital in Yakima, Washington as an orderly.

Max Engerman formerly of Los Angeles, began his duties at MSH on November 18.

# CHURCH SERVICES

MENDOCINO STATE HOSPITAL

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 27, 1948

Christian Science Church- Subject: ANCIENT AND MODERN NECROMANCY, ALIAS MESMERISM AND HYPNOTISM, DENOUNCED. Golden Text: Isaiah 59: 19. When the enemy shall come in like a flood, the Spirit of the Lord shall life up a standard against him.

## ALCOTHERAPY-(Continued)

nating normally clear thinking, are the abnormal factors of fear and a sense of inadequacy, combined. These may partially be defined as products of a neurotic condition which has superceded addiction.

If the addict can and will, at this time; concede that he is suffering from an emotional lack or void, he will have taken a lengthy step toward ultimate sobriety.

Dr. G. L. Goodstone held a similar meeting Wednesday November 17, at which 13 alcoholics were present.

## RIVER UNION GIVES BOOKS-(Cont.)

was Mrs. Francis Lindsey of Susanville. She is a frequent visitor to the library and this time donated four volumes on metaphysics.

"TOMORROW'S sun will rise, either in splendor or behind a mask of clouds-but it will rise. Until it does, we have no stake in TOMORROW, for it is as yet unborn."

