



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

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XMAS SHOW ACCLAIMED

TO CREATE A LITERARY MASTHEAD

The Pomo News - on January 4, will be all dressed up in a new Front Page Masthead, provided by a MSH patient who will receive a \$5.00 prize in Cash or it's merchandise value equivalent.

Like the Pomo News itself, this Masthead to be chosen Friday, December 31, is not temporary but a permanent part of the Pomo News, just as surely as Pomo News is a permanent part of MSH.

The Masthead conceived and created by some patient will be reproduced over 110,000 times by this time next year, or on as many copies as are printed during that period.

That approximate figure is based upon circulation as of today, and who says the Pomo News is'nt growing? Boost it! Knock it! Criticize it! Curse it if you will, but never quit it.

Like other rungs in the ladder of MSH progress (more about which (Cont. on pg. 9 col.1)

DR. E. L. LOCHEN BEATS FLU

Dr. E. L. Lochen, confined to his home for a few days last week, was back to his duties on the MSH Medical Staff Monday, December 26.

THREE PERFORMANCES ENABLED ALL TO ATTEND. SURPRISE DANCE CLIMAXES EVENING PROGRAM

Climaxing a month of diligent practice and preparation under the direction of Mrs. Dorothy Buchanan of ward H and Denis C. of ward 8, the cast of the long-awaited Christmas Show presented their stellar performance to the expectant patients of MSH Tuesday, December 21, in the Auditorium.

Lead by the MSH Orchestra the first show opened promptly at 9:30 a.m. and played to a large and receptive audience.

Gathering momentum like a snowball gathers snow due to the praise heaped open them by the morning reviewers, the afternoon performance was presented to an even larger audience.

With two fine performances already to their credit and all attacks of stage-fright a thing of the past, the cast answered the 6:30 p.m. curtain call an experienced group of troupers.

Playing to a large and enthusiastic audience the evening performance went off without a hitch.

The acts as they were presented in sequence on the Auditorium stage follow.

Opening number by the MSH Orchestra and Chorus was "Jingle Bells," followed by "Irish" singing "White Christmas." Next on stage was Lila H. reciting "Little Town of Bethlehem," followed by "Joy to the World," spotlight on two Angels enacted by Marion O. and Mildred R.

"Adoste Fideles" sung in Latin by Irish with Olga at the piano, was followed by his Latin rendition of "Ave Maria," accompanied by pianist Dorothy Buchanan, with the "spot" on the Virgin Mary, enacted by Joyce M.

Following the "First Noel" by the Orchestra and Chorus, lights were on the Three Wise Men, with the entire chorus of fifty voices singing "Three Kings of the Orient," "Silent Night" and "Hark the Herald Angels Sing," to close the floodlighted Scene of Bethlehem. Highlight of these acts was "Night Before Christmas" by Alice B.

The finale began with the song "Parade of the Wooden Soldiers," by Pomo News Secretary Maria B. and soldiers parading; followed by Santa Claus Andrew S. with the "Toymakers Dream," accompanied by the orchestra and chorus, John S. as the toymaker.

On stage for the grand finale of the Bethlehem Scene in full glare of the floodlights, the entire cast sang "I'm Forever Blowing Bubbles," continuing as they left the stage amid the ring-applause from the assembled patients and friends.

(Continued on page 9, column 1.)

HOLIDAY IN LOS ANGELES

Los Angeles bound, early Friday, December 24, were Mr. and Mrs. Ralph Chaney. The couple will spend the Christmas Holidays with a son, Bill Chaney of that city.

Bill is affiliated with the famous Knotts Berrie Farm, where one can order and be served any conceivable kind of berry in season, with regular meals.

The "Farm," host to a sizeable clientele (5500 in one day) maintains a staff of several photographers, of which the younger Mr. Chaney serves as head.

As added attractions the thriving enterprise offers a facsimile of, and memorial to; the typical Western Ghost Town saloon and dance hall the accrements withal almost.

Photographs may be arranged for in most any desired atmosphere of the old western cattle or mining town.

The service of a large portrait studio is also offered.

CHEF RETURNS

Archie Lawrence, who has been absent from his duties as a chef at the ADR, returned to the culinary clinic at MSH December 22.

The ADR Kitchen, the foremost or main source of MSH meals; is provided over and managed by Chef Al Bailey.

QUARTER CENTURY SERVICE

(MSH Auditorium Christmas Day 1948.)

Word 14 entered the auditorium completing the patients entrance to view the Saturday afternoon movie "The Big Clock," Head Supervisor L. E. Miller made an interesting announcement.

"Today, Christmas day 1948" began Mr. Miller addressing the as- (Cont. on pg. 6 col. 2)

QUIET VACATION

Kelly Thrailkill began a 21 day vacation from his duties as Assistant MSH Supervisor, on December 24.

Mr. Thrailkill will spend his leisure time quietly at home he indicated, leaving his office Thursday evening.

NOTICE

SHEET MUSIC WANTED

The MSH Orchestra needs sheet music. Anyone having any of this material old or new and would care to help a good cause, please leave the sheets at the Lomo News Office.

TO NEW HOME

Tom H. Giles, Asst. Supervisor returned to duty again last Sunday December 26.

Utilizing his recent vacation time, Tom has been busy moving in and establishing his new home in western Ukiah.

HOLIDAY GUESTS

The month of December has been a lively and pleasant one at the home of Dr. and Mrs. Marcus Schramm, Medical Row.

Arriving December 13 for an extended visit was Mrs. Schramm's sister, Mrs. Mary Farkas of Central Park West, New York and her daughter Mrs. Richard Netter, also a New Yorker residing on Fifth Avenue, Manhattan.

Also from "way down East" is family friend Mr. Dave Simon, a prominent eastern dress manufacturer of Fall River, Massachusetts, with offices in New York City.

Mrs. Netter has since returned to her home but Mrs. Farkas and Mr. Simon are staying over for the holidays.

Coming up from San Francisco to be guests at the Schramm residence over the Christmas (Cont. on pg. 6 col. 2)

SNOW AT MSH

Just as if it had been ordained, snow fell at MSH on Christmas Eve.

Beginning about 2 p.m. the weather, apparently doing its best to symbolize the yuletide with a white mantle, did succeed in filling the air with large white snowflakes.

Interspersed with the raindrops the flakes dissolved almost immediately upon reaching the ground.

PROUD ODR HOSTESS

Just about the most cheerful person around the administration building on Christmas day, was Mrs. Lillian Davis, ODR Supervisor. Proud indeed, is she, of her Dining Room where one catches the Holiday spirit even before entering.

Done on the glass windows fronting the lobby are Holiday designs, painted in a decorative manner, by Harold V. Pommer, News Staff Artist, as well as general MSH artist (at large.)

Entering the dining room, one faces a sparkling Christmas Tree, fairly dancing in jubilation with its varicolored brilliance.

A glance toward the immaculate tables reveal centerpieces where clusters of beautiful holly continue the spirit of Noel.

These are held in place by metal holders made at the Tin Shop.

Added to the ever prevailing tolerant good will of Mrs. Davis, one would almost have to be a "Scrooge" to miss the holiday spirit there.

Mrs. Juanita Corbett, Assistant Supervisor and, myself, wish to thank everyone who so kindly helped in decorations, including Kay A. and Bill O. patient helpers, and we wish everyone a Merry Xmas, modestly remarked Mrs. Davis on Christmas Day.

YARDBIRD - NEWS



The movie billed for Jan. 8 is "Mother Wore Tights," starring Betty Grable and Dan Dailey.

Charlotte S., ward I, spent a happy day December 24, visiting with Joe, the man in her future.

Velma F., ward I, had a happy Xmas with her husband who visited with her on December 25 and 26.

Alice H., ward I, enjoyed a visit from her daughter Lillian who is a resident of Oakland, on December 26.

Vera G., ward I, was made happy on December 20 by a visit from her young son, Ferris.

Christmas night an impromptu party was given by Katherine McG., for the girls on ward I.

They gathered around the big table in the day hall to partake of cookies and candy served by the hostess.

On the afternoon of December 22, Mrs. Hallie Tyre charge attendant on ward I, sprang a surprise Xmas party for the patients who work on the ward.

Her appointed hostess Lila H, had a busy afternoon serving cake, candy, coffee and cigarettes to the celebrants.

ADDS TO LIBRARY GAMES AGAIN

Arriving at the Patients' Library December 22 and in time for Xmas distribution, were six boxes of Jigsaw Puzzles from Peter R. Johnson who lives at the California Veterans Home. Mr. Johnson is not a new donor to the library having made several contributions in the past and according to Joyce M., the librarian, his help is always greatly appreciated.

It may never be mine, the loaf, or the kiss, or the Kingdom, because of beseeching; but I know that my hand is an arm's length nearer the sky, for the reaching.

ALCOHOLIC ANONYMOUS HOLD REGULAR MEETINGS EVERY SUNDAY 6P.M. AT THE MSH AUDITORIUM. YOU ARE WELCOME



DR. WILLIAMS SAYS:

Due to the fact of the recent cold weather, a full head of steam will be maintained

all night in the boilers to insure adequate warmth throughout the hospital.

The contract for construction of the building which will house our new kitchen and commissary, has been sent out for bids.

This project, approximating an improvement outlay of \$1,000,000 will be located on the site where the old bakery was originally located.

We urge every ward to enter the contest being held for the best original Pomo News Masthead. The Pomo News is a patients' project and we want them to select their own Masthead. So get busy and send in your idea.

There were 12 admissions and 32 releases at MSH for the week ending Sunday, December 26.

Kay A., recently appointed MSH Patient Orchestra Conductor, is anxious to build up the organization, membership of which has been depleted through "graduation" of former members.

Any patient who can play any instrument or knows where musical instruments are available, are asked to contact Kay, either at the Social Service, Pomo News, Matrons or Supervisors Offices.

VISITS PATIENTS' NEWSPAPER

Bob Babcock, attendant ward 8 was a Pomo News Office caller the first of the week.

Quietly efficient, Bob is a popular employee among the boys at 8.

SEE YOURSELF AS OTHERS SEE YOU

Patients on wards 1, 2, 3, 5 and 6 will henceforth comb their hair via the aid of mirrors, recently hung by Assistant Carpenter Foreman Sam Ray Sr. He was aided by his trusty helper John S. of ward 8.

LETS DO IT AGAIN

Making an appearance for the first time on the PDR Sunday evening menu in the five years that she has been in charge, Mrs. Mary Sanford served the patients bountiful quantities of Roast Beef.



Among a very good collection of U.S. commemorative postage stamps, mailed recently to the P o m o News by the Ukiah Chamber of Commerce, we were attracted by one. Looking at the stamp before us we felt lower than the hocks of a cockroach. Looking at us was a likeness of the late Will Rogers, cowboy, theater t r o oper, movie star and columnist.

His homely face and benign philosophy will long grace posterity for lovers of all things simple and beautiful. Beneath his likeness, p r i n t e d on the postage stamp were the words: "I never met a man I did'nt like." What a man -- indeed!

Received: Christmas cards from Hank P., and Myrtle Z., both former MSH patients.

Only in detail are other cards, well wishes, and thoughtful little gestures too numerous to mention which came to MSH patients through the medium of the Pomo News. In behalf of all the Patients we thank you one and all.

Thanks to J.J. Carvey, Business Manager and Joe Addor Carpenter Shop foreman, the Pomo News office recently underwent some interior alterations.

Effective last week, Steam Boilers in the Central heating plant will conform to a 24 hour period of service.

This arrangement will insure ample heat on all wards it is thought.

Also: Passed on to us as the Patients' Pomo News staff representatives was a Christmas card addressed "The Personnel" Mendocino State Hospital. The message of good will from Mabel B., who is assigned to the home of Superintendent D.B. Williams is here with passed on to all.

Cards from Gertrude and William Elliott, Louise D, former alcoholic patient, were also in the mail.

SUBSCRIBE TO THE POMO NEWS
SEND IT TO A FRIEND

HOLIDAY CHEER!

Andy Stahl's

LIQUOR STORE

PHONE
Ukiah 1138-J

PSYCHOTHERAPY

TOWARD MENTAL HEALTH

By
GEORGE THORMAN

BETTER HOSPITALS

Maintaining our public institutions for the care of the mentally ill costs us over \$200,000,000 dollars each year. Yet these funds are not enough to maintain minimum standards of physical well-being. Some of our states spend as little as forty cents a day to care for each patient as compared to private institutions which spend upward from \$3.00 a day a patient. In some instances, state-supported institutions spend only seventeen cents a day a patient for food. Some of our public institutions are now crowded to almost twice their capacity. Mentally ill persons are forced to stay in buildings that have been condemned because there is no money available for new structures. Few new hospitals are being built and most architectural plans follow traditional but outmoded patterns.

MORE PSYCHIATRISTS

A good hospital needs enough doctors, nurses, and attendants to give each patient the care that he requires. When one doctor has to care for as many as 1,000 patients (as is the case in some instances) he simply can't give intensive and individualized treatment. Authorities estimate that we need at least four times as many psychiatrists as are now available.

Now let's take a look at what we are doing to make up this tremendous deficit. If a medical student wants to go into psychiatry as a resident doctor attached to a hospital approved by the American Psychiatric Association, there are less than 300 vacancies available each year in approved centers for psychiatric training, and in December, 1944, there were only 237 residents in training. Dr. Edward Strecker, former president of the American Psychiatric Association, estimated that "at the present normal rate of training men to care for people who are sick mentally, it would take us a hundred years to educate a sufficient number."

We can't afford to let this situation go unchecked. One of the most important factors in the cure of nervous and mental disease is getting the patient under treatment at the earliest possible date. The longer the patient goes without treatment, the slimmer are his chances of recovering. With the

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



Editor:

This is just a plain complaint and I hope you can and will take up the matter and see that something is done about it. Please!

We have a lot of lovely cats on the grounds at all the wards and we patients all love our little f u r r y friends and they love us too. The trouble is dogs, great big dogs of all colors and sizes. They chase and injure our pets and have killed two just recently, and they steal all our hard to get cat food any hour of the day or evening. These dogs are all privately owned and have homes of their own and can get the best of care. There is no need of allowing them to hang around the wards and grounds making a vicious nuisance of themselves. Dog owners think it is smart to feed their dogs but once a day. It saves them time and food, but those same dogs go foraging all day long and eat and kill anything they can find. There used to be a law here that dog owners must keep their dogs away from the ward grounds unless on a leash.

Please do something to help us save our lovely little pets.

Sincerely, Virginia ward H.

Editor:

Herewith please accept my offering in the Pomo News Banner Design Contest.

This design is inspired partly by the thought that the word Pomo sounds Industrious, Productive, Fruitful, Musical, which undoubtedly the Indians were. To me, those adjectives are being revealed progressively in the Pomo News, hence my experiment in using a novelty banner better and embodying it in the drawing of the North and West clock and the towering Gothic Steeple of the Mendocino State Hospital.

In studying the subject while exercising in the front yard, looking South-East through the branches of those trees, I felt that upon that very earth and under those same trees years ago, Native Indians looked aloft as I was doing, and perhaps thinking of the same thing as I did. "Never despair." Respectfully, Charles C. ward 15.

MAIL A POMO NEWS HOME

"Free Gratis"

ALE

Now do I hear thee weep and groan,
Who hast a comrade sunk at sea?
Then quaff thee of my good old ale,
And it will raise him up for thee;
Thou'lt think as little of him then
As when he moved with living men.

If thou hast hopes to move the world;
And every effort it doth fail;
Then to thy side call Jack and Jim,
And bid them drink with thee good
ale;

So may the world, that would not hear,
Perish in hell with all your care.

One quart of good old ale, and I
Feel then what life immortal is:
The brain is empty of all thought,
The heart is brimming o'er with
bliss;
Time's first child, Life, doth live;
but Death,
The second, hath not yet his breath.

LIFE-DRUNK

On opal Aprilian mornings like this
I seem dizzy and drunk with life.
I waken and wander and laugh in the
sun;

With some mystical knowledge enormous

I lift up my face to the light.
Drunk with a gladness stupendous I
seem;

With some wine of Immensity god-like
I reel;

And my arm could fling Time from
his Throne;

I could pelt the awed taciturn arch
Of Morning with music and mirth;

And I feel, should I find but a
voice for my thought,

That the infinite orbits of all
God's loneliest stars

That are weaving vast tracerics out
on the fringes of Night

Could never stand more than a hem
on the robe of my Song!

LET ME LIVE OUT MY YEARS

Let me live out my years in heat of
blood!

Let me die drunken with the dream-
er's wine!

Let me not see this soul-house built
of mud.

Go toppling to the dust—a vacant
shrine.

Let me go quickly, like a candle
light

Snuffed out just at the heyday of
its glow.

Give me high noon—and let it then
be night!

Thus would I go.

And grant that when I face the
grisly Thing.

(Cont. on pg. 6 col. 2)

THIS WEEK

WEDNESDAY

BANK PRACTICE MSH AUDITORIUM
9:00 to 11:00 A.M. (Mon. thru. Fri.)
ALCOETHERAPY ROUNTABLE MEETINGS,
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. WORK-
ER, EVERY WEEK 1:30 P.M.

FRIDAY

MEET AT MSH AUDITORIUM -2 P.M. 1
JUDGE FROM EACH WARD TO CHOOSE
POMO NEWS MASTHEAD FROM THOSE EN-
TERED.

SATURDAY

MOVIE AT MSH AUDITORIUM. "MOTHER
WORE TIGHTS."

SUNDAY:

CHURCH SEE PAGE (9)

MONDAY:

ROUNDTABLE MEETING AT CONFERENCE
ROOM, WARD 9, AT: 2 P.M.

"MAILBAG"

It gives me great pleasure to write this letter to you all. Not alone to the numerous patients who were with me in the Hi-Jinks and also in the revival of the Patients Dance, but to a swell bunch who gave of their time and effort so whole heartedly in grand co-operation at all times with me and the very personable Attendant Mrs. Dorothy Buchanan.

Without her we surely would have been lacking many an article toward the putting together of the Patients Christmas Show, which was run off with good precision, both at the three performances in the Auditorium and also the visiting of wards 7 and F. I'm sure we all enjoyed it.

Incidentally we were treated at ward 7 to a recording of a group of fourteen voices from the Christian Church in Ukiah. Due credit must go to Mr. Mosley of ward 7 for this feature. The competition though keen, I still believe we patients were the best, outnumbering them four to one.

Inclosing this letter my many thanks on behalf of myself and Mrs. Dorothy Buchanan, goes to everyone from the Doctors on down to all who were instrumental in the Christ-

(Cont. on pg. 10 col. 1.)



UKIAH
GLASS
CO.
PHONE 1166-W
Smith + Mason

ADMISSIONS AND DISCHARGES

During the week starting December 20, 1948 and ending Dec. 27, 1948 there were 12 patients admitted and 32 patients discharged from the MSH Hospital.

QUARTER CENTURY EMPLOYEE AT MSH(Cont)

sembled patients, "marks my 25th anniversary as an MSH employee. After all those years, I do not recall ever having felt the pleasure I experience today in wishing each and everyone of you a Merry Xmas."

ENTERTAIN HOLIDAY GUESTS-(Cont.)

week-end, were Mr. Boris Blinder, the well-known first cellist of Orchestra and his charming wife, Dr. Eloise Blinder, who is a Board member of Stanford Hospital. Accompanying them was Mr. Blinder's sister and her husband, Mr. and Mrs. Leon Benan of New York.

Son Gene, who is a student at the University of California, was also up from the Bay Region to spend the Xmas Holidays with his parents.

LET ME LIVE OUT MY YEARS-(Cont.)

My song may trumpet down the gray
Perhaps.
Let me be as a tune-swept fiddle-
string
That feels the Master Melody-and
snaps!

WAR AND MARRIAGE-(Continued)

merical error and thank you. While the two words and their meaning may not be interchangeable they do, and have; since the beginning of time become involved. They may not serve literally in one another's staid. However they do exist simultaneously; and at times even merge.

SOCIAL THERAPY-(Continued)

Appointments should be made when ever possible by phoning the receptionist (Greystone 40766).

Mr. McWhirter asks that as soon as convenient after leaving the hospital a patient phone, make an appointment and come in so that together plans can be made.

PSYCHOTHERAPY-(Continued)

severe shortage of doctors; nurses, attendants and other staff facing our hospitals, patients go too long without any specific treatment and eventually are added to the growing number of chronic cases that are already overcrowding our institutions.

QUESTION BOX

ANSWERS BELOW

1. When Charlemagne died, who succeeded him?
2. Who was the first emperor of France before the XIXth century?
3. Who were the great men who were to build up the Republic of America?
4. In what year saw the birth and system of modern warfare?
5. In what year did the continuity of life start in France?
6. How long did Louis XVI reign and how did he die?

REMEMBER US

Dear Santa Claus:

We are patients on wards 1, 2 & 3. When the weather permits, we spend considerable time in our yard.

Except for exercise, the facilities provided for our amusement and entertainment are very little.

We have been wanting a Radio loud speaker for our yard for a long time.

We thought that perhaps you could bring us one, so we can listen to the Sports and News broadcasts.

Even when we are out in the yard, the walls give us more of a "shut in" feeling than we experience indoors.

If we had a loud speaker, bringing the music, news, sports, the joys and sorrows, a snapshot of the pulse of life outside of the little world Society deems sufficient for us; those walls would almost disappear, at least they would dissolve in the pulse beat of the outside world. After all Santa, aren't we part of that world?

"The boys in the back yard."

P.S. It might even help us get well. We thank you.

Happiness is none other than soundness and perfection of mind.

A resolution is like medicine -- when you forget to take it, you don't need it.

There is no advantage in having a lively mind if it be not accurate; the perfect clock does not go fast but correctly.

DON'T DELAY - Submit your masthead idea. Bulletin Board carries a few mastheads formerly printed in Pomo News issues.

ANSWERS TO QUESTIONS

1. Louis the Pious.
2. Napoleon Bonaparte.
3. Thomas Paine, Benjamin Franklin, Patrick Henry, Thomas Jefferson, Madison, Alexander Hamilton and George Washington.
4. 1793.
5. 1787.
6. 1774 - 1793. He was guillotined.

ENTERTAINS MSH VETS

The American Legion Women's Auxiliaries from Ukiah & Hopland, united to bring the annual Veteran's Christmas Party to MSH this year.

On last Sunday afternoon December 19, we gathered 129 men in the ward 15 dining hall to enjoy nearly two hours of entertainment.

Mrs. Harvey Sweeney, Chairman of the Ukiah Committee, Mrs. Jim Laviletta of Talmage, Mrs. Taylor of the Hopland Unit, and Mrs. Elice Fegone, in charge of publicity managed the affair.

The program started with speeches of greeting by Mr. Leonard Nix, Commander of Ukiah's Louis White Post No. 76, Mrs. Harvey Sweeney Chairman of the Rehabilitation Committee and Mrs. Taylor of the Hopland Unit.

Meanwhile Mrs. Jim Laviletta was turning the ward kitchen into a dispensary of apples, oranges, cake, ice cream, cigarettes, candy bars and coffee.

Mrs. S. W. Dougherty the Ukiah unit's President, Mrs. Taylor, Mrs. Wm. Moore, and Mrs. Leonard Nix saw to it that the men were amply served with these refreshments provided by the Ukiah Post, (American Legion) the Forty & Eight Club (Ukiah) and the A. L. State Headquarters.

Bob Haslam played the guitar and sang Western Songs, Shirley Roberts sang Christian songs, and a young lady from Lake Co., Madeline Woodward, played the electric guitar and later sang several numbers. Mrs. Jane Isnard accompanied the ladies on the piano.

The Patron's Dance Club of Ukiah all dressed in costume, presented 5 graceful European Folk Dances.

The dancers were Mr. Purdy (leader) Mrs. Purdy, Mr. & Mrs. Sherman, Mr. & Mrs. Delahoid, Mr. & Mrs. Koch, Mr. & Mrs. King, Mr. & Mrs. Holmes, Mr. & Mrs. Suchan & Ruby Salisbury.

Finally everyone took part in the program with the singing of Christmas carols.

The kindness of Commander Nix of Louis White Post, the ladies of the Ukiah & Hopland auxiliaries and each one who took part in this program, will be remembered by all.

The following menu was served: Ice-Cream, Cake, Cookies, Candy bars, Pkg. Cigarettes, Coffee, Orange and Apple.

Folk Dances:

Espan - White Russian Ballroom dance
Wooden Shoes - Lithuanian Village dance.
Spinning Waltz - Finnish
Cumberland Square-English Village dance.
Hiawatha - White Russian Ballroom dance.

Financial notes:

Ukiah Post gave	\$25.00
Forty & Eight Club gave	25.00
State Hdqrs. A.L.	100.00
Total	\$150.00

"Woody" Ward 15

SOCIAL THERAPY

GROUP MEETINGS (In Conference Room)
Please note change of schedule.

THURSDAYS

1:30 Orientation for new patients
3:00 Pre-leave group

FRIDAYS

2:00 "Free discussion"

FRIDAY MORNING

Appointments to see Gordon McWhirter, Social Worker, should be made with the Social Service Receptionist, Mrs. Frieda Lavell, who will be in the Social Service office afternoons (only).

The Social worker will not be at Mendocino December 30 and 31. The next week however, January 6 and 7, his usual schedule will apply.

ALUMNI ASSOCIATION HOLD CHRISTMAS PARTY

Mendocino Alumni Association met with the San Francisco Social worker, December 20, at their Christmas party. The Mendocino graduates asked that their best wishes for a Merry Christmas and a happy sober New Year, be conveyed to all alcoholic in-patients.

In San Francisco, Alcoholic and narcotic "graduates" (ie out-patients on leave of absence status) meet every other Monday with the social worker for a group session for fun, for the purpose of keeping up friendships and for combined serious discussions of the Problem. Many "grads" feel that these group sessions are both pleasant and useful. An invitation to join the Mendocino Alumni Association is extended to all alcohol & narcotic patients on leave of absence in San Francisco.

OUT PATIENT SERVICE IN SAN FRANCISCO--Gordon McWhirter is the San Francisco out-patient worker for all MSH patients in San Francisco. His office is with the Bureau of Social work of the Dept. of Mental Hygiene, 507 Polk St. Room 200, which is at the corner of goldengate ave.
(Cont. on pg. 6 col. 2)

CALL

144

★ EMPIRE

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

ALCOTHERAPY

HERE WE ARE AND WHAT ARE WE GOING TO DO ABOUT IT.

That MSH has much to offer the the alcoholic as a prospective convert to sobriety is evidenced by the liberal emphasis prescribed in the Alcoholic Program. How much help, or how long it will take to start the average alcoholic on the road to sobriety, depends entirely upon his concession to himself that he needs help and is willing to accept it.

This concept is recognized by both Psychiatry and Alcoholics Anonymous as a recognized primary requisit. Concession to his need waiving false pride and actually becoming a hunter for help, the alcoholic has unlocked the steel door -- the path to sobriety lies just ahead.

Start this concession with the acknowledgement that the first step of any climb is important and merits concentrated thought!

Ditch that cold pseudo pal of yours "resentment." "His" ball & chain characteristics will be your chief handicap -- will trip you on the first step. He is a persistent cuss, and hard to insult. "Yeah," he says, they committed you didn't they? Did you ever ask yourself if "yours truly" wasn't the "shadow of the little man that wasn't there?"

That you were helplessly addicted to alcohol, left no alternative, in the minds of those who, unlike yourself, realized that it was for your welfare; the only way to start you on the road to sobriety. Did it ever occur to you that had they merely wanted to have you locked up -- there are still moss covered laws allowing jail confinement for people who belong in the hospital.

If you will but twist the dial of your viewpoint, make a searching observation from every angle and ask yourself why you are here, not why you were committed; the revelations will soon take a surprising form for you. Don't expect any magical results--remember Rome wasn't built in a day -- and you burned yourself, didn't you? The balm is in your present position here at MSH.

WAR AND MARRIAGE
(Pomo News - December 21)

"In Alcotherapy, Page 8, Dec. 21, you print "martial discord." "martial" means "warlike." "Marital" means "pertaining to marriage." Do you think the two are interchangeable?--A leader.

We welcome the check on our gram--
(Cont. on pg. 6 col. 2.)

FORMER STAFF MEMBER AT FORT MILEY V.A.HOSPITAL

Dr. Blanche M. Meyer, former MSH Medical Staff Member, now with the Fort Miley V.A.Hospital, San Francisco, remembered MSH with a Xmas Greeting. Wishing for the continued success of the Pomo News; Dr. Meyer included in her message, a letter to her former patients.

TO WHOM IT MAY CONCERN

The Pomo News Staff wishes to thank our many friends for the kindnesses extended during this Holiday Season.

TO CREATE A LITERARY MASTHEAD-(C) will appear January 4) the Pomo News is here at MSH to stay.

Who can say just how many years hence, people who read our paper will be greeted with a masthead; the idea, nature, and content acting as the banner, captioning all the events at MSH created by an MSH patient "wayback in December 1948."

XMAS SHOW WINS ACCLAIM-(Cont.)

Coming as a welcome and pleasant surprise as the audience began to disperse, was the announcement by Assistant Supervisor Charles Bradford, that the Auditorium floor would be immediately cleared and dancing enjoyed until going home time.

The pleasant evening was brought to a close with the playing of "Goodnight Ladies" by the MSH Orchestra. "Duke"

Redwood Valley NURSERY

Have You Forgotten Some-One? Or That Extra Special Person? Perhaps that one hard to Please? Why not give a Living Gift?

- Poinsettias at \$1.50 to \$4.00. Azaleas at \$2.50 to \$4.00. Cycalmen at \$2.50 and \$3.00. Christmas Begonias at \$2.50 and \$3.00. Heather (Pink or Red) at \$1.50 ea.

Christmas Novelties-Candles-Gifts and Decorations.

Wreathes & Trees (Take your Pick) 75¢ to \$1.50.

565-W OPEN 9 TO 6 P.M. Phone-262 1036-W

REDWOOD VALLEY NURSERY



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.

CHRISTIAN SCIENCE CHURCHES

"God" is the subject of the Christian Science Lesson-Sermon for Sunday, January 2, with the Golden Text taken from II Samuel: "As for God, his way is perfect; the word of the Lord is tried: he is a buckler to all them that trust in him. For who is God, save the Lord? and who is a rock, save our God?" (21: 31, 32).

The following citations are included in the sermon:

The Bible: "Thine, O Lord, is the greatness, and the power, and the glory, and the victory, and the majesty; for all that is in the heaven and in the earth is thine; thine is the kingdom, O Lord, and thou art exalted as head above all" (I Chronicles 29:11)

"Science and Health with Key to the Scriptures" by Mary Baker Eddy: "Not materially but spiritually we know Him as divine Mind, as Life Truth, and Love. We shall obey and adore in proportion as we apprehend the divine nature and love Him understandingly, warring no more over the corporeality, but rejoicing in the affluence of our God" (P. 140).

MAIL A POMO NEWS HOME

POMO NEWS

PUBLISHED EVERY TUESDAY AT THE MENDOCINO STATE HOSPITAL, TALEMAGE, CALIFORNIA, under the auspices of Dr. David B. Williams, Superintendent.

Supervised by Dr. Gerald Goodstone. Clinical Director.

"Pete" P.....Editor.

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OPPORTUNITY KNOCKS

"The moving hand writes and having writ, moves on" - wrote an ancient scribe. That his words keep ever bright his memory, serves well to remind us that the "proof is in the pudding." By work and deed, history has been marked by the touchstones of progress. More often than not, those words or deeds seemingly insignificant at the time of inception or being, assume proportions of magnitude as time passes.

Never, in the history of human endeavor, has a more opportune time been evident for everyone in any hospital to aid his fellow men; such as exists now at Mendocino State Hospital. Holding open the gates to initiative and progressive endeavor are Governor Warren, Dora Shaw Heffner, Dr. Lawrence Kolb, Dr. D. B. Williams and the most progressive hospital medical staff in the history of the institution.

With Attendants Training Classes plus personal aptitude communicable to patients through; amusement recreational and Occupational Therapy: rises a program that summarizes a magnificent prospective. Who we are-what we are, here at MSH, is inconsequential. What is possible for us to do is a challenge. The years to come will be "proof of the pudding." The ingredients are at hand.

MAIL BAG-(Continued)

mas Show Staging.

This and other things to come is for the benefit of you patients. You are the Hospital, you are the Paper, so get interested in everything going on around you and make your voice heard through the medium of your Pomo News. Good things will follow.

Once again my very sincere thanks to a lovely little lady and co-worker and to each and everyone my good wishes for the New Year.

Denis "Irish" C., ward 8.

Thank you "Irish" for a swell letter. Keep them coming "Mail-bag" is the patients voice at MSH.



WHO WILL MAKE THE CONTRIBUTION

The Winner of the Pomo News Mast-head Contest will be announced and introduced at the MSH Auditorium, just prior to the two movies Saturday January 1, 1949.

New Year's Day!

SATURDAY
JAN.
1ST

Ronald REAGAN
Eleanor PARKER
Eve ARDEN • Wayne MORRIS

The VOICE OF THE TURTLE

★ a Warner Bros. Picture

MSH AUDITORIUM