

POMO News

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

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POMO NEWS CONTEST MOBILE T.B. UNIT AT MSH OPEN TO ALL PATIENTS

MOBILE T.B. UNIT AT MSH

Starting at 9 a. m. Tuesday, November 30, the Mobile X-Ray Unit of the California Board of Health began the annual Tuberculosis X-Ray of all MSH patients.

Getting off to a flying start, with the assistance of a picked squad of attendants from the office of Supervisor H. E. Miller, the technicians with the unit were able to X-ray 563 patients the first day.

Due to the fine cooperation on the part of all those concerned this was the biggest day of operation since the inauguration of this service.

The T. B. unit has several new features this year, including (Cont. on pg. 6 col. 1)

MSH HAS NEW PHARMACIST

Taking charge of the MSH Pharmacy Friday, November 26, was P. L. Walling, who until recently was employed at Los Angeles County General Hospital.

The new pharmacist is a graduate of the New Jersey College of Pharmacy and has been a resident of this state since 1925.

Mr. Walling is a veteran of World War 2 and served in the United States Army with the 105th General Hospital Unit, (known as the (Cont. pg. 5 col. 1.)

PRIZES FOR BEST IDEA FOR MASTHEAD ILLUSTRATION PATIENTS TO CHOOSE WINNER BY POPULAR VOTE

The Pomo Newspaper decorative masthead title insignia or whatever you wish to call the "trade-mark" that appears at the top of page 1, is not a permanent feature.

It is desirable at this time to decide upon the identity of a decorative masthead to be adopted permanently and thus become synonymous with, and a part of the Pomo News, the patients' paper.

What could be more appropriately fitting than the adoption of an idea for a Pomo News masthead, reflecting the best creative ability of all patients concerned?

WARD 15 TO BE SCENE OF XMAS PARTY FOR PATIENTS

A Christmas party in honor of all Service Veterans of World War 1 and 2, will be held at the ward 15 dining room December 19, 1 p. m.

Given by the Ladies Auxillary of the Ukiah American Legion in honor of MSH patients, the invitation includes Vets on all hospital wards.

RESERVOIR DREDGE JOB UNDERWAY

After many months of preparation, bids have been let by the Division of Architecture to private contractors, for the dredging and cleaning of the reservoirs that supply MSH with water.

Work is scheduled to start immediately and it is hoped to be well on the way to completion (Cont. pg. 7, col. 1.)

Now, how about proceeding in this manner? 1. Conceive; and if you cannot draw, send us a word description of a masthead (either or both to be judged on their merits) for the contest is being held for the best "creative idea" rather than for art. Perhaps you can think of something historically sym- (Cont. on pg. 6 col. 2)

PAROLES ACT AS "SHOT" TO MORALE

In an interview December 1, Charge Attendant Mildred Knudson of ward F, in commenting on her 23 parolee patients, remarked: "They seem like new people."

Paroles are surely a great builder of patient morale, and despite their new interests thus provided, there are many who regularly go to the library for books?

GRACIOUS HOSTESS

Mrs. Marcus Schramm, visited at the home of Mrs. Goodstone, Thursday afternoon. Both ladies were graciously receptive, when their visit was interrupted by the appearance of 2 Pomo News reporters.

A pleasantly interesting chat ensued, after which both newsmen were more than ever convinced of the cordial graciousness of both the hostess and her visitor Mrs. Schramm.

PAIR BACK TO WORK

Mr. and Mrs. Ben Vickery, MSH employees, returned to work December 2, from a three week's vacation in which they spent working on their new home which is located about two miles from Talmage, California.

"Lots of work, but we enjoyed ourselves while working together bringing our new home closer to completion," stated Asst. Matron Mrs. Ben Vickery.

STUDENTS TRAIN FOR SOCIAL WORK

The Napa State Hospital has been selected as the first intramural training center for graduate students specializing in psychology. (Cont. pg. 5 col. 2.)

E. HACHMAN TO ATTEND MEETING

Elwood Hachman, MSH Tin Shop supervisor, accompanied by Mrs. Hachman, will leave next Thursday for Southern California to attend the fourth Board of Directors meeting of the CSEA.

Mr. Hachman will attend the meeting which is to be held at the Knickerbocker Hotel in (Cont. pg. 5 col. 2.)

HUSBAND TO VISIT

Lieutenant Herman Northway, Recruiting Officer at San Diego is expected here today. He is the husband of Helen N., ward H, who is anxiously awaiting his visit.

INSTALL NEW OFFICERS

Promptly at 7:30 Tuesday evening with L. I. Samsøe the outgoing President presiding, the CSEA will hold their regular monthly meeting in (Cont. pg. 9 col. 1.)

UKIAH PRESS WRITER CALLS

The office of the Pomo News was graced with a visit Thursday morning, December 2 by Ruby Howard, who is a member of the Ukiah Republican Press News Staff. Ruby, who is an attendant on ward F, at MSH dropped in for a few moments of (Cont. pg. 9 col. 1.)

FUN FOR PATIENTS

Appearing at the Auditorium at 1 p. m. on December 8, Arnold Furst, one of America's finest entertainers for children will do his stuff for MSH patients. "Arnold Furst is a trained child psychologist and he understands the importance of entertaining his audiences as well as (Cont. on pg. 6 col. 1.)

FOOT ILLS REMEDIED

Completing another week of administering to patients at MSH who suffer from ailing feet, Dr. Richard H. McAleese, last Friday afternoon departed for Napa State Hospital, where he will administer to foot sufferers this week. (Cont. pg. 5 col. 2.)

DEPARTS TO OREGON

Mrs. Nona Humphrey, MSH surgical nurse, departed for Medford, Oregon, her former residence, Wednesday, December 1. She will attend the funeral of her stepfather who recently passed away in that city.

NEW LAB EQUIPMENT

Taking a prominent place among the fine pieces of equipment that make up the MSH Clinical Laboratory is a new Bausch and Lomb Binocular Microscope.

Purchased at a cost of 500 dollars and received at the "lab" only last week, this splendid microscope is fast becoming the pride and joy of nurse Teresa Sipkens, who is the technician in charge of this all important department.

This new piece of equipment, coupled with a new Substage Lamp, a product of the American Optical Company, will add much to the already well equipped laboratory.

VALUABLE COLLECTION TO LIBRARY

One of the most outstanding donations yet to be made to the MSH Patients Library was the one presented last week by Bryant S. Drake of Mill Valley.

Heading the list was a collection of 223 National Geographic Magazines, dating from 1910 (Cont. pg. 5 col. 2.)

VISITORS PLEASED

Heading the list of distinguished visitors at the Patients Library last week were Dr. and Mrs. D. B. Williams.

They browsed among the hundreds of fine (Cont. pg. 5 col. 2.)

YARDBIRD NEWS

Helen L., of ward H, enjoyed a visit with her father Thursday, December 2.

The following Saturday, she was transferred to Sonoma State Home. Helen leaves many friends who will miss her here at MSH.

Margaret R., on ward I, enjoyed a nice visit with her husband who was up from San Francisco on November 28.

Mrs. Laura Ford, night attendant at ward H, thoughtfully made a contribution of a number of McCall's Magazines to the Patients' Library.

Doris G., ward M, was pleasantly surprised Thursday December 2, when a party was arranged for her, candles, cake and all.

James C., of ward 15, transferred on November 26, to Canarillo State Hospital.

Harry H., transferred from ward 15, to parole ward 3 and is now working as a blacksmith.

Andrew S., Walter A., Ed. L., transferred from ward 12, to working ward 15. Andrew S., is now working on the MSH pipe-line project.

John A., and Vivilida R., also began their new duties on the MSH pipe-line project.

Jim B. R., ward 15 an Industrial Shop worker has been loaned for a few days to Mr. M. Freitas, Mattress Shop Supervisor to help out with the upholstering.

William B., was transferred from ward 12, on November 23, to ward 14.

Frank H., transferred from ward I, on November 20, to ward 14.

Dennis K., and William K., transferred from ward 9, to parole ward 8, on November 30.

Robert S., Walter J., Charles Mc., transferred from ward 9, to ward 8 on November 29.

John Mc., was transferred from ward 8, to ward 9, on December 1.

Harold P., and Robert R., was transferred from ward 8, to ward 9, on December 2.

(Cont. on pg. 6 col. 2.)



DR. WILLIAMS SAYS:

The Agricultural Legislative Committee spent Monday, December 6 with us, while making inspection of Agricultural activities at the hospital.

Members of the committee were well pleased and found no cause for criticism. Our operating budget requests, were deemed quite reasonable and we were assured of every help in the coming legislature in meeting our needs.

* * * * *

I am well pleased with the attendance at the patients' dance and sincerely hope all had a good time. As soon as it becomes possible, arrangements will be made to hold patient dances at regular intervals.

* * * * *

One or two patients at the Industrial Shop have shown a lively interest in pottery work. Mr. Elliott, supervisor there, has made an excellent potters wheel in advancing the work.

Plans for the purchase of a kiln are under way, in the hope that more patients will evidence an interest in this field of endeavor.

Pottery is an excellent Occupational Therapy procedure and the design of innumerable usefully beautiful articles is made possible.

* * * * *

The new murals for the patients dining room are now completed. I have looked at them and find them extremely interesting and feel that full credit for them should go to their creator Harold V.

* * * * *

We have purchased jigsaw puzzles, chinese checkers, dominoes and other indoor equipment for ward distribution.

Now that winter is here, indoor amusement will play an important part affording as it will, recreation for the patient who would normally spend more time out of doors.

* * * * *

The recently acquired set of National Geographical Magazines which are complete in sequence, dating from 1910, are now in the patients' Library.

(Cont. on pg. 7 col. 2.)



MORE CHEER FOR MORE PEOPLE

Does the MSH Auditorium necessarily have to remain the drab cheerless place it now presents to a visitor?

With a small amount of work and expense, a face-lifting job there with fire-proofed crepe paper streamers for example, with the correct touch here and there would eliminate the creepy feeling one can't miss when entering the morgue like "meeting place."

Just letting things slip along, "waiting for the next guy to do something about it," never moved old "dobbin" off the railroad track, nor did it get your "grand-pappy" a bride. John Alden!

CHURCH CHOIR

Why has'nt MSH a mixed male and female church choir?

Diagnosis: Situation has patients continually writing in to their newspaper tactfully inquiring "if it is possible," to have a church choir.

They know darn well it is possible, and what they really mean is when and why don't we get started. Who is holding things up?

VISITS REDHEAD

Back to his duties Saturday, November 27 as an attendant at ward 12, Glen Pool just oozed self satisfaction.

Inflating his bosom like an East Indian Pouter pigeon, Glen reared back on his heels and delivered himself of this bit of ego: "I spent my 3 weeks vacation with my little "Redhead." It just might serve to assuage any territorial member of the fair sex, to gallantly ad lib:

The "Redhead" in question is the World War 1 Veteran's grandson, who's daddy; "Bev" Pool is a guard at one of the State Prisons.

★ "HOLIDAY CHEER" ★

— Andy Stahl's —

LIQUOR STORE

★ ★ ★ DROP IN
★ ★ ★ SEE ANDY UKIAH 1138-J
★ ★ ★ for

Better Liquors and Finer Wines

YOU CAN HELP

BY

Donald Oscar Prasser, M. D.
Mendocino State Hospital
(Continued)

3. Sex deviants come from all levels of life - below average, average, and superior. They are exactly the same as you would be if you had lived their unfortunate life pattern or experiences. These experiences are well-hidden and occur early in their life.

4. The exact part played by inherited qualities as against life experiences in producing such cases is not absolutely determined in this day and age but the great majority of doctors and psychiatrists today (and the most enlightened opinion) believe that heredity if it has any influence at all is very small. Such cases as do seem to be passed on from father to son, only show the extreme susceptibility of the young child to its contacts with father and mother.

5. Sex deviants can be cured or shown how to live without trouble.

6. Relatives can help the recovery of the sex deviant greatly by:

1. Eliminating any ill-founded contempt we have for them from back-ward notions of our own.

2. Helping the doctor find out the facts of the patient's life as background for their troubles (especially early life - remember just what you may wish to hide is most apt to be the root of their troubles! The point in digging out facts is not to lay blame but to aid in curing the patient.

3. Being intelligent and broad-minded enough to realize that we all up to date have had very wrong ideas on sex and that humanity has been much too severe and repressed about all sexual matters. Civilization has learned a lot about sex in the last 10 or 20 years. Some of the recent reports have opened all our eyes. We have been wrong! Are we big enough to admit it?

7. The worst thing you can do when they get out of the hospital is treat them as though they were "peculiar" and you were holding them "on trial" till you found they weren't "nuts."

8. Anyone who has had as much trouble as the sex deviant just out of jail or a hospital is apt to be easily induced to look on the dark side of things. Their courage is covering up a wound not entirely healed. They need encouragement, understanding, friendliness, and faith.

(Continued next week)

THE POSTMAN ALWAYS RINGS TWICE
OPPORTUNITY KNOCKS BUT ONCE
BETTER LATE THAN NEVER



Editor:

We wish to thank Dr. Williams and Staff, Nurses, Attendants, Orchestra and Entertainers of the various wards for their suggestion of the Mendocino State Hospital dance. We certainly enjoyed every moment of the dance and also the privileges and liberties given during the evening.

We hope that Dr. Williams and Staff of the Mendocino State Hospital shall find that this can be a continued practice in the near future, as a benefit to us and the institution. Sincerely,
Georgie F., Mable C., Eunice F.,
Eva D., Margaret R., ward B.

Editor:

I wish to express my enjoyment of being able to read the Pomo News, and lately have noticed of its continuous change in personnel, allowing new ideas to penetrate to those who wish to read the institutions only weekly paper, which is put out for the patients and by the patients.

It not only allows us to help, solve our own individual problems but gives us help in solving problems of others, whom we wish to help.

Bringing these minor points to your attention and knowing that others enjoy the many interesting articles which are published weekly in the Pomo News, I remain,
Sincerely, Al. B. ward 15.

Al B.

We appreciate your letters and "The Lift" that you give us, and we are grateful to accept your compliments in behalf of your interest in the paper.

It gives us pleasure to say we will do everything which we can to continue on pleasing our readers, and knowing that they are enjoying the Pomo News weekly publication. Editor.

MSH HAS NEW PHARMACIST

Harvard unit) for three years. During this time he served a year in the South Pacific. The veteran is now in the honorary section of the retired Officer's Reserve.

He has taken up residence in an apartment on ward 9.

Pomo News Contest, information write "Contest Department."

VALUABLE COLLECTION TO LIBRARY (Continued)

1910 to the present date.

This fine collection, valued at 1500 dollars, was presented to Dr. D.B. Williams, who in turn presented it to the Library.

Also presented by Mr. Drake were fifteen boxes of popular fiction novels.

Many pleasant hours of good reading are in store for the patients, who in increasing numbers, are taking advantage of the Library facilities.

STUDENTS TRAIN FOR SOCIAL WORK (Continued)

chiatric social service at the University of California.

Dr. Miller said it generally is accepted persons in training for psychiatric social work at state hospitals should receive part of their training while actually working with patients in such institutions.

FOOT ILLS REMEDIED-(Continued)

While here Dr. McAleese treated the foot ailments of patients on wards I, K, H and 10.

He will be here again this month and at that time will treat the patients on wards A, B, C, and 12. Present plans call for him to hold his clinic from December 27 through December 31. Any emergencies that may develop will also be taken care of at this time.

Since starting his monthly foot clinic last summer, Dr. McAleese has treated a total of 952 MSH patients suffering from ailing pedal extremities.

VISITORS PLEASED-(Continued)

volumes reposing on the library shelves and were well pleased with the wonderful progress made by the librarian and her assistants.

Other distinguished visitors included: Mrs. G. L. Goodstone and Mrs. Marcus Schramm, who called at the Library Thursday afternoon.

Also visiting during the week and leaving some fine magazines, was the Director of Nursing Service, Mrs. Katherine M. Steele.

E. HACHMAN TO ATTEND MEETING-(Cont)

Hollywood, in his capacity as Regional Director of District 1.

While in the south the couple will visit their son who is stationed at Camp Miramar the Navy Air Base. They will return to MSH December 20.

About 60 voices turned up for vocal practice Sunday p.m. Keep it up.

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. FURST-THE MODERN MAGICIAN-
MSH Auditorium December 8, 1:00
p.m. Sam Ray Jr. Veterans Serv-
ice Officer 2:00 P. M.

* * * * *

Friday: Christmas Program Re-
hearsals for all patients who
wish to participate.
Cromer G. Nelson, C. S. 11:30 a.
m.

* * * * *

Saturday: Movie at the MSH aud-
itorium. If You Knew Susie.
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.

FUN FOR PATIENTS-(Continued)

mystifying them," he advertises.
"Children, among patients at MSH,
being the exception rather than
the rule, it is hoped that Mr.
Furst has a few tricks in his bag
for the entertainment of those pa-
tients who will be in attendance,"
remarked a patient, "maybe he will
pull the children out of the hat."
he added.

MOBIL T. B.-(Continued)

the hydraulic lift on the chest
plate, which automatically adjusts
the height measurement of the per-
son being X-rayed.

Another improvement is the use
of roll film for the picture tak-
ing. Together these new innova-
tions insure a much faster oper-
ation.

To date, patients on all the male
wards have been through the unit
and the technicians are now doing
their X-ray work at the female
wards.

Before the Mobile Unit leaves MSH,
a date will be set for the employees
which will enable them to have an
X-ray picture taken of themselves and
their families if they so desire.

YARD BIRD-(Continued)

Woodie C., was transferred from
ward 1, to ward 15, on December 1.

Clyde W., ward 8, began his new
duties at the MSH Bakery last Mon-
day, December 1.

Charles B., ward 8, last Friday
completed his second week of work
in the Clinical Laboratory.

Betty C., ward I, began her new
duties December 3 at the ODR. She
recently worked at Dr. McKeever's
home.

Velma F., ward M, is now working
at Dr. McKeever's Cottage.

POMO NEWS CONTEST-(Continued)

bolic of the Pomo Indians for whom
our paper is named, of hospital
history, progress, literature,
science or one or more of a multi-
tude of possibilities.

Remember meantime; simplicity and
general appeal will go far to
swing a decision in favor of your
creation.

2. Confine your descriptive deco-
rations, symbols, etc., to the
standard space provided, which is
- 2 inches wide and 7-1/8 inches
in length.

4. Consider meanwhile - you are
making patient history, Pomo News
History, Theopoeutic History, Hos-
pital History, State History and
Social History.

5. Each ward, both male and female
will elect, by popular vote; 1
judge to represent their ward in
the hospital ward patients group
of judges making the final de-
cision.

6. All judges representing their
respective wards will meet to make
this special decision on Friday,
December 31, at the MSH Auditorium
the winning idea will be chosen,
by all ward judges present.

7. Send all correspondence to Con-
test Department, Pomo News, c/o
Dr. G. L. Goodstone.

8. Contest closes Friday, December
29. Winner will be announced in
the Pomo News issue of Tuesday,
January 4, 1949.



SAVE - TIME - MONEY -

CHRISTMAS
GIFT IDEAS FOR
EVERYONE!

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

THE TALMAGE STORE

QUESTIONS

ANSWERS AT BOTTOM
OF THIS PAGE

1. Can you name 7 planets?
2. What are the three largest planets?
3. To what extent is the search for Uranium being conducted in the western hemisphere?

JEST FOR FUN

In a Cape Cod town, the hardware store employs an unusually conscientious and thrifty clerk. A friend of mine purchased a handsome new refrigerator there. The clerk, who is also the store's repairman, was sent over to pick up the old model and install the new. Before removing the aged machine he began tinkering with it, was soon deeply engrossed in his work. Pretty soon, he got up from the floor, wiped his hands on his pants and said, "There she is, ma'am just as good as ever. You don't really need that new one." My friend, too startled to speak, watched him drive off with the newicebox still in the truck. At the end of the month, she received a \$5 repair bill.

A woman was helping her husband pick out a new suit. After much disagreement, she finally said, "Well, go ahead and please yourself.

After all, you're the one who will wear the suit."

"Well, dear," said the man meekly, "I figure I'll probably be wearing the coat and vest anyway."

The young lady smiled sweetly at the waiting line as she stepped into the phone booth.

"Don't fret," she said, "I won't be long. I just want to hang up on him."

ANSWERS TO QUESTIONS

1. Mercury, Venus, Earth Mars, Jupiter, Saturn, Uranus, Neptune, M o o n and Sun.
2. Diameter in miles-Sun-887,000 miles Jupiter-88,000 milas-Saturn 75,000 miles.
3. The search for raw uranium has now penetrated into the bushland of Ontario, where something very much like the gold rush of the last century is in progress. Mining men and geologists are pouring into the backwoods in a steady stream - looking for the basic metal for atomic power. More than 225 uranium claims have been registered in that sector.

A. A. SCATTER SEEDS OF THOUGHT

The regular MSH Alcoholic Anonymous meeting was held last Sunday evening at the Auditorium. Spiked with splendid talks by visiting Santa Rosa members, the meeting, with Margaret R., ward M presiding, saw not a dull moment.

Those in attendance included 20 women and 30 men.

The topic: God grant me the serenity to accept things I cannot change, the courage to change things I can and the wisdom to know the difference.

DR. WILLIAMS SAYS:

I am sorry but I cannot allow them to go out on the wards. However, I want patients to feel free to read them in the Library proper.

* * * * *

With the advent of cold weather, patients should be careful to dress warmly when going off the wards, out of doors. This is especially important in view of the crowded conditions of the dormitories.

If one person gets a cold, he is apt to transmit it to those who sleep nearby.

So please be careful for your own sake, as well as for that of others on the ward.

The movie billed for December 18 is the "Gallant Legion."

There were 17 admissions and 15 releases for week ending December 5.

REDWOOD VALLEY

NURSERY

CHRISTMAS WREATHS

Pine or Redwood
Plain or Decorated

Also
Christmas Trees

Please Place Your Orders Now
Novelty Christmas Decorations
Must Be Seen To Be Appreciated
Potted Christmas Gifty Plants
Gifts in Copper-Pottery-Redwood
Attractive - Reasonable

Ornamental Shurbs and Trees
Camellias - Borried Holly
Next to Frozen Food Locker

565-W

OPEN 9 TO 6 PM Phone-262
1036-W

REDWOOD VALLLY NURSERY

SOCIAL THERAPY

LETS GET IN THE GROOVE

This column was made a part of the Pomo News a few weeks ago. It was began with the express purpose of imparting any information pertinent to patient welfare, as concerns his status as a patient on the road to recovery.

We invite, solicit and will appreciate comments, questions, criticism and ideas.

Mr. Gordon McWhirter, social worker who's duties involve and become a part of the MSH Alcoholic program will answer questions. Meantime: Give us your opinion on the following subjects. We are asking you-How can the alcoholic use the social worker while still in the hospital? What do you think? What can the patient do to help the social worker?

To those patients hospitalized on other than alcoholic commitments; If you think alcoholism is over-emphasized in this and other columns: Remember that several times more alcoholics are received and discharged at MSH than the total combined numbers of others!

SEE THIS AND GET IT STRAIGHT

Several patients who read this column, have written in "to apply for a discharge." It will help the patient if he will realize that while all the staff are interested in helping him out of the hospital when he is well enough to leave, nevertheless it is the patient's doctor who makes plans for the patients to go to Medical Conference or to go out on leave.

Any patient wanting to leave the hospital should discuss this first with his doctor, so that the patient might be presented at Medical Conference, should his Doctor so decide.

It would be only after Medical Conference that the Social Worker would be able to discuss plans for leave; with a patient.

FAMILY CARE

Miss Helen Anderson, Social Worker
(Cont. on pg. 9 col. 1.)



CALL
UKIAH 144
FOR
EMPIRE

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

ALCOTHERAPY

TRY THESE ON!

In the rugged ascent to sobriety, the facts of medical records and statistics as well as those proven by Alcoholic Anonymous cannot be denied.

Pioneers are followed and copied in every line of endeavor and achievement. So it has been since the dawn of human reasoning. Theirs is the touchstone of progress.

The would-be convert to sobriety, at best is a poor "pathfinder." His trail to him, is ill defined, beset by pitfalls and errors. His way is rough. Until he learns to "read sign," his progress is slow. When he becomes "trail-wise" by; first concession that the preceding pioneers have methodically "blazed" the trail to ease and hasten his progress; his path becomes ever wide and smoother, his horizon broadens with his view point. He is getting well! Below are some questions. Yes - compiled by pioneers! Maybe they sound "silly," but how do you know they are? Have you tried them on carefully for size? Shop around!

1. What is an alcoholic?
2. Does it matter when or how you became an alcoholic?-Yes or No. Why?
3. What are some of the indications of an alcoholic, general and personal?
4. Is alcohol (or drinking) the cause of our troubles, or the result?
5. What incident or series of situations made you decide you had to do something about your drinking problem?
6. During your last drinking days, did you have a feeling of being cut off from life and worth-while people? - Did you care?
7. Does sobriety bore you?
8. Some alcoholics say they simply can't surrender - Did you? If so explain how you did it.
9. Does sobriety make the price of one drink too high?
10. Does it embarrass you to be the only one in a business or social gathering who does not drink?
11. Give three reasons why you've been sober today.
12. Does tolerance - or lack of it - affect your relations with others? - And in turn affect you?
13. Do you believe peace of mind can be a daily accomplishment, or attained only through a lifetime of right living?

3 ACT COMEDY BY UHS SENIORS

"Brother Goose," a comedy in three acts by William Davidson, will be presented by Ukiah High School senior class December 10 at 8:15 p.m.--UKIAH Republican PRESS.

SOCIAL THERAPY-(Continued)

for Alameda County was a Pomo News caller Friday, December 3.

Newspeople were especially interested in one of the features of Miss Anderson's work. It was evidenced that she is much interested in a State Bureau of Mental Hygiene plan known as "family care." "Family care" is an arrangement whereby private homes are; after a rigid check, selected with every effort to make the home fit the patient; after which, from 1 to 6 patients are selected to make their home with the family with whom arrangements have been made for patient care.

A rule which is rigidly followed is that of the required presence of at least one responsible member of the family at any given time during a 24 hour period.

Patients who come into the scope of this category must of a necessity be patients who get along reasonably well with people, yet are still chronically ill, not too infirm, yet have the approval of the hospital medical staff to be thus sent out on leave of absence. These patients are frequently visited by their social worker.

The plan provides an opportunity for eligible patients to enjoy the comforts of a home, away from mass institutional routine.

* * * * *

SEX DEVIANTS

14 men were present at the sex deviant class held by Dr. D.O. Prasser in the day room at ward 9 Friday afternoon, December 3.

Further discussion of the answers to the test given last meeting was held. Many enlightening, as well as interesting points were brought before the meeting as a result of the test.

Dr. Prasser also states that any one wishing to attend these classes which last about 3 months can send their names to him and they will be notified in time to attend the next series of these meetings.

UKIAH PRESS WRITER CALLS-(Cont.)

pleasant "shop" talk with MSH newspeople. While here, she extended best wishes and incidently some nice compliments from the Ukiah Republican Press.

YARD BIRD-(Continued)

Betty C. ward I joined Mrs. Lillian Davis (ODR) kitchen staff on Friday afternoon December 3.

Bill O. MSH drummer enjoyed a visit by his wife and tiny daughter, last Saturday.

CHURCH SERVICES

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

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

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

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

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December 12, 1948
Christian Science Church - Subject: GOD THE PRESERVER OF MAN. Golden Text: Isaiah 41:13. I the Lord thy God will hold thy right hand, saying unto thee, Fear not; I will help thee.

A MESSAGE

When angels visit us, we do not hear the rustle of wings, nor feel the feathery touch of the breast of a dove; but we know their presence by the love they create in our hearts. Oh, may you feel this touch; --it is not the clasping of hands, nor a loved person present; it is more than this: It is a spiritual idea that lights your path!

INSTALL NEW OFFICERS-(Continued)

the MSH Auditorium.

The main order of business of this important meeting and social gathering, will be the installation of officers for 1949 by regional director Elwood Hachman.

Following the business meeting a social evening is planned for the members and a valuable door prize will be awarded the holder of the lucky number. The prize, valued at 15 dollars and donated by Brownies Market in Ukiah, is a bushel basket of fancy groceries.

Card games and bingo will entertain the members and refreshments will be served.

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.

"Pete" P.....Editor.

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That those of us in a hospital have much in common is a foregone conclusion. Our manner of commitment, our sex, our nationality, our creed loses significance in a common denominator of getting well.

If we are individually dull or listless, our mood at the time simply isn't susceptible to a transformation. Make it so. It isn't so difficult, and more - it's about 98 per cent medicine.

The best antidote one can find needs no expenditure of cash, time or elaborate oration of what we may imagine will make us happy.

I speak of music! - song! - music in your thoughts need but find expression in song, instantly illuminates the personality, reflecting in radiation unmistakable sunshine from within.

Why do you suppose - God's feathered songsters were given both wings and melodious voices? Symbolic isn't it.

The Hermit Thrush for instance has been known to deliver concerts of his own transposition of sunshine in 50 different neighborhoods in one morning.

If you can't sing - hum! Maybe you don't want to make a noise or if it isn't practical to do so - hum or sing silently.

It'll reach your heart - and that's where you want it. First thing you know you'll be issuing smiles and they are more prolific than rabbits.

So let's pass around all the Xmas cheer we can possibly summon: Organize ward vocal groups, join those Christmas Carols groups.

You'll be surprised at how much good it will do you.

RESERVOIR DREDGE JOB UNDERWAY(Cont)

pletion before the heavy winter storms make working difficult.

An estimated 30,000 cubic yards of silt is to be removed and the reservoirs thoroughly cleaned, before the spring freshets begin to fill them again to capacity.

The silt and debris now collected behind the dams will be removed and hauled to the site behind cottages 8 and 9, where it will be used to fill the low area there.



"Do you hear voices?"

Now to the Lord sing praises,
All you within this place,
And with true love and brotherhood
Each other now embrace;
This Holy tide of Christmas
All other doth deface.

OH-OH-OH WHAT A GAL!

EDDIE CANTOR * JOAN DAVIS

"If You Knew Susie"

MSH AUDITORIUM-SAT. DEC. 11.