

POMONA NEWS

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

Vol. 1 No. 30 November 30, 1948 5¢ per copy Population 2775

FARE BUILDS MORALE

Matron Edith Ray made this remark Friday morning, "I know the patients at MSH had a wonderful Thanksgiving dinner. There was an abundance of turkey and plenty of everything to go with it.

A bountiful fare of this kind is a wonderful builder of morale."

A veteran, Mrs. Ray is popular with patients and employes.

MSH CANNERY ON THE BALL

FROM PUMPKIN TO KRAUT TO CAN IN TRIPLE PASS TO PATIENTS APPETITE

The MSH Cannery has finished the pumpkin pack for this season and is now busily processing sauerkraut.

The last week of the pumpkin canning season saw the patient cannery workers process 1506 #10 cans of the fruit, bringing the grand total processed for the season to 3342 cans.

The sauerkraut pack is now being prepared (Cont. on pg. 3 col. 1.)

GAY AFFAIR FOR EMPLOYEES

The C.S.E.A. entertained MSH employes at a well attended Thanksgiving Party and Dance Saturday November 27.

The holiday crowd, thoroughly enjoyed themselves as nearly 100 in number they danced to the Rhythm of "Louis and his boys."

Interspersed with vocal numbers by Tracy (Cont. on pg 3 col. 1)

DANCE PROGRAM OCCASION FOR THANKSGIVING AT MSH MUCH TALKED OF EVENT HUGE SUCCESS

PROMPTLY AT 6:30 FRIDAY EVENING, NOVEMBER 26, TO THE MELODIC STRAINS OF THE MSH ORCHESTRA, THE FIRST OF A SERIES OF PATIENTS' DANCES MADE ITS DEBUT.

This long awaited affair taxed the Auditorium to capacity and the well arranged dance program was thoroughly enjoyed by all those in attendance.

The orchestra played a waltz for the initial number and concluded the two hour program with the "Good-Night Waltz."

At intermissions during the evening the dancers were entertained by vocal and novelty numbers by several talented patients.

Dennis C., sang Irish Ballads and Jim K., entertained with two bass solos. Not to be out done by the men the women were represented by Sophie R., doing a novelty number, Myrtle Z., piano Boogie Woogie and Joyce M. and Myrtle M., sang popular selections.

Light refreshments, consisting of gallons and gallons of punch and delicious cookies were served during the evening.

The MSH Orchestra playing musical arrangements by Louis L. were at the peak of perfection and proved to the satisfaction of the dancers that they were a well rehearsed organization.

There was not a dull or slow moment during the full two hours of jam-packed entertainment and it was 8:30 and the orchestra was playing the last waltz, before the happy patients realized it was time to say good-night.

Many words of praise were voiced by attend- (Cont. on pg. 6 col. 2)

REHEARSAL DATE SET

Friday, December 3, at 1:00 p.m. has been established as the time set for the first MSH Christmas rehearsals for all patients wishing to participate.

According to the Supervisor's office, those patients not on parole, are to notify their ward charge attendant in time to make the proper arrangements for them to attend.

LIBRARY GETS PRESENTATION

The Patients Library received a wonderful Thanksgiving present when Captain and Mrs. William Falconer presented patients with 29 volumes of New Werner Edition Encyclopedia.

POMONA NEWS PATIENTS PAPER

AA LOOKS UP

Six members of the Santa Rosa chapter, Alcoholics Anonymous, were in attendance at the regular weekly meeting held in the MSH (Cont. on pg 3 col. 2.)

SEES FAST FIRE DRILL

A routine Fire Drill was held Tuesday afternoon at wards D, & E.

All patients were out of the building and in line in exactly two minutes, reports Matron Edith Ray.

COOK TO TAKE FIVE

P. D. R. cook, Arlie Lawrence began his vacation Wednesday December 1. Arlie will resume his duties at MSH on or about December 21.

"Meantime I'll be busy elsewhere," Arlie informed friends. "But I don't think I'll find much time for rest" added the genial cook.

ADDS FESTIVE AIR TO WARD

Patients on ward I, were quite agreeably surprised one day last week.

Returning to the ward, they beheld a beautifully drawn crayon Thanksgiving scene adorning the wall of the dining room.

The drawing, which became the topic of much favorable comment, was the work of Lila H., of that ward.

LAY NEW LINOLEUM

Bright and early Tuesday morning M. Freitas and his men from the MSH Mattress Shop started the work of laying new linoleum flooring in ward 4.

Sam Ray and his gang from the Carpenter Shop were on hand to assist.

With all these efficient workmen on the job it should be no time at all until the ward floor is covered with gleaming brown battleship linoleum.

(Cont. on pg. 9 col.1)

SEX DEVIANTS TO MEETING

Present were 15 patients, representing wards 15, 8 and 9, at Dr. D. O. Prassers' Sex Deviant Group Therapy Meeting at the Conference Room ward 9, Friday, November 26.

A test was given to find the patients viewpoint on common beliefs as to the cause of sex deviation.

Answers were discussed. Copies of an article by Dr. Prasser, the first installment of which appears on Page 8, were passed among the group.

HOLIDAY VISITORS

Coming from Mill Valley to visit with Mrs. Grace Westley, MSH switchboard operator Thanksgiving Day, were Mr. and Mrs. Volney J. Westley and Annie Katherine Westley.

Mr. Westley is a landscape architect for the National Park Service with offices in San Francisco.

The trip from the bay region was pleasant and the family had an enjoyable Thanksgiving.

ENJOYS VISIT

Leonard C. ward 3, was the recipient of a nice visit from his mother, who arrived from the Mid-West Friday, November 26.

BACK TO WORK

Mrs. H. DeVoo, regular night attendant on ward I, has returned to work after two weeks vacation.

MORE HOSPITAL COMFORT

The patients at the MSH Paint Shop are doing a fine job of overhauling, assembling and painting the 100 hospital beds recently received from the War Assets Administration.

Before the glistening (Cont. on pg. 9 col.1)

DONATES AGAIN

Mrs. H. E. Miller, wife of the MSH Supervisor, was a recent donor to the Patients' Library.

She left at the Pomo News office on November 24, three currently popular novels to be delivered to the librarian.

ENJOY FAMILY DINNER

Gathered around the festive board at their home in Ukiah Thanksgiving Day were the three daughters and respective husbands of Mr. and Mrs. James Gilbert, MSH attendants.

Turkey with all the trimmings was the big order of the day and the get-together was thoroughly enjoyed.

SISTER VISITS

Mrs. Opal Pechin of Los Angeles was at the M.S.H. Friday, December 26, visiting her brother Hugh M, which was shared with other members of the Pomo News Office.

Mrs. Pechin seemed to enjoy her visit equally as much as her brother.

HAS COMPANY

Kay A. ward I, enjoyed a pleasant visit Friday, November 26 with her brother T. L. W. of Vallejo. Kay is occupied at the O.D.R.

HISTORY OR MYSTERY

There is a "tall" quail hunting story making the rounds of the Industrial Shops. It all "boils down" to these facts.

Thanksgiving morning, M. Freitas of the MSH Mattress Shop, his nephew Ernie Freitas and friend Harry Britton, went on a quail hunt down near Largo on the (Cont. on pg. 9 col.1)

YARDBIRD NEWS



The movie billed for Dec. 11, is "If I Knew Susie," with Eddie Cantor and Joan Davis. See it!

Donna R., ward I, assigned to new duties at Dr. Bair's home on Medical Row, reported there Tuesday, November 23.

Something extra for which to be thankful, did James E. have Thanksgiving day, when he was transferred from ward 15 to ward 8 with a view to a parole.

Thanksgiving was a happy day for ward I patient, Alice D. Her husband was down from Modoc County for a visit.

The MSH carpenters are putting in a new partition at the laundry to replace an old one recently torn down by them.

Kent B. ward 9, has an associate, Mr. Carl Brown, Greenville, Calif. who will receive the Pomo News for a year.

MSH CANNERY ON THE BALL-(Cont.)

in 400 pound barrels and as of Friday, November 26, a total of 16 barrels had been put down.

The large tank at the cannery in which the cabbage is processed, has a full capacity of 16 barrels and to each tankfull of cabbage, 160 pounds of salt is required.

Sauerkraut requires about two months of processing before canning.

Due to the weather conditions the cabbage, all of which is grown at the MSH Farm, has been slow in maturing, consequently, work at the cannery has been slow. Work will proceed as rapidly as the flow of cabbage comes from the Farm.

GAY AFFAIR FOR EMPLOYEES

which became the topic of much praise, the program went off nicely, with refreshments served at intermission.

Winning the prize for the "best waltzing couple" were; Idamae Mazzanti attendant on ward F, with Ellert Bowen of San Francisco.

The door prize (Pot O' Gold) was won by L. Samsøe of the MSH Maintenance Department.



DR. WILLIAMS SAYS:

Captain and Mrs. William Folconer Bandmaster at the Yountville State Veterans' Home spent Thanksgiving Day with Mrs. Williams and I. The Captain brought with him 29 volumes of the New Werner Edition Encyclopedia as a present to the MSH Library.

Here, to listen to the MSH Orchestra, his comment was; "a splendid rendition."

In checking I find that patients are taking 120 books weekly from the Library and am gratified to learn that so many are thus utilizing the opportunity. It is hoped that they will find it an aid to further study and recreation.

Those attendants who attended the Department of Mental Hygiene training course at MSH will receive their diplomas in the MSH Auditorium, December 16.

Dr. Lawrence Kolb, Deputy Commissioner will present the diplomas.

Following the presentation the CSEA will serve refreshments. Employees and family's are invited.

A.A. LOOKS UP-(Continued)

Auditorium, Sunday evening.

Margaret R., ward I, was chairman and she conducted a lively and interesting meeting.

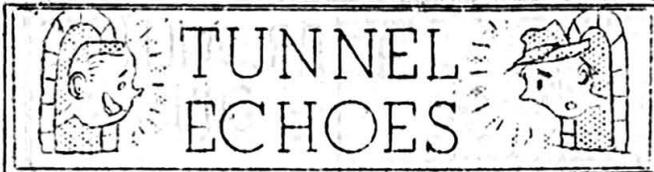
Several new faces were noted among the group of 14 women and 34 men. Patients are taking more and more interest in the A.A. program as evidenced by the large attendance at the Sunday meetings.

"Dee" of Santa Rosa who is sponsor of the Mendocino group, presented on behalf of his chapter, a package of cigarettes to every man and woman present.

XRAY STARTS HERE TODAY

Again the X Ray Mobile Unit comes to MSH. Arriving yesterday, November 29, and starting X Ray examinations today, the technicians with the State Unit continue the fight against T. B.

Starting their work in the male wards, the work will then continue (Cont. pg. 6 col. 2.)



Somebody just might catch something with the salt and pepper containers, taken (accidentally of course), from the PDR.

Then on the other hand, those at meals who wish to season their food to taste find themselves, orally "shaking down" adjoining tables for seasoning.

Generally the salt and pepper shakers there too, have pulled a Houdini plus contents. This leaves the PDR patron with little flavor indeed, either in his food or disposition, toward those who originally failed to use any salt on their conscience.

If you must clip the shakers mainly because by helping yourself, you can later help yourself to the salt -- for pity sakes -- take the salt and welcome -- but kindly leave the shaker -- Please.

Those who work there.

MOTHER HUBBARD-ALMOST.

Mrs. "Mac" of ward 8 knew just what to do when she spent so much time and concern over "her boys" last Friday.

A casual observer could easily have thought each patient was her only son, going to his first "prom" as she solicitously supervised their preparations for the dance, November 26. Those coming in late from work found their clothing and shoes "laid out" in array for the desired quick change.

Never failing to admonish the boys as to appearance, behavior and manliness, she is indeed quite the typical "house mother."

To anyone interested in the key figure behind the outward drive which simulates from ward 8, "Cherchez la femme."

PIETY

Who builds a church within his heart
(Cont. on pg. 9. col. 2)

Andy Stahl's

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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)

In Democritus we meet a most determined atomic theorist whose scientific creed announced that there was nothing in the universe but atoms and void. "The theory of the cosmic emptiness of space was later on ridiculed by Aristotle. The father of logic" could not conceive of atoms in vacant space. To the gross materialistic mind of Democritus there was no intelligent pattern in the structure of the universe. Worlds rose and perished by the pure chance meeting of atoms of identical size and shape. Worlds were born and died forever in cyclic repetition. To much of old Democritus.

However quaint the concepts of the one or other Ionian thinker way appears to us now those earnest seekers after scientific truth were the Existents of their day. They thought ahead and laid the foundation upon which the great physicists of the Middle Ages and of our own time erected their structure of scientific thought concerning the universe. What the Ionian philosopher scientists but dimly felt, the close interrelation between matter and energy, is an article of faith with the nuclear physicist of today. To him matter and energy, is an article of faith with the nuclear physicist of today. To him matter and energy are not only closely related. He goes even farther and proclaims that matter and energy are identical. Matter and energy are one, he proclaims.

Yet, it was to Thales as the life giving substance as such as rather the visible outward form of an all-powerful vital energy unexplicably hidden by it.

Thales was not alone among the Ionians who thought in symbolic terms of an elementary principle working in the universe. There was Heraclitus (540-475) who imagined that dynamic force to be fire. In a never ending cycle worlds rose out of fire and, colliding with each other, perished in fire. However, the element as such to Heraclitus, too, was but a symbol of a mighty energy of which all phenomena of nature were but so many modifications. In H's universe everything was flux. Nothing was permanent safe change. Of that ever consuming and renewing force fire was a symbol. (Cont)



Editor:

I would like to say how sorry I am about the music I said I'd be able to give to the orchestra, as my mother was unable to get it for me.

Please believe me I tried and if in the near future I have better luck I will see to it personally that the MSH Orchestra shall receive it.

I enjoy my new Job here at the ODR and Mrs. Davis is a swell person to work under.

Nancy Ellen K. ward I.

Editor:

Today shock treatments is a fact, not a theory, and to thousands it spells "Magic," for with its help I and others have literally been made over, removing many personal handicaps, abolishing undesirable habits, and strengthening my will power. Shock treatments grew out of the experiments and discoveries of a great many men. I had nineteen treatments "everyday in every way I'm getting better. I didn't protest against these treatments when they were given.

To me shock treatments create's a new heaven and a new earth, the old things pass away, giving place to a glory never before experienced.

I wish to thank the Doctor's for returning me to my health and giving me the right to know goodness. My own efforts when free will be spent in helping those who be e n less fortunate and giving them complete confidence in Science.

Rose P. ward D.

Editor:

As the weather is to cold for the wards to go out in the yard mornings how would it be to have us go down to the Auditorium and have community singing from 9:30 till 10:30 a. m. I know we would all enjoy it, during Orchestra rehearsals.

Geo. S. ward 3.

SUBMITS VERSE

The Lightning Bug so Brilliant,
But he hasn't any mind,
He flutters through existence,
With his head light on behind.

Nancy Ellen K. ward I.

Editor:

In regard to a past issue of the Pomo News November 10, about a recreation room for parole patients.

Some time back when Triplet was a patient also as Editor of Pomo News he told me that they was going to install the Library in the day room of ward 8. Also that Ed. Varonda was going to put a door in the North end of the day room.

Since then they now have the Library under the X Ray Laboratory. Why can't they use the ward 8 day room as a recreation room for parole patients. There is plenty of room for the two pool tables also room for tables. Being that winter is here it would be just the thing.

H.T.N. ward 10.

Editor:

Open Letter to Friends,

My many thanks to the Pomo News for the space given to me for the grand article published by them concerning me in their up and coming paper:

To Nancy E. K., ward K.

Thank you so much Nancy for your kind thoughts regarding my singing and of our skit from ward 8.

I can only say that during my stay here I will do all I can towards entertaining both you and each and every patient at MSH.

I sincerely hope each and everyone enjoyed both the dance and its intermission numbers.

To a Fellow Patient.

My sincere thanks for your compliment and I assure you I'm well aware that a good crew exists in both Kitchen and ADR.

I believe I can be of some help as I used to work in Brooklyn, N.Y.

Thank you all again.

(Irish) Dennis C., ward 8.

"WHAT THANKSGIVING MEAN'T TO ME."

Thanksgiving always means to me:

The praise of God for his bounty,
The joy of feeling, seeing too,
Finding n a t u r e ever n e w,
And looking for things not seen before.

Surprises? Many! Yes! and more!
The more I have the more I give;

To me that's the right way to live
Since c h a r i t y is joy to Thee

My heart turns that way gratefully,
And love of all that I can see

Is what Thanksgiving means to me.

Arthur M. ward 14.

Editor:

I wish to thank each and everyone of the Mendocino State Hospital for the enjoyable Thanksgiving dinner which we had, also I enjoyed the Thanksgiving holiday dance.

A fellow patient.

THIS WEEK

Wednesday: (Monday thru, Friday)
Band Practice MSH Auditorium 9:00
to 11:00 a. m.
Alcotherapy Group Dr. Goodstone
Roundtable meet-ings, 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: Christmas Program re-
hearsals for all patients who
wish to participate.

* * * * *

Saturday: Movie at the MSH aud-
itorium. "Who's kissing her now"
Place Commissary Orders.

* * * * *

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

* * * * *

Monday: Roundtable meeting at
Conference room Wd. 9, at 2 p.m.

MAIL BAG-(Continued)

Editor:

The following women on ward D had
company Thanksgiving week and re-
ceived gifts consisting of boxes of
fine chocolates, of unusual nut
meats, a dozen jumbo oranges and
many magazines.

Eleanor R. was visited by her
daughter and husband, Mr. & Mrs.
Cunningham from Eureka.

Nellie R. H. by her nephew, Mr.
Warren P. Ross of San Francisco.

Alma H. by her daughters, Mrs.
Edwards and Mrs. Ilgner, of room
Lakeport; and Miss Sadie Ohmstead,
and old friend of Maggie L's made
her a short call.

Winifred F. ward D.

Editor:

As we came out of the dining-room
after our Thanksgiving Dinner I
heard from all sides, "What a fine
dinner!" Wasn't everything good?
"The turkey was just right and
so were the sweet potatoes, pump-
kin pie, celery, cranberries, and
big luscious apples.

It just goes to show you that
we all enjoyed our Thanksgiving
Dinner immensely, Many Thanks,

Winifred F. ward D.

S O S

The M.S.H. Orchestra is badly in
need of a piano player.

A trumpet player is also much
needed. Contact Robert N., Pomo
News. c/o Dr. G. L. Goodstone.

X RAY STARTS HERE TODAY-(Continued)

to the female wards.
Patient X Rays completed; employ-
ees and their familys are invited
to undergo the privilege at their
discretion.

DANCE PROGRAM-(Continued)

ants in charge; praise of the orch-
estra, the entertainers, the well
arranged program and splendid ap-
pearance and behavior of all those
in attendance.

The dance has been the main topic
of conversation among the patients
ever since the orchestra played the
"Good-Night Waltz" and it is hoped
that this fine start may be a fore-
runner of many more evenings of
splendid entertainment.

"Duke"

SUPPLEMENT TO ABOVE SOS

Time changes many things among
which was the presence of a clock
in the Pomo News Office.

With the advent of seasonal rains
making a sun dial impractical, we
would appreciate anyone coming to
our aid.

EXPRESSES GRATITUDE

The entertainment committee of the
CSEA wishes to thank everyone who
were instrumental in making their
recent Dance Program a success.

God grant me the serenty to accept
the things I cannot change, the cour-
age to change the things I can, and
the wisdom to know the difference.

HOLIDAY CANDY

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

THE TALMAGE STORE

QUESTION BOX

Answers at bottom of page

1. Does Alaska have a system of territorial courts?
2. What territory is the greatest of U. S. holdings?
3. Which State in U. S. has the most wilderness and wild areas?

JEST FOR FUN

Who before going to bed drank a bottle of mercurochrome so his dreams would be in technicolor?

Who cut a hole in the rug because he wanted to see the floor show, and then put it back because he didn't want to see the whole show?

Who sat in the middle of the street with two pieces of bread in his hand waiting for some traffic Jam, and along came a street car and gave him a Jar?

Who pushed the cow off the cliff because he wanted to see the Jersey bounce?

Alan Young tells about the man who stared into the mirror and, noting his bloodshot eyes, resolved never to go to a bar again. "This television," he muttered, is wrecking my eyes!"

An Actor, discussing the previous night's part, asked his wife: "Was that you I kissed, out in the patio?" The little woman thought for a moment, then countered: "About what time, dear?"

TODAY'S CHUCKLE

Mrs. Jones: How did you stop your husband from staying out late?
 Mrs. Smith: When he came in too late I called out, "Is that you, Jack?"
 Mrs. Jones: How did that stop him?
 Mrs. Smith: My husband's name is Bill.

Sterling Sentinel

ANSWERS TO QUESTIONS

1. No, there is a United States District Court.
2. Alaska, with a gross area of 586,400 sq. mi. (land and water), the equivalent of approximately one fifth of the area of continental U. S.
3. Idaho.

GOOD-WILL VISIT

Dink Beaver night attendant was a Pomo News caller, Friday morning. "I think we have a darn nice little newspaper and I was just curious to see where it was printed," said Dink. "Visitors are always welcome and we sure appreciate the interests shown by employees" he was told at the Pomo News Office.

VISITS PARENTS

Miss Mary Jane Buchanan who attends Visalia Convent in Santa Rosa, enjoyed the Thanksgiving holiday with her parents, Mr. and Mrs. Donald Buchanan at home in Ukiah.

VACATIONING

Mrs. Laura Thompson, attendant at laundry is now on her vacation. She will return to work some time in December.

Mrs. Thompson's daughter, Lorraine Johnson is now working with Mrs. V. Hildreth there, during the absence of her mother.

AT EASE

Mr. and Mrs. William Winchester, MSH attendants will be absent from the hospital for several days. The couple are making use of some accumulated vacation time.

POMO NEWS THE EYES AND EARS OF MSH



REDWOOD VALLEY NURSERY

JUST ARRIVED

The following first grade plants for immediate planting:

- Gooseberries-Oregon Champ
- Perfection Currants
- Cuthbert
- Raspberry-Latham
- St. Regis
- Blackcap-Cumberland
- Baysenberry-Loganberry
- Youngberry
- Evergreen
- Thornless-Baysen
- Blackberry
- Rhubarb-Strawberry, Canada Red
- Banner
- Strawberry-Rockhill
- Streamliner

565-W

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SOCIAL THERAPY

SUGGESTION BOX

A box, with a letter slot in the top and destined for some ward, as yet not specified, designed by Dr. Prasser, and lettered at the paint shop, by transcription of the following words:

"For the good of the patient."

Help make life on this ward more pleasant. Your suggestions will be appreciated. They are read only by the doctor, and need not be signed.

A. A. MEETINGS

According to information released by Supervisor Miller's office late Friday -- Alcoholics are excused from reporting to the ward, to attend A. A. meetings on Sunday evenings.

The same arrangement is applied to any other regularly scheduled therapy meetings.

WILL BE HERE AS USUAL

"I will be at the hospital December 2nd and 3rd" writes Gordon McWhirter Psychiatric Social Worker in a letter received last week, by the Pomo News.

YOU CAN HELP

BY

Donald Oscar Prasser, M. D.
Mendocino State Hospital.

1. "Sex pervert" or "sex psychopath" are old terms which have a certain contemptuous feeling behind them; moreover these terms do not accurately fit these cases. The more modern and fitting term is "sex deviant." It carries no idea of inferiority or contempt and indicates accurately that these cases do not hold to the usual or average type of sexual behavior in our civilization, today.

2. Sex deviants are not inferior.
(Continued next week)

ALCOTHERAPY

Constantly present in every alcoholic, often latent and finding expression only through intoxication, is a turmoil of emotional tension.

That surpressed emotion seeking an outlet, has a very definite phase of importance as a dominating factor governing the behavior of an alcoholic is generally agreed. This fact, with a discussion of some of its developments became the topic for another interesting Alcotherapy Round Table Group Meeting with Dr. G. L. Goodstone, at the Conference Room, ward 9 on Wednesday December 17.

In severe cases of alcoholism, delirium tremens are likely to occur by the same token, though both are weird and disorted. Other dreams it was acknowledged, may be the counterpart of a form of substitution for an emotional void, instinctively trying to find expression.

"Why do many drunks, normally amiable, become belligerent at the slightest pretext?"

Emotional irritation, built up over a period of time and surpressed by reason of economic and social conventions are loosed in the absence of the fear of consequence. The brain is dulled with alcohol, fear of the "unknown" is minimized.

The belligerent drunk, goes to jail for fighting! Basically no such intent or purpose was predestined. He may have had difficulties in his work, or business, martial conflicts or any one or more of various thorns that persistantly beset even normal individuals.

Normally, routine adversities are taken in stride, as a "matter of course." However, the alcoholic, in his neurotic condition is prone to dwell upon his difficulties until they assume a magnitude vastly out of proportion to their significance.

Closely akint to the "belligerent" drunk is the "braggart" who thus manifests an outlet for surpressed ego while "in his cups." Per-
(Cont. on pg. 9 col. 1.)

MEMO
Check all windows before cold weather sets in!

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ALCOTHERAPY-(Continued)

haps his wife has "nagged" him. He may want to tell his boss to go to the "stock destination" but again curbs the desire.

Thus in discussion of actions dominating the behavior of the alcoholic, (drunk or sober) it is concluded that in the climb to sobriety, the victim must examine his temperament with his troubles. In addition he must do it unemotionally. Do not forget that contrary to popular belief; alcohol is a DEPRESSIVE and NOT a stimulant.

HISTORY OR MYSTERY-(Continued)

Russian River. The quail were in great danger until the trio start-shooting, then there was no great cause for worry.

The hunters had a perfect score and it was "in the bag," until Harry spoiled everything by killing a quail.

This cruel act, coupled with sore feet and a shortage of ammunition, caused the trio to return home in order to give thanks for the fine turkey dinner that awaited them.

The almost perfect score recalled to the minds of the hunters the picture "To Hit is History ---- To Miss is Mystery." The target sheet as compiled by M. Freitas was as follows: Harry Britton, 15 shots - 1 quail, Ernie Freitas, 22 shots - missed, M. Freitas, 18 shots also misses. The quail are safe for another season.

MORE HOSPITAL COMFORT-(Continued)

white enamel can be applied, the beds are inspected for bent or broken parts, cleaned and otherwise made ready for the painters. Broken parts are replaced by parts salvaged from other broken beds and in this manner the percentage of non-serviceable beds is kept low.

Bob Wright, the paint shop supervisor than passes on the work and the painters do the rest.

To date 28 re-finished units have been delivered to ward F, with another delivery of 11 to take place immediately.

LAY NEW LINOLEUM-(Continued)

Rapidly nearing completion and well done by the Mattress Shop craftsmen last Friday, was a lovely Occasional chair which will be delivered to Mrs. L. G. McKeever at Cottage 1.

"Folly is worth the price you pay for it."



The Rev. Willie K. leaves a message to his friends, using the thirty-third chapter of Deuteronomy and the twenty-seventh verse.

"The Eternal God is thy refuge and underneath are the everlasting arms; and he shall thrust out the enemy from before thee; and shall say destroy them.

Thirteenth chapter and the fifth verse of Hebrews:

"Let your conversations be without covetousness; and be content with such things as ye have. For he hath said I will never leave thee, nor forsake thee.

The Thirty-third chapter and the twenty-seventh verse of Isaiah:

"Thou wilt keep him in perfect peace whose mind is stayed on thee: Because he trusteth in thee.

* * * * *

December 5, 1948

Christian Science Church - Subject: GOD THE ONLY CAUSE AND CREATOR. Golden Text: Isaiah 45:18. Thus saith the Lord that created the heavens; God himself that formed the earth and made it; he hath established it, he created it not in vain, he formed it to be inhabited: I am the Lord; and there is none else.

* * * * *

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

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

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

PIETY
(Continued)

And takes it with him everywhere, Is holier far than he whose church Is but a one-day house of prayer!
-- Morris Abel Beer

"Send a copy of the Pomo News home."

POMO NEWS

PUBLISHED EVERY TUESDAY AT THE MEN-
DOCINO STATE HOSPITAL, TAJMAGE, CAL-
IFORNIA, under the auspices of Dr.
David B. Williams, Superintendent.

Supervised by Dr. Gerald Goodstone.
Clinical Director.

"Pete" P.....Editor.

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

A smile cost nothing, but gives
much. It enriches those who re-
ceive, without making poorer those
who give. It takes but a moment,
but the memory of it sometimes
lasts forever. None is so rich or
mighty that he can get along with-
out it, and none is so poor but
that he can be made rich by it. A
smile creates happiness in the
home, fosters good will in business,
and is the countersign of friend-
ship. It brings rest to the weary,
cheer to the discouraged, sunshine
to the sad, and it is nature's
best antidote for trouble. Yet it
cannot be bought, begged, borrow-
ed, or stolen, for it is something
that is of no value to anyone un-
til it is given away. Some people
are too tired to give you a smile.
Give them one of yours, as none
needs a smile so much as he who
has no more to give.

SHOP FOR XMAS

Dr. and Mrs. H. V. Bair motored
to San Francisco last week-end.
The purpose of the trip was to get
their Xmas shopping done early.

RETURNS AFTER ILLNESS

Mrs. Mamie Chaney MSH practical
nurse, returned to duty November 29,
after a two weeks illness. Mrs.
Chaney had an old fashioned case of
flu.

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



MSH Dances are to continue it is
thought, with a Patients Orchestra.
All are urged to boost both,
Dances and Orchestra.

Saturday - Dec. 4th

IN TECHNICOLOR!

I wonder
who's kissing
her now

The
STORY OF
"Joe"
HOWARD

STARRING

★ JUNE
HAVER

★ MARK
STEVENS



MSH
AUDITORIUM