

A PROGRESSIVE PAPER FOR PATIENTS

Pomo News

WEEKLY

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

Vol. 1 No. 36 January 10, 1949 5¢ per copy Population 2757

FIRST DANCE IN 49 PATIENT VISITS LOCAL ARTIST

2ND OF WINTER SEASON

FILLED: THE PRESCRIPTION MARKED 'GOOD MEDICINE' - SOCIAL ACTIVITIES SEEN AS SPUR TO MENTAL HEALTH.

Granted special permission Sunday January 9, via the office of MSH Assistant Superintendent R. G. Bramkamp Harold V., our talented young MSH Artist, in the company of George A. Smith, Attendant ward 8 visited the father of the later; Jess Smith, Artist.

Originally from Wyoming, Artist Smith who specializes in the portrayal of Western scenes, has been described by the Ukiah Republican Press as "the 'Charles Russell' of the Community."

"I was very much impressed by the work of Mr. Smith" said Harold upon his return, at the Pomo News Office.

"I thoroughly enjoyed the visit with the subsequent 'shop talk' he added.

VISIT FOLKS

Harry Johnson, charge attendant ward 8 was back to work as bright as a new Reno silver dollar, January 2, following a vacation.

Harry and Mrs. Johnson enjoyed a swell holiday season. Traveling to Menlo Park to the home of Mrs. Johnson's brother and his wife, Mr. and Mrs. Raymond Chappell, family ties were brightened by the company of Mr. and Mrs. E. O. Chappell, parents of Ray Chappell, and (Cont. pg. 10)

All is in readiness for the second D-a-n-c-e of the MSH Winter Dancing Season next Thursday evening, January 13.

The affair will be held in the auditorium and dancing will commence at 6:30 p.m. and continue until the orchestra plays the "Goodnight Waltz" at 8:30.

Under the capable leadership of Kay A., at the piano, the MSH Orchestra has been putting in extra practice hours and the boys have a swell lot of new dance numbers in readiness for the exponents of "swing and sway", as exemplified by Kay.

Since the initial dance last November, the Pomo News advertised for donations of sheet music of all kinds. The Orchestra has taken on new life by this splendid response and is "straining at the leash" for the "downbeat" that will start at the first dance.

Refreshments that are said to far exceed those served at the last dance will refresh all those in attendance at half-time.

Intermission entertainment has also been planned and several talented guest artists will be on hand.

Featured during the evening will be "Irish" singing the "Rose of Tralee, Myrtle M., doing her interpretation of the "Last Rose of Summer and Maria, the Pomo News's contribution, warbling "Don't Fence Me In.

Oliver and Alvarez will be featured in Harmonica and Guitar duets.

ENLIST FOR MINSTREL SHOW NOW.

Next on the list of Winter Season entertainment is the Minstrel Show, to be produced by the patients and presented to the people of MSH in the near future.

A call has been issued by the Pomo News for volunteers to come forward and participate in this "great of greats."

Any patient who has had Minstrel Show experience, is cordially invited to enlist his or her talent with the MSH Orchestra, (Continued pg. 9 Col. 1)

PATIENT'S
DANCE

JAN. 13,

INTERMISSION
ENTERTAINMENT

REFRESHMENTS
SERVED AT HALF-TIME

6:30 TO 8:30

DONOR ADDS TO LIBRARY

At a meeting held recently at the First Church of Christ Scientists at Napa, Calif., plans were discussed in the possibility of having a Christian Science worker make a weekly visit to the Napa State Hospital.

Prominent among those present was Mrs. Holmes of Sebastopol, who was displaying copies of The Mendocino State Hospital weekly - the "Pomo News."

Included among the many friends which Mrs. Holmes met was Cromer G. Nelson our own MSH emissary of good will.

As a result of their meeting, Mr. Nelson was there-upon "commissioned," as an intermediary messenger, bringing as a present from Mrs. Holmes, 12 books of the Month, as well as several Readers Digests to the Patients' Library.

PETE IN REPEAT

Peter R. Johnson, Veterans Home, Yountville, California continues a vertible sequence of donations to the MSH Patients' Library.

This time our very good friend sent 12 boxes of puzzles.

We heartily thank you Peter.

BACK TO WORK

Tina Young, the able lieutenant to Mrs. Lillian Davis of ODR fame, reported for duty Friday, January 7, after enjoying a four week leave of absence.

POOR PATIENTS WERE FRANKLY SO FAMILIAR ON DAY PROSPECTS ARE GOOD.

LOST

Small black leather address book. Finder please return to Pomo News office whence it will be forwarded to owner.

SPENDS NEW YEAR HOME

Elwood Hachman Jr., son of Mr. and Mrs. E. Hachman, on leave from Miramar Naval Air Base spent the New Year Holiday with his parental domicile on Dec. 29, Elwood found time to enjoy the pleasure of renewing old acquaintances among his many Ukiah friends prior to his return to camp January 3rd.

SHOW AND DANCE THURSDAY.

NOTICE

SHEET MUSIC WANTED
The MSH Orchestra needs Instruments, plus the help of all patients who can play any instrument such as Violin, Banjo, Piano, Harmonica etc.

LOSES BOUT BREAKS THUMB

Freddy L, ward 8, has been going around ever since December 17 with his right hand in a plaster cast. He suffered the injury in a "bout" with the canopy of the MSH Laundry truck.

Freddy was doing all right until lifting apparatus that he was "wrestling" dealt him a foul blow, resulting in a compound fracture of his right thumb.

Broken thumb and all he is in their "pitching" with the other men on the laundry truck.

TIME PLEASE

Through the courtesy, ability and just plain "know how" of Oscar J., "the little man with the big coat" of ward 8, the Pomo News again knows what time it is." (Cont. pg. 2 Col. 1)

DR. D. B. WILLIAMS
COLUMN THIS WEEK IS OF VITAL IMPORTANCE TO PATIENTS.
DON'T MISS IT.

CANNERY WIND UP

The MSH Cannery, under the supervision of Henry Brunges, last month completed another successful year of processing fruits and vegetables to be consumed at the hospital in months to come.

Due largely to unseasonal weather conditions during 1948, crop harvests were light and consequently the cannery warehouses are not as well filled as they were last year at this time.

Mr. Brunges and a small clean-up crew have been busy cleaning and conditioning all the cannery equipment preparatory to storing for the winter.

Cannery tools of every description have been cleaned, oiled and stored away and when the next canning season rolls around, all will be in readiness.

MATTRESS SHOP-BUSY

While rushed with the manufacture of mattresses, the busy hands at the MSH Mattress Shop, do a surprising amount of jobs odd and incidental to the maintenance of Sunday hospital equipment.

Pillows, 15 in number, for instance were made up January 5, for Shock Treatments on ward F.
(Cont. pg. 7 col. 2)

SHOW

THE ELECTRONIC
NOVATAR
THE GREATEST MUSICAL
COMBINATION OF THE
TIME:
JAN. 13, 1:30 p.m.
MSH AUDITORIUM

MR. CHARLES RAMSDEN
With his
ELECTRONIC ONE-MAN
ORCHESTRA CREATION

YARDBIRD NEWS



The movie billed for Jan. 22, is "Jane Doe," with Ruth Hussey and John Carroll.

FRIENDS FROM FRIENDS TO FRIENDS

MSH Patients may obtain books to read from the Patients' Library recently donated by the following friends:

Cloe Webster, ward F, Jan. 6,
Four Novels.
Mrs. Rubye Howard, Attendant, Jan. 7,
Sixteen Novels.
Curtis S. Brown, Ukiah, Jan. 11,
One hundred Magazines.

MATTRESS SHOP BUSY (Continued)

Other odd moments were utilized in remodeling a piece of furniture for Mrs. Lochen, defined as a Love Seat.

Dining tables for ward 7 are being repaired, with delivery of 4 remodel jobs already consummated with as many yet to go.

Since Dec. 22, 4 strong canvas mattresses have been made for ward C.

Roll Window shades for ward G's spring days are being repaired between times. (Pretty dull otherwise)

E. R. Stilwell, Marking Room Supervisor is reported on the sick list. He is at Ukiah General Hospital.

Carter M., has been transferred effective January 7 from ward 8 to that of 9, as an itinerant indigent.

Carter, who recently became a feature writer for the Pomo News will be back with us soon.

WERE GONNA HAVE WEATHER WHETHER OR NOT.

Cold enough to freeze in most parts of California, with snowballs in Long Beach and shivers at Mendocino State Hospital, altho precautionary measures were taken some ago when a "full head of steam" in heating boilers was put on a 24 hour basis.

Ethel S., transferred from ward M to ward I on January 7.

Beatrice T., was visited by her husband last week end, Friday, Saturday and Sunday.

APPLY FOR JOB WITH STAMPS



DR. WILLIAMS SAYS:

We have been given a Commemorative stamp collection by the Ukiah Chamber of Commerce which

we would like to enlarge and utilize as an Occupational Therapy feature.

The major objective is to provide a pleasant, educational and instructive pastime for one or more patients, who are or think they would become interested in Philately. Any patient interested may send in their application to the Pomo News c/o Dr. G. L. Goodstone, Occupational Therapy Director.

Some of the promising prospects of the plan include a short written summary of the event, person or occasion incidental to the issue of the particular stamp at hand, including the historical value.

The successful applicant would thus become the MSH Philatelist, in charge of classifying and recording stamps, for a permanent MSH collection.

* * * * *

Any patient having anything at home; clothing, costumes or any other paraphernalia or props that we can use in our coming Minstrel Show, may send home for them.

There are many reasons why it is desirable for as many patients to participate in these shows as possible. We would like to see every patient included in some manner.

* * * * *

The Patients' Orchestra is a present in need of talent, that is patients who are capable of playing any musical instruments. We must all get behind them with our full support if we are to maintain the Orchestra as a part of the MSH Occupational and Amusement program.

VISIT IN SOUTHLAND

CHOOSE LOS ANGELES FOR VACATION

Mrs. Bess Haydon, Relief Attendant on ward F, accompanied by her husband left Saturday January 8, for Los Angeles.

The couple will stay with friends while in that city and Mr. Haydon will visit his physician for a physical check up.

The Haydens have 22 days in which to absorb plenty of Southern California sunshine before their return to Talmage.



In a recent P o m o N e w s survey, made possible by the combined efforts of t h e Offices of L. E. Miller and Mrs. Edith R a y, Attendant Supervisor and Matron respectively; many - far too many- MSH patients were found who receive no mail. No mail! Ever! N o t much difference during t h e holidays - n o t much - just a little rougher if that is possible!

A list as thick as a b o o k. No mail!

(Some patients have'nt had a n y for 20 years).

No one! nobody; apparently caring -except the State. C o u l d you conceivably, b e blamed i f t h e very thought of accepting what the State had t o offer you, realizing that the State has no individuality for becoming resentful, w i t h better reason?

After depending upon t h e State (i n many many cases f o r several years) for everything t h e y eat, wear, drink and use - Everything, -unto the v e r y air they breathe to sustain a life (all t o o drab and miserable at best) is it, fellow humans, a wonder i f those patients all b u t lose a last spark of faith in t h o s e fellow humans who are in a free world? T h o s e they know - could h e l p them so much, with s o little - yet fail, not sometimes, b u t far t o o often.

Ironic. A bitter truth. A truth of which t o b e heartily ashamed! Is this the Standard w e speak o f i n t h e highly vaunted "Highest Standard of Living in the World"?

Is this Standard fed u p o n the "meat" of man's inhumanity to man: "smug indifference" t o the plight o f others, often under their very noses?

"Well" says 'Joe McGee' "I pay my taxes what m o r e am I obliged to do? It's up to the State t o care for them." Just who i s the State, Joe? Are'nt you (e v e n a s indifferent as y o u r record proves

(Cont. Pg.9 col.1)



TOWARD BETTER MENTAL HEALTH

FROM AN "ALKY" REFLEX PATIENT

_____ Calif.

Dec. 7, 1948

Dear Jack and Mrs. Lavell
Conditioned Reflex Technicians
Mendocino State Hospital

I have meant to write you ever since coming home, b u t seem I am always busy or put it off for some reason, r e a l or fancied. A poor way to show my gratitude, is' nt it.

I sure want to thank you for all you did for me. I feel it is d u e to your efforts that I am where I am. And that your treatment of me has a great deal to d o with my present outlook on life.

This i s a small community where everyone k n o w s everyone and all know the other fellow's business. A t first I was a little skeptical a b o u t how they would feel here. But decided that "down" feeling would do m e no good, s o made it a point to meet people.

S o far things are working okey, I have more a n d better friends than before, also have m y old job back with m u c h more responsibility and freedom.

Drink has'nt bothered me, fact is, this is j u s t about the first time I h a v e thought of it since being home. I really d o n't think I will ever drink again u nless I should just deliberately do it, in cold blood you might s a y. It's sure n o w I have no u r g e desire or craving.

You can see I h a v e no thought of ever needing a "Recap", but I promise you, I will take advantage of your o'f f e r of o n e should things change. I mean, instead of having a f e w drinks, I will come and get a belly full (and how) all at once.

Thanks much again folks. If you c a n find time d r o p me a line and if you are ever t h i s way stop in and see us. Yours, Ed.

A GOOD GUY VISITS POMO NEWS

Amiable Glen Pool, attendant ward 12, w a s a Pomo News caller, Wed. Jan. 5.

It was Glen's c a r (temporarily borrowed) t h a t figured i n the Railroad crossing accident early, last w e e k i n w h i c h two MSH attendants were fatally injured.

SEND TA POMO NEWS HOME



THE ALCOHOLIC - COMES AND GOES.

Mumbling in his beard, which can be measured by the number of days he spent in the 'pokey', our Alcoholic Problem Child arrives, doing a St. Vitus, and worrying about that twelve months handed to him by the Judge, who didn't understand his problem.

On day 9 -if he can stand up without help from the audience, and can wax persuasive -he may, and he may not, get something to quiet his jangling nerves. Or he may go into DT's-which I maintain every Hollywood Producer should be permitted to see. Maybe the Lost Week End's of the Future would be more realistic.

When blood, instead of Muscatel, again flows thru his veins, and milk has soothed his tortured stomach -he begins to revert to type. When the Devil is sick -the Devil a Saint will be; when the Devil is well a Hell of a Saint is He.

Now we hear how every person -in the State of California - and the state of Sobriety- has united to conspire against him and throw him in this ~~if?%/?/5*~~ snake pit. "The Super" of this joint is a Politico -he ain't no ~~if?/?/5*~~ Doctor. The Medical Staff consists of a bunch of broken down Veterinerians who couldn't build up a private practice if you paroled a couple hundred patients to them as a starter. The Attendants are no more than Morons, who, with help, were able to make their mark on a Civil Service Blank. And so -his treatment begins.

He is moved to another ward. He either has a Psychosis, or he doesn't. If he doesn't he gets a job. He also gets - up at 5.30 A.M. If he's lucky-or smart- he lands in a kitchen or a dining room - or becomes a 'houseman'. Otherwise he lands a job doing something he may or may not be able to do. He fits into the 'pattern' okay if he doesn't know what he is doing but does it anyhow.

From now on he is rather on his own. If he uses one-tenth the ingenuity he used on the outside to get a drink- he'll probably get along all right. If he continues to feel he is being persecuted - maybe he will be. If he wants to he can attend four Group Discussion Meetings each week. At these meetings he can hear the problems of his fellow patients discussed, and learn what they are doing to correct them. At these meetings he can obtain the advice of a Psychiatrist and a Psychiatrically Trained Social Worker. He can also attend the weekly meeting of Alcoholics Anonymous.

After about five to six weeks he receives The Conditioned Reflex (or Aversion) Treatment. Some have called this treatment the 'Elevator Cure'. The booze goes down, and the booze comes up.

Upon completion of this Treatment -the 'Alky' has been here about eight weeks and is now ready to go forth, into the arms of his loving relatives or to the curbstones of Skid Row - on a 'leave of absence' basis. Even after leaving -Social Service will continue to help him -if he'll let them.

Encouragingly, some do not come back. Some do. Is there ANY hope for those that do? There is - continued research and Education on the Subject of Alcoholism - by the Patient, the Medical Profession - the Social Service Bureau - and the Public.

-Anonymous.



THIS WEEK

MONDAY:

Dr. Goodstone's Alcoholism Round Table Discussion Group meets in Ward 9 conference room, at 2 P.M.
Orchestra Practice, (Mon. thru Fri.) at 9.30 P.M. in the Auditorium.

TUESDAY:

There will not be any Social Therapy Lectures this week. These will be resumed next week as usual. Alcoholic and Narcotic patients may now make appointments to see Dr. Schirter, privately, by contacting Mrs. Sharon Lopez, who will be in the Social Service Office, Main Bldg. bet. 11 A.M. and 1.30 P.M. Monday thru Thursday. If more convenient use coupon attached to an appointment.

Entertainment for all patients, in Auditorium at 1.30 P.M.

Patients Dance, in the Auditorium at 6.30 P.M.

FRIDAY:

Regular Social Therapy meetings will not be held this week, but will be resumed, as usual, next week.

Movies in the Auditorium. Shows start at 10.15 P.M. and 1.45 P.M. The Feature this week is, "THE GREAT ESCAPE".

SUNDAY:

Church Services. (See page 9)

Alcoholics Anonymous, at 6 P.M. in the Auditorium. (Every Sunday)

WEDNESDAY:

Dr. Goodstone's Round Table Discussion Groups, for Alcoholic and Narcotic Patients, 2 P.M. in Ward 9, Conference Room.

THURSDAY:

PGO'S DELIV. S.D.

NOTICE

ALCOHOLIC AND NARCOTIC PATIENTS MAY USE COUPON FOR APPOINTMENT WITH DR. SCHIRTER, SOCIAL WORKER.

(Fill in and hand to attendant)

Social Service Office, Main Bldg.

Please make an appointment for me to see Dr. Schirter. I understand you will call my ward and advise attendant of the time.
Signed: _____ ward _____

MAILED THIS TO ATTENDANT AT THE RECEPTION DESK
ADDED TO SOCIAL SERVICE AT CHANCE

A YARDSTICK OF MERIT

500 Copies of "The Christian Science Monitor" are delivered to 500 different persons at San Quentin. The boys there are notoriously discriminating in their choice of literature we are told.

SPORTS



Softball players -- "Get your sponsor and get out on the diamond these nice sunny afternoons" -- Supt. D. B. Williams

Now that spring isn't too far behind this chilly winter, thoughts are naturally turning to outdoor sports, with baseball and softball naturally taking the spotlight.

There has been quite a bit of talk going around ward 15 about forming a patients' softball team, since there are a number of top-notch players there.

A new attendant, Mr. Rhea, who pitched for the Ukiah Athletic Association last year, has volunteered to sponsor the team in the hopes that some organized games among the patients can be played this year.

Supervisor Miller told the Pomo News he thought the idea was a good one and promised his cooperation.

There are a number of other parole patients who are good ball players, and who, given the opportunity, could get together and produce either a good softball team or a good baseball team.

As a matter of fact, several parolees were seen limbering up on the local diamond last Saturday.

Rhea said he would be glad to devote much of his spare time in helping ward 15 get a team organized, if possible. (Cont. pg. 7 Col 2)

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
Cyclamen at

Christmas Begonias at \$2.50 & \$3.00
Heather (Pink or Red) at \$1.50 each

Christmas Novelties-Candles-Gifts-and Decorations

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

565-W
Phone-262
1036-W

REDWOOD VALLEY NURSERY

QUESTIONS.

1. What was the first coin minted with the phrase "In God We Trust?"
2. What race inspired by one of Mark Twain stories is still an exciting pastime in California?
3. What is the largest city on the Mississippi?
4. Who was the first soldier buried in Arlington National Cemetery?
5. When was the Postal Service in this country started?
6. What is the motto of the United States?

When you're down and out, - something always turns up.....usually the noses of your friends.

Beatrice T., was transferred from ward A to parole ward I on January 2.

If you are inclined to gamble, remember this: No horse can go as fast as the money bet on it.

Two patients who recently arrived at MSH and quartered at ward M, are Joy C., and Elsie C.

Just about the time a fellow thinks he can make ends meet, someone comes along and moves the ends.

A man is rich in proportion to the number of things which he can afford to let alone. Henry Thoreau

ANSWERS TO QUESTIONS

1. The two-cent piece.
2. Frog-racing, from The Celebrated Jumping Frog of Calaveras County.
3. St. Louis.
4. William Christman, a Union soldier in 1864.
5. In 1639, in Massachusetts.
6. E. Pluribus Unum. (One out of many)

SECRETARY. RETURNS

Avis Bartholomew is back at her desk in the Clinical Office after a two weeks' vacation spent mostly at her home in Ukiah.

Avis did admit that not all of her time was spent at home, for last week-end she journeyed to San Francisco to visit her mother and sister. Her sister is recuperating nicely after an operation performed at the U. C. Hospital and expects to be home soon.

SPORTS (Continued)

As yet the attendants haven't been on the diamond, but it was expected that they will be out there before long, readying themselves for another season of the grand old sport.

Sports should play an even greater part than they have at MSH, because they mean so much to so many of the patients. There are many natural facilities on hand for pingpong tournaments, ball throwing contests and the like. The Yard and the baseball park offer many opportunities for such needed recreation.

It won't be long, now, before the balmy days of spring are at hand, and if a patients' softball tournament could be organized by the time the warm weather really gets here, it would add much to the recreational program of the institution.

Equipment is needed, of course, and it might not be a bad idea for some of the patients who have bats, gloves or baseballs at home to have them sent here. The more the better, because more equipment allows more patients to play.

There appears to be enough pingpong equipment on hand to insure a first rate tournament, lasting through the spring and summer, being played in the yard.

Someone could get big hearted, maybe, and offer a prize or two to the winning softball team or to the pingpong champ.

At any rate, let's hope that Mr. Rhea can go ahead with the idea of sponsoring a softball team from ward 15 and that parole patients from other wards (Cont. pg. 10)

SMITH
& MASON

UKIAH

GLASS CO.

Phone 1166-W

SOCIAL THERAPY

FOR ALCOHOLIC AND NARCOTIC PATIENTS

Social Therapy Group Meetings will not be held this week. They will, however, be resumed next week, in accordance with Schedule, as follows:

THURSDAYS:

At 2 P.M. in the Ward 9 Conference Room, a meeting, 'To Help New Patients'.

At 3 P.M. in the Ward 9 Conference Room, a meeting to 'Help those who are Leaving.'

FRIDAYS:

At 2 P.M. in the Ward 9 Conference Room a 'Free Discussion' Group Meetings.

INDIVIDUAL APPOINTMENTS FOR ALCOHOLIC AND NARCOTIC PATIENTS NOW AVAILABLE.

Have you a problem? Both men and women Alcoholic and Narcotic Patients are invited to talk it over with the Social Worker, on Friday Mornings. Make an appointment with the Receptionist, Mrs. Sharon Lopus, at the Social Service Office, Monday thru Thursday, between 1 P.M. and 1.30 P.M. or use the coupon found on Page 6 of this Issue.

ALCOHOLIC AND NARCOTIC ASSOCIATION

Alcoholic and Narcotic 'Graduates' of MSH, both men and women, are cordially invited to join MAA, in San Francisco while they remain on a 'leave of absence Status.'

MAA is a Social Service, the purpose of which, like the Social Worker, is to help us remain, OUT.

MAA brings the MSH Alcotherapy and Social Therapy Group Meetings, back to the Community.

When you arrive in San Francisco, phone me at Graystone 4-0766 - ask the receptionist for an appointment to see me. I will be glad to see you and we will go further into MAA - where it meets, on every other Monday Night, etc. The Alumni will be glad to welcome you.

Gordon McWhirter,
Bureau of Social Work.

Why Not Take Advantages Offered by the SOCIAL SERVICE BUREAU?

CALL 144

Empire

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

ALCO THERAPY

Dr. Goodstone's Round Table Discussion Group, will continue to meet, at the time and place, designated below:-

MONDAYS:

Conference Room, Ward 9, at 2 P.M.

WEDNESDAYS:-

Conference Room, Ward 9, at 2 P.M.

These Round Table Meetings are for all Alcoholic Patients, men and women. The attendance is entirely voluntary. The discussions are not only helpful but are extremely interesting and of a very great value to all Patients having an Alcoholic Problem. You can be excused from your work to attend.

WHY

-do Ward 8 Workers have to leave the Ward at 6 A.M. and sit in the gloomy, cold and dismal 'Tunnel' until 6.30 - when they get Breakfast? Is this one of the old forgotten rules?

If you have any WHY'S - send them along. Something might happen.

REGULAR AA MEETING

The regular Sunday Meeting of the MSH Alcoholics Anonymous Group was held in the Auditorium, at 6 P.M. Sunday.

Carter H. acted as Chairman. The program centered around 10 questions, all written on slips of paper and distributed among the members. The person receiving a question, read it and then answered it. Then Dr. McKeever answered from the Psychiatric viewpoint and the Chairman followed with the AA answer.

The Santa Rosa Sponsors were present, of course, and added to the meeting with their comments. Dr. Goodstone has promised that the Hospital will secure AA printed matter for distribution at the meetings. Previously this has been supplied by the Santa Rosa Group. Don S. Ward 8, was chosen Chairman for the next meeting. Lets have a big turnout.

With the help of the Santa Rosa AA, we understand that a new Alcoholics Anonymous Group has been started in Sebastapool. If you would like the address of the AA Group in your hometown - write P.O.

TUNNEL ECHOES (Continued from pg. 4) you to be a part and parcel as well as an active member of U.S.A.?

If the interests of the patients at a n y hospital o r institution is'nt your vital business, t' h e n you are definitely not at heart, a citizen of America under the original concept of t' h e intention s o clearly defined i n t h e consti- tution.

Just what kind of a Character do you think you are, t o ignore your obligation, not to mention y o u r duty? Sure you pay your taxes, Joe. God bless you.

"Well, now look here" says McGee, flushed out of his lethargy, showing signs o f actually acknowledg- ing the existant presence of some- one near.

He even stretches - a strong in- dication that h e might even yawn presently. "I g a v e \$25.00 to a Charitable organization just last week. They could buy lots o f Xmas cards with that."

Joe failed to add that the soli- citation tactics t h a t had been used on him to "force" t h e "d o n a t i o n" might well serve as a "constructive" object lesson in ex- tortion; to senior members o f our leading gang mobs, who specialize in stretching the "short-con" into an annual Billion Dollar Racket.

Joe, however, w a s actually s o darned tickled t h a t he had paid the tab (met the amount i n cash,) that the "Charity Drive" h a d him "marked down" for; that he prompt- ly fell into that e v e r growing catagory of forgetters. Indeed Mr. McGee felt so darn good (had'nt he saved temporary face) a n d (i n- cidentally, h i s business or p r o- fession along with it?) t h a t it did'nt orrur to him to f i n d out where his money went - or how.

For a 2 c e n t stamp, Joe could have; w i t h a Holiday Greeting: cheered a l b n e s o m e soul.

So w e wonder why people, (good people, although indifferent) do'nt investigate m o r e thoroughly the plight o f others and invest a few stamps i n humanity i n s t e a d o f blithely submitting t o t h e support of flourishing rackets many of them operating under false ban- ners marked "Charity." T h e y grow d a i l y - e v e r f a t t e r on pseudo benevolence!

- So long, Joe - drop u s a card some time!

MINSTREL SHOW (Cont. from pg 1.) on their practice days.

Show experience is not necessary and all patients are more than wel- come to come f o r t h and display their wares.

The slogan o f the MSH Orchestra and those producing t h e show is "Come one, Come all, Join i n t h e fun." With this spirit--MSH should produce a fine crop of minstrels and the show a great success. 'Duke'

CHURCH SERVICE

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

Labour not for t h e meat which perisheth, but for that meat which endureth unto everlasting l i f e, which the Son of man shall g i v e unto you.

LAID TO REST

Friends and acquaintances filled the Ukiah Chapel of Lance and Zimmerman last Sunday afternoon f o r t h e funeral services of James A. Brewer, MSH attendant who met his death Tuesday morning, January 4, in a tragic automobile and freight train collision.

The Chapel w a s a profusion o f floral offerings from friends and relatives of the deceased. Follow- ing the services interment was i n Ukiah Cemetery.

PATIENTS' PAL CONTRIBUTES

Recent thoughtful MSH Patient Li- brary donors include Rubye Howard, MSH attendant, who presented hospi- tal patients with 10 g o o d books January 7.

Rubye also writes a hospital news column f o r the Ukiah Republican Press which becomes ever more popu- lar with readers of t h a t publi- cation.

ALCOHOLIC ANONYMOUS MEETING EVERY SUNDAY 6 P.M. M.S.H. AUDITORIUM... MSH PATIENTS SHOULD ATTEND CHURCH.

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,
Clinical Director.

"Pete" P.....Editor.
Bill W.....Assoc. Editor.

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

No man is free who can not
command himself. (Epicticus)

SEND THE POMO NEWS TO A FRIEND.

SPORTS(Cont. from pg. 3)
can organize teams to challenge
the boys.

But either baseball or softball,
the more that can be played and
watched at MSH the better all a-
round for all concerned.

TIME PLEASE(Continued)

Last Friday afternoon when your
roving reporter was making the
rounds of the Industrial Shop he
dropped in on Oscar at his "Hobby
Shop." Making small talk while
looking over the assortment of ar-
ticles the little man was working
on he spied a large alarm
clock loudly ticking out the
seconds. Mentioning the fact to
Oscar that the Pomo News had been
without a time-piece for quite a-
while, he was promptly presented
with the clock and sent back to
the office rejoicing.

By the way the "big ticker" is a
Waterbury product and the brand
name is "Giant Spasmodic." How's
that for a name?

The Pomo News thanks you - Oscar
J.

VISITS FOLKS(Continued)

Mrs. Johnson at a Joyeous Christmas
celebration.

Following the enjoyable yuletide
observance at Menlo Park, the group
with Holiday Spirit far from wane-
ing; traveled enmasse to El Rancho
Hacienda of Mr. and Mrs. Johnson at
Talmage where festivities were con-
tinued throughout the old year of
48 into observance of the infant
year of '49.

Welcome back to work, Harry!

Three things cannot be long-
hidden, the sun, the moon and the
truth. (Buddha)

A friend is a present you give
yourself. (Robert Louis Stevenson)



"For every ailment under the sun,
There is a remedy--or there is none.
If there is one--try to find it.
If there is none--never mind it."

Saturday
JAN
15th ★

**TARZAN
AND THE
MERMAIDS**

STARRING
Johnny WEISMULLER ★★
★ Brenda JOYCE

MSH
AUDITORIUM