

POMO News

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

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PLANE TRIP AMAZES BOY

Visiting at the home of Dr. J. K. Orr and family on Medical Row recently, was his sister, Mrs. A. Holliday and her nine year old son Joel, former residents of South Bend, Indiana.

The Holliday family recently moved from the "Hoosier State" to California; Mr. Holliday having been promoted and transferred by United Air Lines from South Bend to Eureka, where he is station manager.

Little Joel stayed on at the Orr residence for several days while his mother visited her mother in Berkeley. It is reported he is still amazed about his trip west, due to the fact that he went to school in South Bend Friday morning and arrived at Hills Field aboard a DC-6, in time to have a late dinner in San Francisco that evening.

FLOWERS FOR SPRING

The cold and rainy days of the past two weeks, have kept Fred Figone and his "eager beaver" patient gardeners pretty close to the MSH Greenhouse.

When the sunshines the boys "make hay," that is they plant flowers; snapdragons, pansies, marigolds and other varieties that thrive during the winter months.

Fred, with three men
(Cont. pg. 5 col.2)

X-RAY JOB COMPLETED

T. B. HISTORY RECORDED ON ROLL FILM AS FUTURE REFERENCE SEEN AS BOON TO DISEASE CHECK

Taking just two weeks to X-Ray the entire patient population of MSH, the Mobile X-Ray Unit of the California Board of Health, concluded their work with the female wards Friday, November 10.

Thus the population of MSH, numbering 2771 patients, has their tuberculosis X-Ray pictures recorded on roll film for the first time since the beginning of this valuable service.

ALBERTINUM BOYS GUESTS AT MSH

Coming to MSH last Wednesday afternoon in their school bus, were 25 boys accompanied by Assistant Coach Lewis from the Albertinum Parochial School in Ukiah.

All were to be guests for the afternoon at the homes of Drs. E.L. Lochen and J. K. Orr and the smiles on the boy's faces in anticipation of a "large day" was something to see.

Every once in a while a party is given for these underprivileged children by Dr. Lochen at the hospital and great is their enthusiasm and appreciation
(Cont. on pg. 3 col.1)

PDR CAN BOAST NOW

All art-lovers at MSH owe it to themselves to pay a visit to the PDR to view the beautiful paintings adorning the walls of the dining hall and annex.

Amid their drab surroundings the brilliantly colored scenes, all in an "island motif," seem almost out of
(Cont. pg. 5 col. 2)

Monday, November 13, all MSH employees and their families who desired to take advantage of this service had T. B. X-Ray pictures taken and filed for future reference.

The technicians with the unit will conclude their work for the year by taking pictures of all new patients admitted to the hospital since December 1.

OCCUPATIONAL THERAPY IN DOUBLE PLAY

Built by patients at the Industrial Shop as a feature of MSH Occupational Therapy this week comes "cue" pin ball machines for distribution to wards 8 and 15.

Games are put into play by use of a cue stick rather than by the "springball" commercial theory.

All wards are to be included in the distribution of Occupational and amusement equipment recently purchased. These "on the ward" patient pastimes include Crown Dominoes, Cribbage Boards, Puzzles, Checkers, Boxing Gloves and Chinese Checkers.

XMAS SPIRIT REVEALED

A reminder that Christmas is "just around the corner" can be seen in the M S H Business Office.

Upon entering those portals a person is attracted by the eye filling sight of a beautifully decorated Xmas tree.

Glittering with its streamers of tinsel, gaily colored ornaments and other decorations that go toward making a pretty tree, the yuletide spirit is revealed.

Not only are gift packages already piling up around the base, but the Business Office Staff is the first department in the Administration building to set up a Christmas tree.

TO VISIT AT PATTON

Mrs. Tina Young left on her twenty-one day vacation on Saturday, December 11.

She will spend some time with her brother, Dr. Robertson, at Patton and intends to visit Los Angeles.

"I intend to spend most of my time resting up as I have felt none too well since my illness," she added.

WITH REAL ESTATE CO.

Fred Howard, former MSH attendant is now with the Larkin J. Younce, Real Estate Co. of Ukiah, Fred's wife, Jessica Howard is an MSH employee.

LIVESTOCK TO FOLSOM

The MSH Dairy which is supervised by H.A. "Hank" Fanslow, recently sold 8 bred heifers to Folsom State Prison.

The price was commensurate with that of pure bred Holstein dairy stock such as only MSH breeds.

HAP ARNOLD WELDERS WORK MEMOIRS IN ON STEAMLINE GEOGRAPHIC

Past and present living in a Redwood Empire valley is pleasantly described by General of the Army Arnold in the just published December issue of the National Geographic Magazine, Illustrated with seventeen color photographs and five black and white pictures, General "Hap" Arnold's article, tells how he (Cont. on pg. 6 col.1)

BUSINESS OFFICE EMPLOYS VETS

Howard Stockton; the new employee in the MSH Business Office and assistant to George Harmon the property clerk is a former resident of San Francisco and a native son, claiming Los Angeles as his birthplace.

A veteran of World War II, he served for three and a half years with the ground forces of the 7th Air Force in the South Pacific.

NEW ACCOUNT CLERK

The new account clerk in the Secretary Office is Mrs. LaRayne Roepke, a native of Minnesota turned Californian.

She became an employee of MSH on December 1, coming here from the Ukiah branch of Bank of America. The new accountant resides with her husband and three year old son in nearby Ukiah.

NICE PRESENT TO PATIENTS

Mr. and Mrs. Ken Williams, Industrial Shop Assistant Supervisor and Sewing Room Supervisor respectively, jointly assumed the role of Santa Claus recently.

The popular pair presented MSH patients with a Georgewood (twin (Cont. pg. 3 col. 2)

Work on the new stream pipe-line running from the boiler room to the women's wards is progressing as rapidly as the weather will permit.

A crew of welders from San Francisco, (two of whom are brothers) working for Jack Montgomery of the (Cont. pg. 9 col. 1)

VISITS DAUGHTER

J. J. Carvey, M S H Business Manager, took time off from his work at the hospital last week, to spend a few days in Sacramento with his daughter Phyllis, who is a resident of that city.

Mrs. Carvey, who had preceded him to Sacramento accompanied the Business Manager back to their home here. He was on the job at his office Monday morning.

PRUNE ORCHARD GETS THE AX

"Woodman, spare that tree," made no impression on the "McGuffin Gang" from ward 14, when they unlimbered their axes on the prune orchard adjacent to Medical row, recently.

In less time than it takes to tell about it the trees were "feeling the bite" of the axes, and in a matter of two (Cont. pg. 9. col.2)

C.S.E.A. READY FOR NEW YEAR

At their meeting Tuesday evening, December 7, in the MSH Auditorium, C.S.E.A. officers for the coming year were installed by Regional Director Elwood Hachman.

Those elected to serve were A.P. Joiner, MSH Storekeeper, President ---- F.J. Gibson, Vice-President Catherine Dryden, Secretary and (Cont. pg. 9 col. 2)

YARDBIRD NEWS

Bob K., ward 15, was made quite happy last December 9 by a visit from a Veteran Service Officer, Sam Ray Jr., of Ukiah office.

* * * * *

Charlotte H., was transferred from ward I to ward E, on Dec. 9.

* * * * *

Charlotte S., transferred from ward M to ward I, last Thursday, December 9.

She joined the workers at the ADR in the afternoon.

* * * * *

The dining rooms of both ward H and I sure look mighty fine, having now; the complete number of those new chairs.

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Donna H., was transferred from ward M to ward I, on December 6. She is working with Mrs. D. Alexander in the Female Marking Room.

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The patients on ward H are already receiving their Christmas presents, and seem quite pleased.

* * * * *

Among visitors at MSH Saturday, December 4, was Thomas L. W., of Vallejo who visited Kay A. of ward I.

SEND IN USED STAMPS

Save your postage stamps if you don't want them yourself send them in to the Pomo News.

We have many requests for them, and your remittance would be appreciated.

ALBERTINUM BOYS GUESTS AT MSH-Cont.

at being granted the privilege of visiting in the homes of well meaning people. Last year 25 other boys were guests at MSH and next year girls of the school will have their turn.

The two doctors had a full afternoon planned for the boys and they were allowed to "cut loose" and enjoy themselves to the utmost. They had a lively baseball game in the ballpark; they made recordings of their voices, sang songs and played bingo.

The big event of the party was a guessing contest involving a quart jar full of beans. The idea was to guess the number of beans in the
(Continued next col.)



DR. WILLIAMS
SAYS:

Patients are not to trespass on property that does not belong to the state.

This particularly refers to the Holiday property which is just across the way, from the hospital.

Men going to the ranch are to go down the road and not cut across the vineyard.

PATIENTS WIRE XMAS GREETINGS

Patients having hospital cash accounts may authorize payment for Christmas Telegrams or wire flowers by this medium: Notify the Pomo News with whom arrangements have been made for delivery to the proper channels of communications.

Remember to get order in on Tuesday or before, to conform to rules regulating such withdrawals.

ALBERTINUM BOYS GUESTS AT MSH-Cont.

jar and the prize was a week-end visit at the home of Dr. E. L. Lochen. This event was won by Gerry Vosti, age 10 and William Brooks, age 15.

Refreshments were served during the afternoon and the boys had their fill of potato salad, ice cream, cake, cookies and candy. They were thrilled beyond words as they rarely get to visit people in their homes and were a well-mannered and well-behaved group of boys, fully deserving of any consideration extended them.

The party began at two o'clock and lasted until six-thirty, not ending until they had experienced the thrill of roasting weiners and marshmallows in the fireplace.

The boys were reluctant to call it a day and it was a tired but happy group that boarded the bus, to be escorted back to the school by Assistant Coach Lewis.

Dr. Lochen says that their little party was just a start and it is hoped that more people will invite these appreciative and deserving children into their homes. Anyone desiring to extend an invitation to the children for the holidays, may do so by telephoning a n d m a k i n g arrangements with the Sister Superior or Head Coach Salyer at the Albertinum School.

There are 250 underprivileged boys and girls at the school and many people are of the opinion that the custom of inviting them to outside homes is a step worthy of inauguration.

(Continued pg. 10 col.1)



The Pomo News Masthead Contest Dept. is already in receipt of many good "ideas." The lively interest thus shown by participating patients is reflected and sincerely appreciated by we of the Pomo News Staff who are serving the rest of the MSH patients in that capacity. With the unanimous aid of all concerned our Newspaper can and will continue to thrive as the "Patients Paper."

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The shabbiness of the PDR walls, due mostly to the lack of a fresh paint job is more than ever noticeable, with the appearance of those sparkling scenic South Island motifs recently hung.

Its a situation where accentuation "becomes" incongruity.

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The evergrowing Pomo News mailed and delivered over 1700 copies of the last edition.

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Anyone having an accumulation of Xmas Cards (written on or not); send them to the Pomo News Xmas Card Dept. c/o Dr. Goodstone.

The writing there on can easily be removed with the application of clorax and the remaining clean card distributed to patients on the various wards for mailing.

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Watch for Pomo News announcements in the near future of Checker and Dominoe tournaments, meantime practice up with a view to a ward champion as your representative in a final tournament for MSH supremacy.

* * * * *

The Pomo News the Eyes and Ears of MSH.

YOU CAN HELP

By

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

9. What would hurt you most:
 - (a.) Have a bad cut.
 - (b.) Have pneumonia
 - (c.) Lose \$10,000.00
 - (d.) Lose an arm or leg.
 - (e.) Die
 - (f.) Be a victim of life circumstances making you a sex offender, be hauled into court for public shame, and then have people treat you with contempt and rejection even when you've been to a hospital and have had your cure started? Maybe lose your wife, children, and dearest friends because of such ill-founded contempt and rejection.
 10. Is it any wonder that sex deviants are "discouraged," sensitive and even "sour on the world?"
 11. Psychiatry has developed largely in the past 50 years and even more so in the last 20. Until recently no parents have actually known how to raise children as best they may (and we still have a lot to learn.) None of us have been raised to best advantage. Many tragic mistakes were naturally made. Which is better:
 - (a.) Be enraged that the doctor suggests some unwitting mistakes might have occurred in raising your child (if you are the parents of a sex deviant).
 - (b.) Be overwhelmed with grief and remorse.
 - (c.) Accept unavoidable human mistakes as such and do our best to correct them?
 12. A patient is seldom completely cured when he leaves the hospital. He does, however, have some idea as to what has been troubling him, and has had his feet set on the road to recovery.
 13. Don't be constantly on the alert to ferret out any sign of the patient's former undesirable sex interests. His entire personality is not going to change. At best he will simply have better understanding of himself, better control of his actions, and some alleviation of the strength and direction
- (Cont. on pg. 6 col. 1)

For HOLIDAY CHEER!

Andy Stahl's

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DROP IN
SEE ANDY
for
Better Liquors
and
Finer Wines

UKIAH
GLASS
CO. Phone
Smith & Mason 1166-W



IF

If you can keep your head when all about you

Are losing theirs and blaming it on you;

If you can wait and not be tired by waiting,

Or being lied about, don't deal in lies,

Or, being hated, don't give way to hating,

And yet don't look too good, nor talk too wise;

But make allowance for their doubting too;

If you can wait and not be tired by waiting,

If you can dream -- and not make dreams your master;

If you can think -- and not make thoughts your aim;

If you can meet with triumph and disaster

And treat those two imposters just the same;

If you can bear to hear the truth you've spoken

Twisted by knaves to make a trap for fools,

Or watch the things you gave your life to, broken,

And stoop and build 'em up with wornout tools;

If you can make one heap of all your winnings

And risk it on one turn of pitch - and - toss,

And lose, and start again at your beginnings

And never breathe a word about your loss;

If you can force your heart and nerve and sinew

To serve your turn long after they are gone,

And so hold on when there is nothing in you

Except the Will which says to them:
"Hold on;"

If you can talk with crowds and keep your virtue,

Or walk with kings - nor lose the common touch;

If neither foes nor loving friends can hurt you;

If all men count with you, but none too much;

If you can fill the unforgiving minute

With sixty-seconds' worth of distance run--

Yours is the Earth and everything that's in it,
And -- which is more -- you'll be a man, my son!

By Rudyard Kipling

BABY BROTHER

My little brother sits upon my knee,
His clear, blue eyes gaze calmly into mine,
But underneath their sweet tranquillity
A depth of baby mischief I define.

Dear little man, thy journey just begun,
Before thee lies Life's pathway, long and wide,
Often through shadows, sometimes in the sun,
With thorns and roses strewn on either side.

My little brother, let the world go wrong,
Let Beauty trail her garments in the dust,
Lost be the music in Life's changing song,
But let me never lose thy love and trust.

Martha L. Hoffman

PDR CAN BOAST NOW-(Cont.)

place.

The artist Harold V., of ward 8, created the masterpieces in the MSH Paint Shop and the frames were made by Joe Addor of the Carpenter Shop. His men hung the paintings in the PDR last week and they are there for all to see.

The wall decorations should be seen to be appreciated but here is a short description. On the west wall of the main dining hall, hanging between the windows are three paintings, picturing the Falkland Islands of the South Atlantic Ocean, New Zealand and Tutuila (Eastern Samoa) of the South Pacific Ocean.

Hanging on the east wall on both sides of the entrance are two pictures, one depicting the Hawaiian Islands and the Pacific Ocean surrounding and the other showing Cuba, Jamaica and the Isle of Pines in the South Atlantic.

In the annex is a large scene depicting the voyage of Captain Bligh to Timor in 1789 and the "Mutiny of the Bounty." Also shown are Tahiti and Pitcairn Island.

Mary Sanford, PDR charge attendant reports that many visitors have called to view the paintings, among them being the girls from the Business Office who visited the dining hall last Wednesday.

Now that the much talked of wall decorations are in place, it should be altogether fitting and proper that the PDR undergo a nice job of redecorating.

THIS WEEK

Wednesday: (Monday thru Friday)
Orchestra practice Auditorium 8
to 11 a.m.
Alcotherapy Group Roundtable meet-
ings with Dr. G. L. Goodstone...
Conference Room ward 9, 2 p.m....
Xmas Carol Rehearsal for all...
(Monday, Tuesday and Wednesday).
1:00 to 3:30 p.m.

* * * * *

Thursday: Social Therapy Group
meeting with Gordon McWhirter,-
Social Worker every week. Con-
ference Room ward 9, 1:30. Sam
Ray Jr. Veterans Service Officer
2:00 p.m. Contact Supervisors
Office for appointment or by
mail. Attendants Dance.

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Friday: Cromer G. Nelson, C.S.
11:30 a.m. by appointment.

* * * * *

Saturday: Movie at the MSH aud-
itorium. "Gallant Legion"

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

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Monday: Roundtable meeting at
Conference room ward 9, at 2 pm.

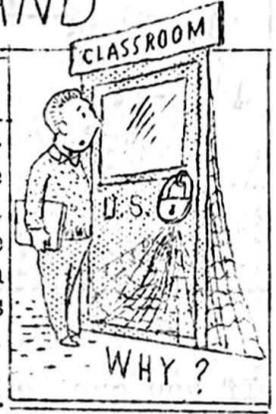
YOU CAN HELP-(Continued)

of his undesirable sex interests. After all if we knew the roots of all of our own sex interests we would be surprised at how repulsive some would be to us! (Although such a feeling would again be due to a lack of thorough understanding of human sex conduct.) 14. Most people today hold prejudices against the sex offender. This is unfair and a very unenlightened attitude but we must accept it as a very real fact. Such attitudes are very hurtful to the ones who have been the unfortunate victims of any sex disorders. It is in the power of those who are close to these patients to protect them from such unjust reactions.

HAP ARNOLD MEMOIRS IN GEOGRAPHIC (Continued)

and Mrs. Arnold, after living for forty years in all parts of the world, "when we came to selecting a place to settle permanently, to secure a ranch, to build a home, chose the Valley of the Many Moons" in Sonoma county.-Paul Bunyan News.

U.S. vs. ENGLAND



England, in several ways, clearly surpasses us in the ward care of mental patients. Nor does it make sense that we in America should permit this lag to continue. Registered nurses, qualified by post-graduate psychiatric training, are badly needed to fill teaching and supervisory roles. But there is no sign that the near future will supply these persons in adequate numbers to meet the needs of on-the-ward care. We believe the answer will come, in large part, when other states parallel the pioneers--New Jersey, Saskatchewan, Ohio and Topeka's Winter V. A. Hospital--and set up programs which produce qualified and skillful Psychiatric Aides. Come that day, then will every member of the Psychiatric Team be equipped to contribute toward the greatest possible good for our hospitalized mentally ill.--

Paul Harris III.

HAS NEW CAR

Mrs. Alice Coffey, attendant ward 8, is sporting a beautiful gray Chevrolet "Fleetmaster" four door sedan. Delivery was made Thursday December 9.

WELCOME AS ALWAYS

On December 13 Frank Stenberg, attendant ward 12, dropped in the Pomo News Office and left many magazines also three good books. Many thanks Mr. Stenberg.

HOLIDAY VACATION

Mr. and Mrs. Albert Lemos, M S H attendants are now on vacation. They are planning to go to the Coast, and then to Corvallis, Oregon to visit and spend Christmas with a daughter there.

MAIL A POMO NEWS HOME



SAVE TIME - MONEY!
XMAS
GIFT IDEAS
FOR EVERYONE!

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

THE TALMAGE STORE

QUESTIONS

ANSWERS BELOW

1. Who was the first President to live in the White House?
2. Who was the first President to wear long trousers?
3. What are the symbols of the first seven wedding anniversaries?
4. What two flowers symbolize December and January?
5. What does a Turquoise gem mean in the language of gem lovers?

JEST FOR FUN

Some of our soldiers were billeted with the English, and they taught the English boys poker. One Englishman picked up his hand and said, "I don't know about your poker game, but I'll wager you a pound."

The Yank looked at his hand and found he had four aces, and he said, "I don't know much about your money, but I'll see your pound, and raise you a ton."

"Red" White, was going through his basic training in the Army.

"Red": "Shall I mark time with my feet sir?"

Lieutenant: (sarcastically) "My dear fellow, did you ever hear of marking time with your hands?"

"Red": "Yes sir! Clock's do it."

Teen-age Gloria, whose home was in Boston, was visiting relatives in Western Canada. At a party in her honor, the conversation turned to the comparative merits of the West and East. Presently one young man turned to Gloria and asked rather smugly, "And how do you like God's own country?"

"Oh, it's lovely!" Gloria exclaimed. - "But I like it here too."

Not long ago, a fellow who saved his money was a miser, but now he is a magician.

The only good thing about the Indonesian war, is that it is in Indonesia.

If you can talk louder than a juke box you are considered the life of the party.

ANSWERS TO QUESTIONS

1. John Adams, 1797.
2. James Madison, 1809.
3. First - Cotton, Second - Paper, Third - Leather, Fourth - Fruit and Flowers, Fifth - Wooden, Sixth - Sugar, Seventh - Wool.
4. December -- Holly, January -- Snow-drop.
5. Prosperity and love.

ATTENDANTS TO RECEIVE DIPLOMAS

Office of Superintendent, Mendocino State Hospital, Friday, December 10. - -
The following announcement was mailed to qualified attendants today:

NOTICE TO EMPLOYEES WHO HAVE TAKEN ATTENDANTS' TRAINING COURSE.

The Staff of the Mendocino State Hospital is very happy that you have completed the Attendants' Training Course, and your diplomas will be awarded Thursday evening, December 16, in the Amusement Hall. The meeting will start at 7:30 and the diplomas will be awarded to each employee by Doctor Lawrence Kolb, Deputy Medical Director of the Department of Mental Hygiene. There will be other Department officials present as well as members of the State Legislature, and you are expected to be present to receive your diploma.

Following the official business of the hospital, the C. S. E. A. will have some entertainment and refreshments. - - - -
- - - "All attendants will appear in their white working uniforms." Superintendent D. B. Williams later stated in an interview. Music by Patients' Orchestra.

PATIENTS ROUTINE FOR CASH 'DRAGS'

(Office of Superintendent D. B. Williams Friday, December 10. --)

Patients who wish to draw money from their hospital accounts (for change with which to buy cokes and cigarettes at machines;) may make these withdrawals on Tuesday only, from 1 to 5 p.m.

Withdrawals will be limited to the sum of \$2.00.

In consideration for Mrs. Elliott's office where help is limited, these petty withdrawals have overtaxed a job normally requiring much time and effort wherein 3000 separate accounts are involved.

This announcement will in no manner effect your regular "Grocery Order" which you will continue to submit on your respective wards.

THE POLO NEWS WISHES TO ANNOUNCE THAT MSH PATIENTS UNANIMOUSLY JOIN US IN EXTENDING OUR SINCERE CONGRATULATIONS TO THOSE OF YOU WHO HAVE TAKEN SPECIAL TRAINING. MAY YOU CONTINUE TO PROGRESS.

THE PSYCHIATRIC AID OF THE YEAR

announces;
THE NATIONAL MENTAL HEALTH FOUNDATION, \$500, and an appropriate citation will be presented in January 1949 to the man or woman employed as a psychiatric aide or attendant in a United States mental hospital; who is judged to be worthy of the title, "The Psychiatric Aid of the Year". The award will be made on the basis of the following qualifications:
1. Skill, initiative and imagination in the discharge of his (Cont. pg. 9 col. 1)

SOCIAL THERAPY

The theme for the social therapy group discussion last Thursday was unwittingly adopted from the Alcoholic Anonymous meeting of last week: "Grant me the serenity to accept things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

According to Gordon McWhirter, Psychiatric Social Worker, with whom the group meets every Thursday afternoon at 1:30 in the Conference Room, both men and women alcoholic patients are invited to set in. Social Therapy is concerned with "the courage to change things" to conform to the mutual good of all concerned including ones self, --In other words Social Therapy means: facing and handling the immediate social realities.

Dr. Goodstone, Clinical Director, was asked to participate in last Thursdays session. Gripes and beefs become more understandable and tolerable he said; when they are easily expressed with the prospect that reasonable men and women will together make reasonable adjustments.

Laid on the table for further discussion was the general idea that the alcoholic patient while in the hospital can if he wants, obtain constructive help in exchange for the time, money and energy he must, of necessity put into the situation. On the other hand the Hospital (meaning everything that goes to make up its total purpose) can, should and does change with the patient toward the goal of "self determination with mutual aid."

Discussion of some specific changes was directed toward action which "will be best understood as the action is taken."

That patients are aware of the treatment value, in the exchange and expression encouraged at these groups is indicated by an increase in the attendance which is voluntary.

Social Group Therapy is only good if it is useful if it is participation.

ALCOTHERAPY

ROAD SIGNS TO SOBRIETY

A mixed group of male and female alcoholics met in the Conference Room at ward 9, Wednesday in the Round Table Group Therapy Class regularly conducted each Monday and Wednesday by Dr. G.L. Goodstone.

Discussion developed the fact that both men and women drink to minimize fear, either of the past, future or both.

The feeling of inadequacy finds expression in an attempt to bring about a sense of well being through the use of alcohol. Discussion among the group brought out the fact that some victims of alcohol, having "slipped" after a period of sobriety, are prone to become discouraged. "Well," they say to themselves, "I've spoiled it all now, I may as well go all the way."

Is this attitude the result of over emphasizing sobriety in the hope that it will become a totally absolute fact? Such a concept is erroneously dangerous. Has't the A.A. a point, in this respect; in that it is assumed to be desirable in attaining prolonged sobriety to view abstinence only from one day to the next?

It was also disclosed by Dr. G.L. Goodstone that there is no medical evidence to indicate that alcoholics have a physical need for alcohol any more than other people.

Occuring thought while drinking, it developed, usually assumes a reflection of some incident (pleasant or unpleasant;) that has left a pronounced emotional impression.

Revelations of subconscious thinking, as indicated by the subjects dominating the dreams of alcoholics, was discussed and proved quite revealing.

It was disclosed that often, dreams may be an expression of a desire to trade personality with that of another whom you admire. Your admiration need not be personal, - you may covet his course of existence. You desire to live a life paralleling his.

Day dreams were also brought to focus in a lively discussion, which disclosed, being part conscious and partly subconscious, they are prone to assume a rosy hue.

The meeting pointed to many guiding signs along the route to a greater understanding of - How? Why? What? - is an alcoholic.

* * * * *

Regular Alcoholics Anonymous meeting every Sunday 6:00 pm Auditorium. Men and Women are cordially invited.



CALL
U. K. I. A. H. 144

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OFFICE MACHINES
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325 N. State St.

WELDERS WORK ON STEAMLINE-(Cont.)

Division of Architecture, are "doing their stuff" on the 6 inch steam line while waiting for brass coupling, necessary to complete the 3 inch pumpback condensation line that runs from ward F, G and H.

With the arrival of this material, work will progress rapidly and this phase of the project will soon be completed.

THE NATIONAL MENTAL HEALTH FOUNDATION-(Continued)

- or her duties; kindness and devotion to the patients in his or her care.
- 2. Performance of the most outstanding service to his or her patients during the calendar year 1948.
- 3. Citizenship as demonstrated by his or her participation in the life of the community.

In addition---Cash awards of \$50 each and appropriate citations will be made to those five persons deemed worthy of honorable mention.

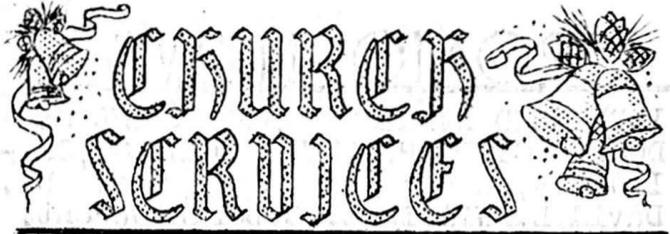
PRUNE ORCHARD GETS THE AX-(Cont.)

or three days, what once had been a flourishing prune orchard was nothing but tree stumps.

This low land that comprised the orchard, will be filled with the silt and debris that is now being dredged from the MSH reservoir.

Also to be used in the fill, will be the rubble and other material coming from the excavations that are to be made for the new MSH buildings.

(Continued next column)



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

* * * * *

December 19, 1948
Christian Science Church - Subject: IS THE UNIVERSE INCLUDING MAN, EVOLVED BY ATOMIC FORCE? Golden Text Psalms 103:19. The Lord hath prepared his throne in the heavens; and his kingdom ruleth over all.

PRUNE ORCHARD GETS THE AX-(Cont.)

The silt and rubble will be allowed to settle for several months in order to make a good foundation for the several cottages that will be erected there. Construction of the cottages is expected to start sometime next spring or early summer.

BUSINESS OFFICE EMPLOYS VET-(Cont.)

He took over his desk in the Business Office on November 21. The new employee is a bachelor and at present is making his home in Ukiah.

C.S.E.A. READY FOR NEW YEAR-(Cont.)

and Mrs. Helen Chaney, Treasurer. As a token of faithful service, out-going President L. I. Samsoc was presented with a beautiful past president pin. The chapter voted to purchase a five dollar Christmas Seal Bond.

The door prize donated by Brownies Market, was won by C. H. Munson who was more than pleased with the bushel basket of fine groceries.

"Duko"

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POMO NEWS

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

Supervised by Dr. Gerald Goodstone.
C l i n i c a l D i r e c t o r . . .

"Pete" P. Editor.

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WE HAVE IT, LETS KEEP IT.

Pride is a virtue, the mantle of
which normally includes most of us.
How often its application fogs a
true concept of reality, and becomes
at times dangerously misleading.

Some time ago the MSH Patients
Orchestra came into being. The hos-
pital, employees and patients are
proud of it, and justly so, for its
inception together with other a-
chievements brought to Menocino,
by its present Medical Staff; are
a reflection of the quality of en-
lightened administration.

We of the Pomo News, reflecting
the general attitude of the patient
personnel are proud of our Orchestra.
The tolerant attitude which utilizes
expressive Entertainment and Occu-
pation with medical knowledge, --
merits pride! Is it any wonder
therefore that through the pages
of our printed Patients Paper--The
Pomo News, we have in our pride;
over-zealeously described a pa-
tients MSH Orchestra--albeit some-
what to a point of ambiguity. To
coddle or weedle patient partici-
pation by the administration would
only serve to minimize its value
to the patient. We; simply---as
patients are not responding whole
heartedly to certain advantages,
which in many institutions are
nil. We need instruments, true
--but of what advantage, if we
have no one to play them?

We have had one patients dance
which was successful--even exceed-
ing expectations. It must, how-
ever, be considered that patients
come & go. The Orchestra has lost
over a dozen members since its in-
augural program, July 4, 1948.

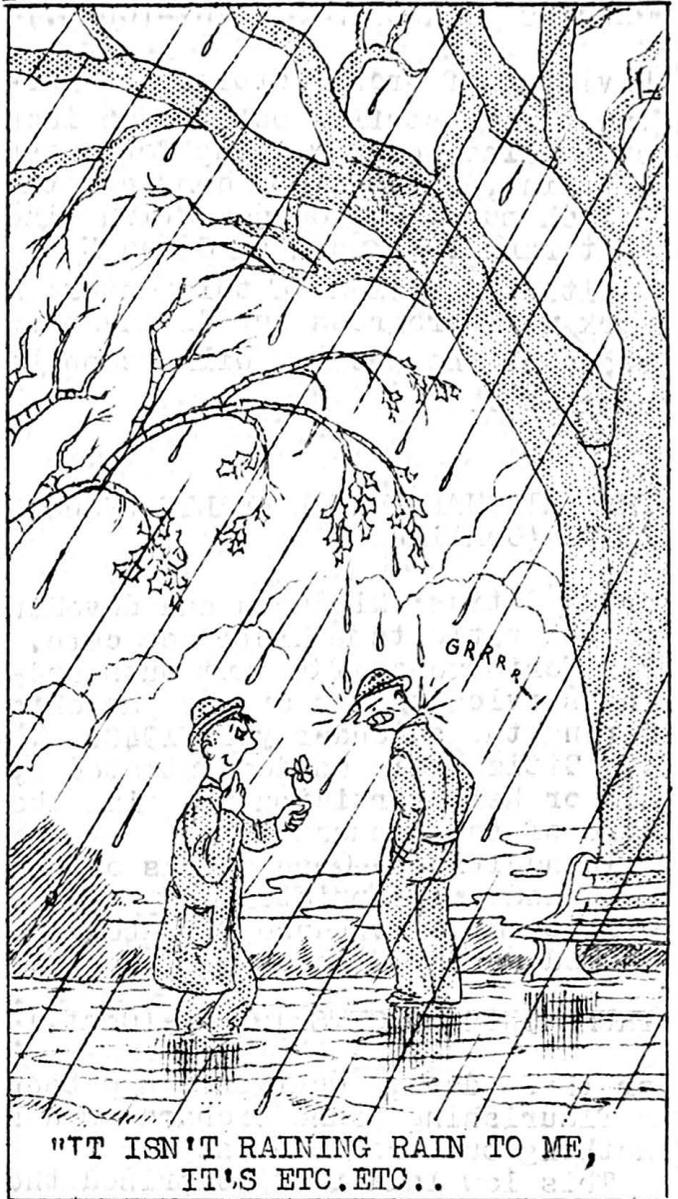
If our Orchestra is to remain
and function as a prescribed faculty
of our welfare, together with con-
tinued dance programs - we must get
behind both projects with every-
thing we have to hand.

ALBERTINUM BOYS GUESTS AT MSH-Cont.

Won't you take two children in-
to your home for the Christmas
week-end? "Duke"

* * * * *

SEND IN MASTHEAD IDEAS



Our Patients Orchestra needs are:
Musicians Instruments, music and
the combined support of everyone
concerned. Who you are and where-
makes no difference. You are con-
cerned!

Saturday Dec. 18TH

The
**GALLANT
LEGION**

Starring

WILLIAM ELLIOTT
ADRIAN BOOTH
JOSEPH SCHILDKRAUT
BRUCE CABOT

With

ANDY DEVINE... JACK HOLT
GRANT WITHERS ADELEMARA
JAMES BROWN

MSH Auditorium