



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

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IS THERE A SANTA CLAUS

BY SPECIAL ARRANGEMENT WITH THE NEW YORK SUN THE FOLLOWING IS A REPRINT OF AN EDITORIAL ORIGINALLY PUBLISHED SEPTEMBER 21, 1897.*****

"Dear Editor - I am 8 years old.
 "Some of my little friends say there is no Santa Claus.
 "Papa says 'If you see it in The Sun it's so.'
 "Please tell me the truth, is there a Santa Claus?
 Virginia O'Hanlon.
 "115 West Ninety-fifth Street."

VIRGINIA, your little friends are wrong. They have been affected by the skepticism of a skeptical age. They do not believe except they see. They think that nothing can be which is not comprehensible by their little minds. All minds, VIRGINIA, whether they be men's or children's, are little. In this great universe of ours man is a mere insect, an ant, in his intellect, as compared with the boundless world about him, as measured by the intelligence capable of grasping the whole of truth and knowledge.

Yes, VIRGINIA, there is a SANTA CLAUS. He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to your life its highest beauty and joy. Alas! How dreary would be the world if there were no SANTA CLAUS! It would be as dreary as if there were no VIRGINIAS. There would be no child-like faith then, no poetry, no romance to make tolerable this existence. We should have no enjoyment, except in sense and sight. The eternal light with which childhood fills the world would be extinguished.

Not believe in SANTA CLAUS! You might as well not believe in fairies! You might get your papa to hire men to watch in all the chimneys on Christmas eve to catch SANTA CLAUS, but even if they did not see SANTA CLAUS coming down what would that prove? Nobody sees SANTA CLAUS, but that is no sign that there is no SANTA CLAUS. The most real things in the world are those that neither children nor men can see. Did you ever see fairies dancing on the lawn? Of course not, but that's no proof that they are not there. Nobody can conceive or imagine all the wonders there are unseen and unseeable in the world.

You tear apart the baby's rattle and see what makes the noise inside, but there is a veil covering the unseen world which not the strongest man, nor even the united strength of all the

(Continued on page six column two)

PRESENTATION OF DIPLOMAS TO ATTENDANTS

Representing the Mendocino State Hospital, Talmage, California, as Superintendent, Dr. D.B. Williams officially opened a ceremony marking still another step in MSH progress.

Spic and span in their immaculate white working uniforms seated immediately before the speakers rostrum, were several rows of MSH attendants. The group, consisting of 93 men and women having completed the attendants Training Course were present following an invitation issued by Dr. D.B. Williams, December 10.

Assembled, the MSH em-
(Cont. on pg. 7 col.1)

ALL PATIENTS CHRISTMAS PARTY

AMUSEMENT HALL

CAROLS • FUN ENTERTAINMENT

A jolly good time
Tuesday Dec. 21.

Morning-----9:30
Afternoon---1:30
Evening-----6:30

MERRY XMAS TO ALL

FORMER MSH MEDICAL CHIEF IN RETIREMENT

Dr. R. A. Cushman, former MSH Superintendent whose retirement from State Hospital service became effective when he left his office here at Mendocino in 1939, now makes his home in Santa Ana.

Recently having purchased a home in that city, Dr. Cushman like other youngsters looks hopefully to the future. Actively practicing medicine until 6 months ago, the doctor now 94 years of age, is retiring seriously this time, it is thought.

MSH PATIENT PASSES ON

Percy J., of ward 4, passed away November 10, 1948 at the age of 94 years.

CALLS FROM UPPER LAKE

On Monday afternoon Dec. 13 Miss Ada Moothart of Upper Lake, called at the Pomo News Office and left a bundle of Seventh Day Adventist literature to be delivered to the Patients' Library.

KIBITZERS MADE HAPPY

Through the ingenuity of Joe D., ward 15, the MSH Paint Shop now has an old-new console radio, the like of which would be hard to equal along Industrial Row.

Taking his old worn out radio, originally given to him by Don Alexander, he begged, borrowed and connived enough parts necessary to rebuild the old set.

Then with the superb aid of Wilbur Stoughton the painter, the pair set about to repair and repaint the console.

Running into difficulties, they called for the professional
(Cont. on pg. 6 col.2)

SPORTS NEW CAR

Fred Figone, the man with the "green thumb" and supervisor of the MSH Greenhouse and its environs, is the proud possessor of a "spanking" new 1948 Dodge sedan.

The car, done in a beautiful shade of green was delivered to Fred Monday, December 13. It is reported that the "sporty job" has a special built-in seat for "Nick," the Greenhouse watchdog.

"SKIDS" GANG ADDS CHEER

The "Big Gang," that crew of "Skids mighty Jack of all trades" treated the Auditorium stage front to a covering of pine branches.

WHY NOT A SWIM POOL

While making the rounds of the Industrial Shops last Friday, looking for "hot news," your roving reporter was "braced" with this splendid idea, advanced by an employee of the MSH Paint Shop.

This is the idea in part. Why not dredge out the former irrigation reservoir that lies at the road intersection beyond the Dairy on the way to the MSH Ranch and build a first class swimming pool for the patients and employees.

The man with the idea further suggests that all the cement work be done by hospital employees, donating their time to the cause, with the assistance of "patient" labor.

Not only would a swimming pool be a popular spot on hot summer days but with trees and shrubs planted about the grounds and benches placed in likely locations this would be a splendid place for patients to entertain visitors that call to see them at the hospital.

J. H. BIRDSEY HOSPITALIZED

Mr. J. H. Birdsey, Supervising Laundryman at MSH is still convalescing at the Veterans Hospital, Fort Miley, in San Francisco. He's doing very nicely.

P. BOLTON AT LETTERMAN

Pearl Bolton, MSH attendant who suffered a broken bone in the thigh when his horse fell while mounted is now convalescing in the Letterman General Hospital in San Francisco.

Although Pearl has his leg in a traction splint, he expects to be bed-ridden for several months to come.

His many friends and acquaintances will be glad to see the World War II vet back on his feet once more.

NAVY OFFICER BOOK DONER

Naval Lieutenant H. E. Northway, while visiting his wife, Helen N. of Ward H, presented the Patients Library with a large number of books.

The Naval Officer who called at the Library December 17, is stationed at San Diego and is Officer of Direction of Distribution.

The donation included 46 late novels and 5 books of poetry.

GIVE ORGAN 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 mantel) organ. The instrument should prove conducive to, and an
(Cont. on pg. 6 col.2)

YARDBIRD NEWS



The movie billed for Jan. 1, is "Voice of the Turtle" Starring Robert Reagan and Eleanor Parker.

Robert S., ward 8, who works in the P. D. R. enjoyed Saturday with his brother and sister-in-law who came here from Red Bluff to visit him for the day. They drove to Ukiah and enjoyed a pleasant outing.

* * * * *

Edward C. F., ward 8, is now assisting the librarian with the numerous chores at the Patients Library.

* * * * *

The Patients' Library will be open on Christmas day, according to an announcement by librarian Joyce M.

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Vera G., on ward I had a before Christmas visit with her eldest son Mel, daughter Virginia and the fiance of the latter.

* * * * *

Velma F., ward I had a visit from her husband on December 18.

* * * * *

Edith H., was transferred from ward M to ward I on December 13. She was assigned to work at Dr. Marcus Schramm's cottage.

* * * * *

Maria D., on ward H became a Laundry helper on December 14.

* * * * *

Louis R., transferred from ward 15 on December 13 to parole ward 8 and is now working at Dr. D. B. William's residence.

* * * * *

Mamie Johnson, attendant on ward M left on three weeks vacation commencing on December 14.

* * * * *

Jack F, and Frank K were transferred on December 18, from ward 12 to ward 15.

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DR. WILLIAMS SAYS:

We are happy to have had Dr. Lawrence Kolb pay us an official visit. Dr. Kolb is the Deputy Medical Director of the Department of Mental Hygiene. He gave the baccalaureate address and presented the diplomas at the Attendants graduation services.

Wishing all of you a merry Christmas, I hope you enjoy the various programs that are on tap.

The Department of Internal Revenue will send an income tax advisor to MSH to help the employees with their income tax problems. He may be contacted at the Social Service Office all day January 3 and March 3.

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DR. GOODSTONE LAUDS
SANTA ROSA AA-GROUP
AT THE MSH AUDITORIUM

Speaking before an audience of 75 people at the Alcoholics Anonymous regular Sunday evening meeting Dr. G. L. Goodstone MSH Clinical Director, generously praised the work of the A. A.

Dr. L. G. McKeever also of the hospital Medical Staff, in an address immediately following, also gave a very comprehensive and enlightening talk.

Touching upon medicine and its relationship with the Alcoholics Anonymous, Dr. Goodstone said in affect "That A. A. is accepted by Medicine is quite evident by the number of doctors names appearing on A. A. rolls as members. That hospitals have accepted A.A. is a concession to the merit of the A. A. program. We view the Alcoholics Anonymous here at Mendocino, not only as a part of our Alcoholic Program, but as a vital and extremely important part."

Verbally drawing a comprehensive comparison of the A. A. and medicine as Psychotherapy parallels, the alcoholic was compared to a train running wild, out of control to chaos and destruction, medical method acting as a brakeman in an effort to slow down the "train" to avert the inevitable, while the A. A. acts as a switchman, diverting the course of the "train" toward new channels of social endeavor.

Speaking of the Santa Rosa A. A. Group the doctor said "I am constantly amazed at regularity and faithfulness of some of its members who make the long trip here, (Cont. on pg. 10. col. 2.)



PSYCHOTHERAPY

TOWARD MENTAL HEALTH

By

GEORGE THORMAN

Among responses to a Pomo News request for Xmas Cards (used or unused) were thoughtful results from the following, who sent or brought cards to this office for ward distribution: Caroline Hansen, Mr. & Mrs. Ed. Parker, Mr. and Mrs. Ben Vickery, Dr. and Mrs. Bittick and Rubye Howard; all of MSH.

Through the courtesy of the Supervisors office the cards were "arranged" for ward distribution. While only a limited number are available as yet, it is hoped that they will reach all wards in sufficient number to alleviate the "bare" spots that persistently exist among patients who have none to send out to relatives or friends.

* * * * *

Ivan Johnson, attendant ward 7, called and left a nice large collection of foreign postage stamps at the Pomo News Office.

* * * * *

Occupying a prominent place at the entrance of the Pomo News office is a beautifully hand made Xmas wreath.

Giving her Mother full credit for design and creation, Rubye Howard Attendant at ward F, presented the attractive symbol of Yuletide cheer to the hospital newspeople, for all to see.

* * * * *

Today we have our Patients Xmas Party. To those good people who have contributed their time talent and supervision goes all the appreciation and respect consistent with a worthy cause.

To them, let us all join in a wish for an especially Merry Xmas and another year of the happiness so well deserved.

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The problem presented by nervous and mental diseases is an enormous one, the most serious medical problem facing our nation. Out of every twenty-two living persons, one will spend part of his life in a mental hospital. Recent studies indicate that one out of every ten persons in the United States is emotionally or mentally maladjusted and needs treatment for some personality disorder. More than half the patients who visit their family doctor for some physical ailment are really suffering from some type of emotional disorder. Nervous and mental disease takes a larger toll than do cancer, infantile paralysis, and tuberculosis combined. How can we cut this toll?

WE NEED MORE CLINICS

We can cut the toll if we have more mental hygiene clinics where parents can come to talk over with trained persons their own problems and the problems of their children. Specially trained social workers are needed to follow up these patients, to work in the schools, and to help in making necessary adjustments in the homes of the patients. Clinics can sometimes ward off an impending illness by giving prompt treatment and save persons who might otherwise have serious breakdowns. In other cases life is made more bearable and productive.

Every community should have such a center. Yet there are twenty-five states which do not have even one clinic and there are vast areas of other states where no psychiatric treatment can be had. We have only one-fifth of the number of clinics we need.

SEE PDR WALL DECORATIONS

Mary Sanford, the popular PDR charge attendant, had several distinguished visitors to the dining hall last Thursday afternoon.

Coming to view the many beautiful wall decorations done by artist Harold V., were Dr. Lawrence Kolb, Dr. D. B. Williams and Dr. G. L. Goodstone.

The doctors were well pleased with what they saw and both the artist and decorations were highly complimented.

* * * * *

Character is not made in a crisis it is only exhibited.

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Editor:

For your consideration I am enclosing here with (5) five poems. They may be used as you see fit. These works were recently composed by me for this special occasion.

Thanks for the printing of Good Night Sweet Dreams of You, in the Pomo News. Merry Christmas,

Sincerely,
Robert C.

To our mothers and fathers,
Santa Claus who are so dear,
Our wishes to you are merry Xmas,
But uncovered grandeur should lay
in your path,
To lead to a grand and Happy New
Year.

Even though we've drifted far a-
part

For only a nut or cherry,
My life's most precious moment,
dear

Is to wish your Xmas Merry.

Enclosed herewith find four roses
Shed not a single tear
To you my wish is Merry Xmas
And a prosperous Happy New Year.

Since she'll be expecting a merrier
Xmas

Then any mother who is do dear,
No sweet heart could be any sweeter
Than whom I wish a Happy New Year.

Good children get the sweeties;
Bad ones seem to fear,
But we all send thanks to you
Please Santa Claus, guide the deer.

Since we, children good children
Of evil have no fear,
Santa Claus, to you we'll send our
thanks

By mail of return with your deer.

Editor:

In "Pomo News", December 7, 1948
on page 3 of "Yardbird News" you
say, "Send in used stamps",

I am sending four used stamps in
this letter.

Sincerely,
George W.

George W.

Thanking you for the used stamps
and wishing you a very Merry Xmas
and a Happy New Year.

"Editor"

MSH Orchestra needs Violin,
Trumpet player, Banjo and Vocalists,
If you can play any musical in-
strument Notify - Kay A. Pomo News.

A CHRISTMAS WISH

I only ask a happy heart,
And broader scope for true ambition;
I would not want a nobler part,
Or loftier position.

I would not dream in marble halls,
Or waste my years in idle splendor;
Not while a true Ambition calls,
And angel guides attend her.

What is a crown, and what a throne,
And what great wealth in golden
coffers?
Wisdom and happiness alone
Life's highest promise offers.

A crown may press a maddened brain,
Despair lurk in a golden chalice;
Gay pleasures hide a life of pain,
A broken heart dwell in a palace.

I only ask for strength to toil
At some true work, a heart to love
it;
And that no cackering worm may spoil
My life fruit, when unworthy of it.

A happy, useful life will show
Itself reward for best endeavor;
This be my choice, and then I know
It shall go on forever.

A CHRISTMAS GIFT

There are stars so high above us,
In the gardens of the skies,
That to reach them angel pinions
Must be given us to rise;
There are little stars around us,
Twinkling in the dewy grass,
That we may gather, twining
Wreaths and garlands as we pass;
Then shall we scorn these lower
stars,

Nor heed what they may teach,
Because the stars above us
Are too high for us to reach?
We may wreath earth's common blos-
soms

Into crowns of light and love,
Though we may not climb to gather
Those higher stars above.

Editor:

In several editions of the Pomo
News I have noticed articles re-
lating to need of singers, dancers,
or persons who can play different
types of musical instruments.

I am quite well acquainted with
two certain parties who can sing
and is a very good dancer and also
plays the Saxophone very well and
at this time I was wondering whether
or not you would be interested.

A fellow patient

Fellow Patient:

We wish to advise that any person
who has any sort of musical talent
or can sing or dance is welcome at
the daily rehearsals, so if you
will get in touch with us we will
be more than glad to help you.

Editor

THIS WEEK

WEDNESDAY:

BAND PRACTICE · MSH AUDITORIUM
9:00 TO 11:00 a.m. (Mon. thru. Fri)

ALCOTHERAPY

ROUNDTABLE MEETINGS, GROUP
DR. G. L. GOODSTONE AT CONFERENCE
ROOM, WARD 9 at 2:00 p.m.
COMMISSARY ORDER ARRIVES.

THURSDAY:

SOCIAL THERAPY GROUP MEETINGS
WITH GORDON MCWHIRTER, SOC.WORKER,
EVERY WEEK 1:30 P.M.

FRIDAY:

CHRISTMAS PROGRAM REHEARSALS..
FOR ALL PATIENTS WHO WISH TO..
PARTICIPATE.

SATURDAY:

MOVIE AT MSH AUDITORIUM. "THE..
BIG CLOCK."

SUNDAY:

CHURCH SEE PAGE (9)

MONDAY:

ROUNDTABLE MEETING AT CONFER-
ENCE ROOM, WARD 9, AT 2: P.M.

TUESDAY:

TO-DAY XMAS PARTY AMUSEMENT HALL
9:30 a.m. 1:30 to 6:30.

VETS PARTY A SUCCESS

(Ward 15, December 20 - by special
correspondence.)

The war Veterans' Xmas party
given in their honor by the Legion
Auxiliaries of Ukiah and Hopland
at ward 15 Sunday, December 19 was,
in every respect a huge success.

The event; worthy of further de-
tailed mention than space this week
permits at a late hour: look for
full account in next week's issue.

FORMER PATIENTS CALL ON OLD FRIENDS

Joe B. and Jack C. both former
MSH patients at ward 8 were visi-
tors at the hospital Sunday, Dec-
ember 19.

Joe is utilizing the experience
gained while working with Elwood
Hachman, MSH Tin Shop Supervisor.
Now occupied as a sheet metal work-
er in San Francisco, Joe says wages
are good.

Passing a few moments renewing
old friendships around the Adminis-
tration Building, Joe called at
the Pomo News Office.

"I drove up primarily to see Dr.
Williams," said Joe, "but am certain-
ly glad to see old faces and am
getting along fine and feeling
swell," he added as he left to keep
an appointment.

Pomo News Masthead idea closes
Dec. 30. Judging of entries by Pa-
tient Judges at the Auditorium Dec-
ember 31. Winner announced January 4.

IS THERE A SANTA CLAUS?-(Continued)

the strongest men that ever lived,
could tear apart. Only faith,
fancy, poetry, love, romance, can
push aside that curtain and view
and picture the supernal beauty and
glory beyond. Is it all real? Ah,
VIRGINIA, in all this world there
is nothing else real and abiding.

No SANTA CLAUS! Thank God! he
lives, and he lives forever. A
thousand years from now, VIRGINIA,
nay, ten times ten thousand years
from now, he will continue to make
glad the heart of childhood.

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NICE PRESENT TO PATIENTS-(Cont)

added inspiration for the organ-
ization of church service c h o i r
groups.

KIBITZERS MADE HAPPY-(Continued)

services of the radio technicians
from ward 12 and it was through
their skill and knowledge of radio
that the set was completed.

Now all the kibitzers and inter-
ested spectators are content with
the new console and their favorite
programs by Ma Perkins, Jack Benny
and Mickey Mouse.

* * * * *

The winner of the Pomo News Mast-
head Contest will receive a \$5.00
prize. Cash or merchandise.

EACH WARD TO ELECT OWN JUDGE

As a part of Occupational Therapy
procedure in co-operation with the
Office of MSH Supervisors, the Pomo
News Masthead Contest Department
suggest all charge attendants make
respective ward arrangements for
the election or appointment by pop-
ular vote: One patient to act in
the capacity of Contest Judge, re-
presenting the opinion of his re-
spective ward. Judges from each
ward will meet in decisive opinion,
(Cont. on pg. 9 col.2)

★ Merry Christmas
to all our patrons!

THE
**TALMAGE
STORE**

GIFT IDEAS FOR XMAS

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

THE TALMAGE STORE

CHRISTMAS SPIRIT

Gaily decorated Xmas trees are now to be seen on every ward at MSH. Distributed last week by Joe Addor and his crew from the Carpenter Shop the trees were set up in prominent places and it was not long before busy hands had them all-a-glitter with tinsel, artificial snow and brilliantly colored ornaments.

A tour of the hospital reveals that not only do the male and female wards have pretty Xmas trees on display but beautiful creations may be seen in the ODR, the PDR and the ADR.

Also vieing for honors are the gaily decorated trees in the Art Room, Sewing Room and Front Office.

All is in readiness for the arrival of Santa Claus.

FLOWERS TO COME

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

When the sun shines 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 helping, has just completed the transplanting of thousands of snapdragons and pansies at all the MSH cottages and wards. The two flower beds located near the main gate, have been planted to marigolds and the four plots bordering the street adjacent to ward M, have been planted to several varieties of pansies and snapdragons.

In their spare time the boys can always grab up a rake and a wheelbarrow and go to work on the ever-falling leaves.

SAYS THANKS FOR BOOKS

Recent donors to the Patients' Library included Mrs. Mary Von Kegler of the ODR who brought in 30 magazines and Mrs. Ettie Hart with her donation of 30 Pocket Books.

Joyce M., the Patients' Librarian wishes one and all a Merry Xmas and a Happy New Year.

ASTRONOMER'S DREAM

"Though my soul may be set in darkness;
It will rise in perfect light
I have loved the stars too fondly
To be fearful of the night!"

FILL OUR STOCKING

Just a Christmas gift hint. Everyone likes to have a present appreciated. Fill a double need and present the Pomo News with your constructive idea for improving our paper.

ANOTHER BENEFACTOR

Mrs. Charles Anderson 416 Oak Park Ave, presented MSH patients with a number of playing card decks. Included were many magazines which were picked up by MSH Supervisor Kelly Thrailkill.

Attend A.A. meetings every Sunday. **
Time: 6:p.m. **** MSH Auditorium. ****

PRESENTATION OF DIPLOMAS

(Continued)

ployees now awaited presentation of their diplomas. Members of the MSH Medical Staff were present as well as representatives of both the Supervisor's and Matron's office.

Introducing the principal speaker of the evening, Dr. Lawrence Kolb, Deputy Medical Director of the Department of Mental Hygiene, Dr. D.B. Williams spoke of the pride which he felt consistent with his officiating at the first MSH presentation of diplomas for a course in Attendants Training.

"The import of this occasion is reflected in the instance of Dr. Kolb's long trip here from Sacramento despite adverse weather conditions," said Dr. Williams.

Dr. Kolb who officially presented the diplomas spoke pointedly of the importance of Psychotherapy knowledge in organized intelligent surveillance of the mentally ill.

Stressing the importance of keeping mental patients physically well to hasten mental recovery, Dr. Kolb recalling his early experience as a Psychiatrist said, "Since the first Mental Institution in America was built in Williamsburg, Va., much has been done to overcome the attitude of fatalism as concerns the unfortunate mental patient. We do not as yet, know as much about the nature of mental illness as we hope to know in the future.

Many points were gained, continued Dr. Kolb, during the late war with the recovery of many cases of severe neurosis, proving generally that something can be done beside retention, and viewing mental illness as incurable.

We may be overselling Psychotherapy but such a possibility is doubtful in view of the distressing sight of conditions in most institutions of ward patients sitting a full day in one chair, a condition that tends only to further their mental distress."

In conclusion Dr. Kolb said; "MSH is making rapid strides in the right direction. We are fondly hoping that legislation will come into being with adequate support, to make it possible for the unfortunate mentally ill to come into what they justly deserve."

Following the address by Dr. Kolb, who officially presented a diploma to each attendant; the Patients' Orchestra having interspersed the presentation with musical numbers, now swung into dance music.

All joined in the gaiety pausing only long enough to partake of delicious refreshments served them by C.S.E.A.

A brilliantly decorated Christmas tree, arranged and decorated, as an annual custom, by MSH attendants, lent an air of holiday cheer to the occasion.

NEW CLASSES FOR ATTENDANTS TO BEGIN WITH NEW YEAR AT MSH

Classes will begin early in the New Year for another course in Attendants Training it was revealed by MSH Superintendent D.B. Williams, Friday, December 17.

SOCIAL THERAPY

in the

MENDOCINO ALCOHOLIC PROGRAM

GROUP MEETINGS (In Conference Room)

THURSDAYS at 1:30 "Free discussion"

FRIDAYS at 1:30 "Orientation"--Group

FRIDAYS at 3:00 "Pre-Leave" Group

PERSONAL INTERVIEWS

FREDDAY MORNINGS 8:30 to 11:30:

Appointments may be made through Mrs. Frieda Lavelle who is Social Service Receptionist (afternoons only)

DR. KOLB ATTENDS SOCIAL THERAPY GROUP MEETING

Prominent among those in attendance at the regular Social Therapy meeting on Thursday, December 17, was Dr. Lawrence Kolb, Deputy Medical Director of the Department of Mental Hygiene, Sacramento.

Representing the MSH Clinical Staff was Dr. D.B. Williams, Hospital Superintendent, and Dr. G. L. Goodstone, Clinical Director.

With 18 MSH patients present the meeting soon became a digest of matters pertinent to patient social welfare, in and out of the hospital.

It was agreed that if alcoholic patients fail to experience the healing power of intelligence and assume that they can be benefited by certain ordinary physical methods of medical treatment, then the Psychiatrist should give up such cases, and leave the alcoholic free to resort to some other recourse.

Put to Dr. Williams for discussion was the question as to whether or not it is advisable to punish alcoholics.

Generally agreed by the group, was the opinion that it is far more effective to treat the alco-

(Continued on pg. 9 col. 1)

ALCOTHERAPY

A well filled Round Table discussing the pros and cons of Alcoholism in Dr. G.L. Goodstone's Alcototherapy Class Monday December 13 numbered 10 men and 6 women. Included were 3 new members.

On the side lines as a guest of Dr. Goodstone was Dr. Paul Bittick.

In recognition of the near futility of compulsory abstinence all MSH Alcoholics who attend these meetings do so of their own volition.

The question: Is alcohol an allergy quickly spawned other questions, which Dr. Goodstone passed right back to the Roundtable group for discussion. Prominent were the following questions:

Are you actually happy when you are drinking?

Do you think that anything that has happened during your life is relative to the cause of your becoming an alcoholic?

(a) Family environment.
(b) Family discord while a younger member.

(c) Marital discord (Parental - Immediate).

The average alcoholic, it developed is not happy while drinking. On the contrary he attempts via drink, to fill an emotional void with pseudo happiness, "black-ing out" the feeling of inferiority that guided him to the bar originally. He knew he wanted a drink. Why he wanted a drink, probably never occurred to him. If he considered the matter at all, the occurring thought only served to increase his desire to escape the reality of the dawning fact of his inferiority.

Actually not unlike the pup, who chases his own tail, the alcoholic is running away from reality, which in effect amounts to all things including the drunk himself. He has come to an impasse. Discussion developed that the sex urge in some alcoholics (both sexes) indicated an increase. In others, a recession was admitted. Neither conforming to the general concept of a normal state, therefore either must be considered abnormal.

All alcoholics drink for "effect" and not "because they want to."

Recommended as solution aids:

1. Recognize the fact that you are an alcoholic.
2. Recognize the fact that you are an alcoholic on an emotional bases.
3. Recognize no allergy because you know definitely that you are an alcoholic.
3. Ask yourself: How am I emotionally maladjusted.

SEND A POMO NEWS HOME

CALL UKIAH 144
FOR

Empire

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

TO HAVE HAPPY HOME

Strange as it may seem, small black Persian kittens, in the course of their "nine lives," do sometimes get lost.

Such was the case of the kitten given to Attendant Ann Goddard by Matron Edith Ray. The wee cat was quite contented at its birthplace but on arrival at the Goddard residence it went A.W.O.L.

The two ladies were naturally quite upset over the loss and many anxious hours were spent in search of the kitten but all in vain.

Then came the happy hour, when on the thirteenth day of absence, the Persian was found in the orchard adjacent to the Goddard residence.

The finder was aware of the kittens identity and it was soon restored to the owner. Although undernourished and slightly be dragged the kitten was none the worse off for the experience and is now a privileged character at the Goddard home.

* * * * *

SOCIAL THERAPY-(Continued)

holic condition as a mental illness, just as any other disease.

The question as to whether alcoholics are weak minded was settled with alacrity by those present.

Asked for further comment Dr. Kolb stated in effect, that "mind" must be found superior to all the beliefs of the five corporeal senses and disease be made an experience, thereby taking away a n y physical sense of discord. "Hugh"

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CHURCH SERVICES

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

* * * * *

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

* * * * *

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

* * * * *

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

* * * * *

December 26, 1948.
Christian Science Church - Subject: Golden Text: Psalms 48:1. Great is the Lord, and greatly to be praised in the city of our God, in the mountain of his holiness.

MISSES FRUIT CLIPS FINGERS

Oliver H., ward 8, a worker in the MSH Cannery, miraculously missed cutting off three fingers of his left hand last December 4, while engaged in chopping and peeling pumpkins.

Chopping pumpkins with his trusty bolo knife he made a mis-lick and clipped off the end of his index middle and ring fingers.

Bleeding profusely he was rushed to Surgery where Miss Norma Garaventa applied first-aid and dressed the injured digits.

Although the injury has been quite painful and has required four dressings the fingers are healing satisfactorily. The stalwart "Chief" was not "slowed up" and kept right on with his work at the cannery.

EACH WARD TO ELECT OWN JUDGE

at the MSH Amusement Hall 2 p.m. December 30. At that time the winning idea for a Pomo News Masthead will be determined.

It is quite possible according to administrative circles that the prize will be in merchandise or cash subject to the convenience of the winner.

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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DR. GOODSTONE LAUDS SANTA ROSA A A GROUP AT THE MSH AUDITORIUM (Continued)

every week assuming the expenses of the trip as well as their time."

Concluding his address Dr. Goodstone as MSH Clinical Director, promised the group, that in the future the hospital would assume expenses for A. A. literature formerly purchased by the Santa Rosa A. A. Group.

Dr. L. G. McKeever, tolerantly wove his address into a pattern that answered several direct questions previously put to the two psychiatrist by A.A. members. The meeting continued, interspersed with pep talks by members, among whom "Dee" (MSH Group Sponsor) of Santa Rosa, led an active part.

Jumping upon one leg, the other of which was broken shortly after becoming MSH A. A. sponsor, "Dee" has continually made the trip to MSH, giving "punch" to the meetings like the "full grown man" that he is. As Dr. Goodstone so ably put it "Their attitude is amazing."---

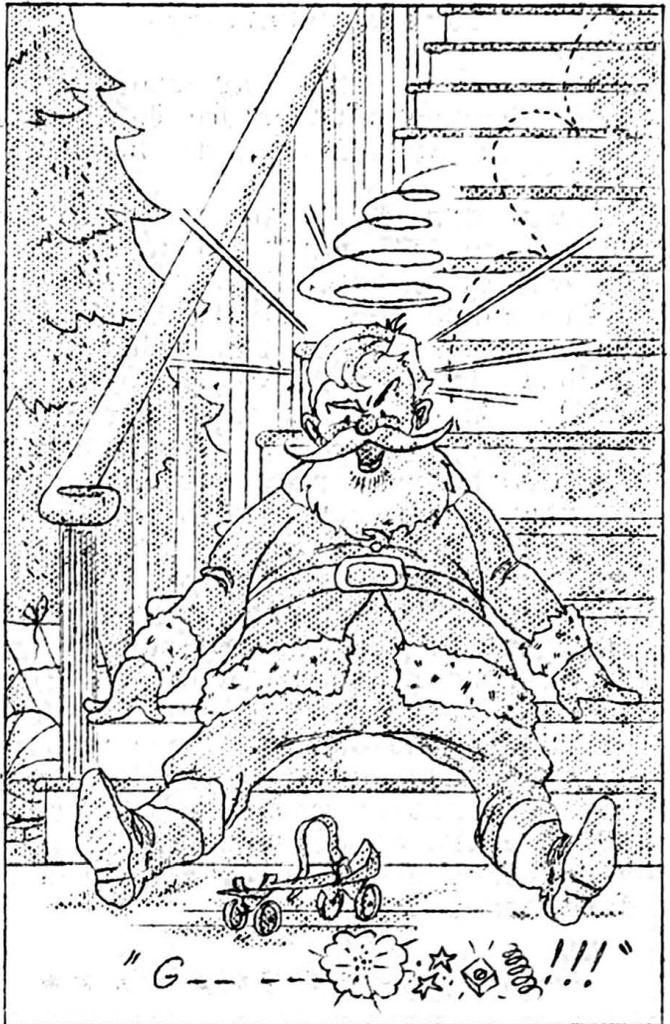
TO AID MORPHEUS

Assuming the role of Santa Claus and making his rounds before Christmas, Marion Freitas the MSH Mattress Shop Supervisor, has just finished delivering 24 brand new mattresses and 24 new pillows to ward H.

This is the first time in over three years that this ward has had a mattress or pillow replacement, having received only one new pillow during that period.

Patients on ward 8 also came in for their share of good sleeping comfort in the form of 24 new mattresses and 36 new pillows delivered recently by Mr. Freitas.

Speaking of Claude H, his former assistant who was recently discharged from the hospital, Mr. Freitas said, "he will be hard to replace, I am looking for a replacement now and hope I will be fortunate enough to find a man capable of filling Claude's shoes soon."



More things are wrought to prayer
Than this world dreams of Where-
fore, let thy voice
Rise like a fountain for mo'night
and day.
For what are men better than sheep
or goats
That nourish a blind life within
the brain,
If, knowing God, they lift not
hands of prayer. Tennyson.

Sat. Dec. 25th

Charles
★ LAUGHTON
Ray
★ MILLAND

THRILL EVERY MINUTE!
IN
The Big Clock
A
Paramount
Picture

MSH AUDITORIUM