

A PROGRESSIVE PAPER FOR MSH PROGRESSIVE PATIENTS

# Pomo News

WEEKLY

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

Vol. 1. No. 38 January 25, 1949 5¢ per copy Population 2759

## CALIFORNIA FACES MENTAL CARE PROBLEM

California, the fastest growing state in the Union faces serious problems regarding hospital care for the mental patients.

California is wealthy, California has a progressive and aggressive state government, and California is doing, (not talking) something about the care of mental patients in State Hospitals.

The State Board of Mental Hygiene knows full well the handicaps it faces.

Not enough Psychiatrists, Registered nurses, Psychiatric Aids, (when we say not enough), we mean they are not available.

Far too many employees in Mental Hospitals are still practicing methods that went out with the 18th century.

These Employees, Doctors, Nurses, and Attendants are slowly but gradually disappearing, to be replaced by men and women trained to understand the needs of the mentally ill.

In the United States, 1 out of every 22 people will spend part of their life in a mental hospital.

This is an impressive figure that should continue to alarm every Layman, every member of the Clergy, every member of the Medical Profession, every member of the Legal Profession, every member of any Political Party, every member of any Law Enforcement Agency. Every single person in the State of California should continue to be alarmed to the point of doing something about it - and to keep on doing something about the Treatment of the Mentally ill in California State Hospitals, - until the much needed improvements are attained.

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### ANY NEWS?

Tell us all about it.

- POMO NEWS -

## POMO NEWS CHANGES FACE

Pete P. the versatile and dependable Editor of Pomo took a vacation (much needed) this week and like the old adage 'when the cat's away-the mice will play'-those that took over for him decided to give the Pomo a little 'facial uplift' as to mechanical make-up.

The set-up and the division of News on the inside pages has been changed a little. The idea being that News of particular interest to you, could be a little easier located. Do you agree? The index on this page carries out the same idea. Do you like it?

The only Critics, whose opinions are considered, are the Patients, the principal readers of the Pomo News, so will you tell us what you think?

'Pete' will take over again next week and we hope this little rest did him good.

### KEEP INTERESTED

Take part in Patients Activities. Dances, Movies, Pomo News, Shows Arts and Crafts, Stamp Club, Patient Library

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# EMPLOYEES' ACTIVITIES

## CALIFORNIA STATE EMPLOYEES UNION NO. 8

\*\*\*\*\*

Buy Shares Now In Your STATE CREDIT UNION! When Emergencies Arise You Can Borrow At 5% Interest. For Detailed Information See:

G. O. WALDEN - F. J. GIBSON  
A. P. JOYNER - GLENN POOL  
MADELINE ORR  
\*\*\*\*\*

Nice to have run into Mr. Jack Birdsee, Laundry Supervisor, who returned Saturday from the Veterans Hospital at Fort Miley after several weeks illness. Jack is not back at work yet but expects to be back shortly. Looks fine. We wish you luck Jack.

Evelyn Merithew, attendant has started her vacation. Started last Friday, Jan. 24th. She is making a shopping trip to the city. Will be gone 20 days.

Mr. and Mrs. Friend, both attendants, are back from a sad trip to Long Beach Calif. The Friends left for their vacation one day and Mr. Friend received word the next day of the death of his mother, Mrs. Margaret Friend, of Long Beach, Cal. We extend our sympathy to the Friend family.

Mrs. Emmie Lee, night Matron, was stricken with flu, and she became so ill, it was necessary to call in the Doctor. It is understood however, that she is making satisfactory progress now.

Mr. E. R. Stillwell has returned to his duties in the marking room after a siege of illness.

Following is a list of employees tentative starting dates for vacations, as of Jan. 19th:

1-19-49 Sidney Dale  
1-20-49 Woodrow Duncan  
1-20-49 Ernest Patterson  
1-21-49 Joseph Rafferty  
1-21-49 Robert Sprague  
1-22-49 Clarence Jensen  
1-22-49 Dave Scudero

Margaret Bulla  
Myrtle Micheletti  
Lamie Jensen  
Elsie Frazier  
Annie Anderson  
Agnes Benson  
Fern Figone  
Mabel Patterson  
Evelyn Merithew  
Bess Hayden  
Pearl Denham  
Anna Nifong.

Following employees on Sick List:

Pearl Bolston  
Howard McCandless  
Donald Buchanan  
Pete Serola  
E. Lee  
L. Myers  
I. Mazzauti  
J. Young  
E. Thornton  
\*\*\*\*\*

Don Carmichael starts fifteen day leave Jan. 21st.  
\*\*\*\*\*

### EMPLOYEES:

Isn't there more interesting activities than are on this page?

Tell the Pomo News

## C.S.E.A. DANCE FEB. 26

PLAN NOW TO ATTEND

Door Prizes  
Prize Waltz  
Refreshments  
Good Music

ADMISSION FREE

Remember The Date

February 26th

# NEWS FROM

# THE WARDS

## WARD H.

Wesley H. stayed her duties in the checking room at the laundry on Jan 17th.

Greta B. started her duties in the sewing room.

Elvie M. was transferred to ward I and started her duties at the laundry.

Mrs. Dorothy Buchanan, attendant at ward H, is asking for a piano player. Those that can play please get in touch with or notify Pomo-News.

## WARD I.

Patients are pleased to have an American checker game, but they do not have red and black chips that go with it. How about some help on this from the Industrial shop? Get in touch with Gertie, ward "I".

## WARD M.

Dolores B. has been transferred to ward "I".

Wards A, B, C, E, F, G, and ward K, --NO NEWS.

## WARD L.

John S. was transferred to ward 8 but no job as yet.

## WARD 2.

Manuel A. was transferred to wd. 15.

## WARD 3.

Harold M. and Frank C. has been transferred to ward 9.

Henry H. was transferred to ward 4.

Robert R. was transferred to wd. 9.

"Irish" from ward 8 has been in hospital of ward 9 with an injured foot. The lad was missed by all of his many friends in 8 and A.D.R.

Tom K. of ward 8 and Elmer S. are busy at dominoes, as usual.

George K. and Charlie Mc C. of A.D.R. and ward 8 are the Coon-Can rivals. The seriousness with which they play the game, one would think big stakes were involved.

Fred K. and his righthand man Wm C. of the clothes room of ward 8, say they have two overfilled shelves with oversized overalls and would like to have smaller sizes for the patients. Any ward that may like to do some swapping will be appreciated by Fred.

Ward 8 has some expert checker & card players. In the evenings one

can see Don S., from the PomoNews with Glen De V. or Jack M. of lawn detail put their hearts in cribbage. Don has the upperhand, as is the usual case. Guess its the mathematics in him.

Eugene P. has been assigned to the staff of the Pomo News.

Ross H. of ward 8, who is in the division of architecture states to us that the leak on the expansion loop or joint of the water tower is to be fixed by same in the near future.

Kenneth S. of ward 8 enjoyed a nice visit with his wife thurs Jan 20. They had a picnic lunch together in spite of the cold weather.

Many thanks to Miss. "mack"; our very nice attendant at ward 8 for helping us out on ward 8 news.

## WARD 9.

Frank W. was transferred to ward 8 and was assigned to the kitchen.

John O'Connor was transferred to ward 8 also assigned to main kitchen.

Milton D. was transferred to ward 8 and was appointed to the staff of the Pomo News.

Fred H. was transferred to ward 8 and was assigned to the main gally.

George Le C. is in ward 9 where he is confined after a major surgical operation.

Charles M. was transferred to wd 8 and has been assigned to the Pomo News.

Robert L. was transferred to wd. 8 and has been assigned to gally.

John S. was transferred to ward 8 and was assigned to the bakery.

Ernie R.C., recently discharged from this hospital, returned from a trip for a friendly visit. Looks like a million. He gives a lot of thanks to Jack Lavalley for having "conditioned-reflexed" him to the extent he hasn't touched a drop of any kind of alcohol since he left. More power to Lavalley and best of luck to Ernie.

No news from:

Wards 12  
14  
15  
or  
16.

Turn in your ward news copy to any attendant or Pomo News or any member of its staff.

# SOCIAL THERAPY

FOR ALCOHOLIC AND NARCOTIC PATIENTS

## 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 Meeting.

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 pm and 1:30 p.m.

\* \* \* \* \*

## MENDOCINO ALUMNI 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 Alcototherapy 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 Nite, etc. The Alumni will be glad to Welcome you.

Gordon McWhirter,  
Bureau of Social Work.  
\* \* \* \* \*

Take advantage of this service.

# ALCOTHERAPY

FOR MEN AND WOMEN PATIENTS

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 great value to all the Patients having an Alcoholic Problem. You can be excused from your work to attend.

\* \* \* \* \*

## REGULAR AA MEETING

The regular meeting of Alcoholics Anonymous was held in the Auditorium on Sunday evening at 6 P.M.

80,000 MEMBERS

From the beginning, about 14 years ago, in Akron, Ohio with three members, A.A. now has a membership of more than 80,000.

The two important basic requirements of AA are that the new member knows he can't drink and wants to do something about it. Usually the Family, the Clergy nor the Public are not able to help because they don't understand the alcoholics problem. Every member of AA has gone thru the same problems you are and therefore can be of help to you. AA is no way a reform group. AA is not against anything. AA is merely a group that can and do help each other attain sobriety and a better way of Life. AA meetings are open to all Alcoholic Patients interested in the solution of their problem. If you are interested we can give you the address of the AA Group nearest your home.

\*\*\*\*\*  
\*\*\*\*\*

# ANDY STAHL

FINE LIQUORS  
OF  
ALL KINDS

PHONE

UKIAH 1138-J

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PLAN WITH US NOW FOR YOUR  
FLOWER AND VEGETABLE GARDENS.

PHONES

535-W  
262  
1036-W



Eugene P. --- Editor

Lawrence S. of Ward 2. writes: When do you expect to get a football team at M.S.H? I expect that they will some day have one for the Patients. I would be willing to play on it.

Answer: At present we are organizing softball teams from Ward 8 and 15. During Spring and Summer months there will be baseball games between Talmage and other teams in M.S.H. baseball park.

Miss Adna A. of Ward C. writes that the elephant on Jan. 4th issue has three trunks.

Answer: Trunk or no trunk the schematic cartoon cleverly depicts that the elephant representing the Republican Party is scared of the little mouse with its Democratic resolutions.

We are pleased to learn that you are a staunch Democrat.

R.T. writes from Ward 15:

I am interested in Ceramics and noted in a past issue of the Pomo News that a kiln is being obtained.

I would like to try my hand at this hobby. Has the kiln arrived?

Answer: Read SHOP NEWS Column.

To the Editor:

You mentioned in one of your issues about running an article on the Conditioned Reflex Treatment For Alcoholics. When is this coming out? --George L. Ward 9.

Answer: Dr. Goodstone and Mr. Lavell are preparing this article now.

# TOWARD BETTER MENTAL HEALTH

## ATTENDANTS TO RECEIVE TRAINING.

Early in February a new training class for Attendants will be started. Attendants will be taught the value of - or rather of the necessity of understanding the proper way to care for the Mentally ill. Attendance at these classes is entirely voluntary. This is one of the most important programs to be inaugurated by the State Board of Mental Hygiene.

## HANDICAPPED - BUT TRYING.

Here at Mendocino we need fifteen additional Registered Nurses. Money has been allotted for their employment - but at the moment they are not available. It is to be hoped that they soon will be.

## RESIDENT SOCIAL WORKER.

The importance of a Resident Social Worker can not be over emphasized. The value to Patients of a sympathetic, understanding and interested Social Worker is almost unlimited. Appropriation of funds has been made for the employment of a Resident Social Worker for Mendocino but again there are none available.

## THE NEED IS RECOGNIZED.

More Psychiatrists, more Psychiatric Nurses- more Trained Attendants- more Scientific Research- more Legal Reforms- Does it sound hopeless? It shouldn't. The biggest step has been taken. The acknowledgment- the admission- the knowledge that WE NEED THEM. Nothing is impossible if we recognize our NEEDS and then proceed to DO SOMETHING ABOUT IT.

California is trying- California will Succeed.

\*\*\*\*\*

## ANY NEWS?

Tell us all about it.  
-Pomo News-

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# THIS WEEK

## WEDNESDAY:

Dr. Goodstone's Round Table Discussion at 2 p.m. at Ward 9, Conference Room.

Mr. San Ray --Veterans Social Office --Make appointments at Supervisor's Office.

## THURSDAY:

Social Therapy Group Discussion for New Patients, 2 p.m. at Ward 9 Conference Room.

Social Therapy Group Discussion For "Patients Leaving Hospital" at 3 p.m. at Ward 9, Conference Room

## FRIDAY:

At 2 p.m. Social Therapy Group Discussion Meeting for Alcoholics and Narcotics at Ward 9, Conference Room.

If you have a problem, make an appointment to see the Social Worker-Mr. McWhirter on Friday morning. You can make these appointments by calling at the Social Service Office in the Main Bldg. Monday thru Thursday between 1 p.m. and 1:30 p.m.

Crome G. Nelson, S.C. (Christian Science Worker)

## SATURDAY:

Movie: "The Sainted Sisters" M.S.H. Auditorium.

## SUNDAY:

Church Services (This Page) Alcoholic Anonymous Meeting in M S H Auditorium at 6:00 p.m.

## MONDAY:

Dr. Goodstone's Round Table Discussion at 2 p.m. at Ward 9, Conference Room.

Orchestra Practice at 9:30 a.m. in Auditorium. Monday thru Thursday.

## TUESDAY:

Get your "POMO NEWS".



### DR. WILLIAMS SAYS

To better the Physical and Mental Health of our Patients, in every way possible, is the only reason

for the existence of this Hospital.

We fully appreciate that there is much room for improvement in many ways, and these things are continually uppermost in our thoughts

I was glad to see plans for the Minstrel Show shaping up. Ask your families or friends outside if they can give or loan us musical instruments or music for our Orchestra.

I urge you to take part in the Shows, the Orchestra, the Dances and all other Patient Activities.

If you have any ideas send them in to the POMO NEWS.

I hope too that more Alcoholic Patients will attend Dr. Goodstone's and Mr. McWhirter's weekly meetings.

Look under 'This Week' on this same page, for place and time.

If you are working you may be excused to attend.

Women Patients are of course welcome.

Get in on the AA Meetings on Sunday evenings, too.

All of these activities will be helpful to you.

## CHURCH SERVICE

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

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Lutheran Church - 3rd Wednesday of the month in Auditorium. 1:30 p.m. Ward 12 immediately afterward Reverend Russert.

\*\*\*\*\*

Protestant Church - 2nd and 4th Sundays of each month. MSH Auditorium and Ward 12, 8:30 a.m. Reverend Linderman and Reverend Brown.

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

### WE'RE GLAD YOU ARE WELL AGAIN!

To the M.S.H. Staff, Pomo News Staff, Employees and Patients: May I thank all of you for the lovely flowers, gifts and cards that I received during my recent hospitalization. Your Thoughtfulness was greatly appreciated.

Mrs. D.B. Williams.

GOD, grant me the serenity to accept things I cannot change, the courage to change things I can and the wisdom to know the difference.

# SHOPS AND FARM NEWS

## HOG RANCH

The Hog Ranch is literally a beehive of activity these early, frosty mornings. Ed Loveletti, the boss has a unique, but simple way of keeping the baby pigs warm these cold nights. In one corner of each "nursery" room he has a hooded affair of canvas with a light underneath that the youngsters scamper under to keep warm after frequent but necessary "meals". Also safeguards against mother's chances of stepping or rolling on them. Ralph "Popbottle" H. has one sow he calls "Pet" that, it is understood, to the extent of "coddling", he is so fond of this sow. Also understand that he got so worried when temperature dropped so low one night he took hot water bottles and one of his own blankets to make sure she was comfortable. He also has maternity ward with eight sows "expecting", averaging from 8 up in each litter. Its strictly on a production line basis. Andrea O. is mixing the feed for 300 hungry mouths, some job. Bill making their pens all cleaner than most jails, (so I'm told, I wouldn't know). Ralph has a thorough bred shepherd pup, hes teaching how to round up the hogs, also understand he is teaching him to make coffee and other minor chores.

## DAIRY

Mr. Fanslow says the cold weathers have slowed down milk production 10 Percent, which he says is only to be expected. However, the cold weather doesn't slow down the average birth rate of approximately 12 calves per month. Milking about 126 cows a day. Charles 'ole Charlie' E., Ernest B., "big Mike" S., Armand G., etc. get the last drop the accomodating Bovine can possibly spare. We heard Charlie Ernest pleading with a couple of the beauties by way of a duet, using the tune "Just a little bit more", but she only said "NO". Also heard from very reliable source theres some doubt as to whether Jimmie D., the brokendown newspaperman is working for Mr. Fanslow or vise-versa since hes the guy that "keeps score" on the cows it can be assumed that he can call his own shots. If records show a letdown on some particular cow; he just goes out and calls her aside, slaps her on the buttock and begins with that same old routine, "Now listen Dearie", etc., etc., until he almost has her weeping

in her fodder with the result that the next day she "gives her all" for dear 'ole H.S.H.

## THE RANCH

Arriving at the ranch in the se early mornings with the sun on the snowcapped mountains looming in the background creates a scene of indescribable beauty and a mere man and surrounding buildings of the ranch seem very small and insignificant. Arrived in time to listen Walter brown, patients John?, and Frank C., John G., Melvin H., and others, to the presidential inaugural speech. Jimmie Lovelettie, Talmadge's star firstbaseman who is cooking at the ranch now says he will play ball again this season. (Talmadge's good fortune). Harry L. assisting Jimmie between reading the classics and visiting the coffee pot. The ground has been so frozen lately that has been necessary to plow the vegetables up instead of pulling them out of the ground as heretofore, keeping the necessary vegetables on the table for the patients.

## THE CHICKEN RANCH

Things very quiet at the chicken ranch past week except the usual chatter and gossip among the girls of the henhouse. One can imagine how much chatter and cackle gossip goes on when you get some six or seven thousand of these very temperamental girls together. We can but imagine my embarrassment, when I lost my way among the maze of pens and henhouses, surrounded by this number of females who let up howls and clucks, when even two little clucks from a couple of chicks on a co-ed campus distresses me no little. "Happy" W. had one flock of hens hermed up in a corner for promiscuousness and a general sitdown strike to the extent of a 25% loss in production, just only because of a little cold spell. I really felt sorry for them as they hung their heads in shame for not having done their best, while some of the other gals were yelling to high heaven about their very recent accomplishments. Geo T. making up nests so all the "Ladies of the roost" will be comfortable while meditating.

(Cont'd next page).

Shop and Farm (Cont'd From Page 7)

## MATTRESS SHOP

Mr. H. Freitas in charge, reports that the 1948 production in his shop totaled 500 mattresses and over 700 pillows. In addition they repaired and renovated hundreds of previously manufactured mattresses and pillows.

Mr. Freitas claims it takes him two or three days to train the patient to do this work and when the patient leaves the hospital he will be able to take a job in a commercial mattress factory.

At present Joe. F. and Jim. R. are Mr. Freitas's right hand men.

But the shop is two men short at present and the boss is waiting for the ranks to be filled up.

A few days ago a new heavy duty sewing machine was obtained, to be used with canvas and upholstering material. (auto seat covers, etc.)

## PAINT SHOP

Robert L. Wright, head man of the paint department, reports two paid men and two patients, Joe D. and Bill C. of Ward 8 are painting Mr. Garvey's office in the Administration building.

In 1948 over 1000 gallons of paint were applied to the walls of M S H for the "new look."

## INDUSTRIAL SHOP

Mr. William Elliot, boss man of the shop supplied us with the following bit of news:

Repairing of the venetian blinds for the Business Offices in the Administration Building is under way, and they will be completed in a few days.

Jack F. of Ward 15 has completed two oil paintings, one is of "JOAN OF ARC", the other, a portrait of a young man of the same ward.

The painting follows the style of the famous Spanish painter Valquez.

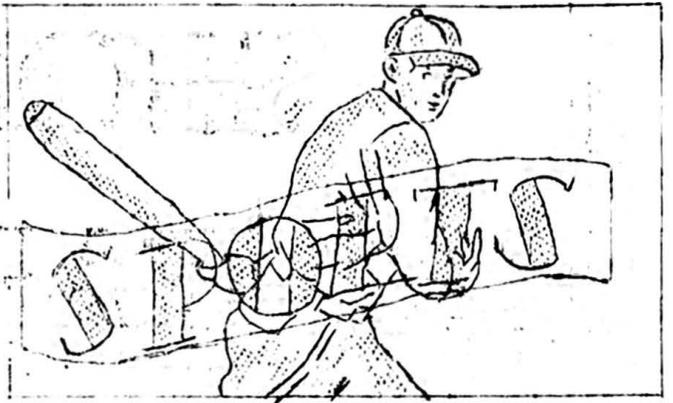
A newcomer Fred V. of Ward 8, a cabinet maker started work repairing furniture.

The progress of the hand beaten Copper work is coming along nicely. Many items have been completed and will be placed on display in the Administration Building showcase, for sale to the visitors of the hospital.

The kiln for baking ceramic pieces has been ordered and all the patients are anxiously awaiting for it to arrive so they can get underway. (I'm waiting too)

Charles C. of Ward 15 will be in charge of this department, under the guidance of Mr. Elliot.

(cont'd next column)

WEATHER-MAN SAYS 'NO'

About the time the boys get ready for a work-out on the Ball Diamond the weather-man laughs and tosses in a snow ball.

About all we can do now is think about getting together a couple or more teams and when the weather permits get out for a little batting practice.

We have need of a little more equipment and are going to see what can be done about it.

Pomo will be glad to help with any ideas you may have in regard to organizing your Ward Teams.

## SEWING ROOM

Of the nineteen girls, working in the sewing room, all are busily engaged in the making of dresses for the female patients. At present the following women are working in the sewing room.

Theresa A. Ward I, Greta B. Wd. H  
Altha C. Wd. H, Gloria C. Wd. H  
Adeline C. Wd. I, Veda C. Wd. H,  
Dora D. Wd. H, Jennie D. Wd. I,  
Alma E. Wd. H, Mary F. Wd. I,  
Louise F. Wd. I, Catherine G. Wd. I,  
Vera H. Wd. I, Vera H. Wd. H,  
Winifred H. Wd. I,  
Vida K. Wd. I, Katherine M. Wd. I,  
Emma P. Wd. I, Sophie R. Wd. I.

## SHOE SHOP

The boys are still making about 7 pairs of new shoes daily.

2000 pairs were manufactured in 1948, and shoe repairs continue as usual.

The following patients are now working in the shop:

H.B. Wd. 15, E.R. Wd. 8; John S. Wd. 15, William M. Wd. 15, A.M. Wd. 15, P.W. Wd. 8, and Alfred U. Wd. 15.

## CARPENTER SHOP

(No News)

## MASONRY SHOP

(No News)

## LAUNDRY SHOP

(No News)

## TIN SHOP

(No News)



# GET ON THE BAND WAGON

## Come One-- COME ALL

The Most stupendous, overwhelming, gala event ever held by man or by beast, anywhere.

## WE NEED TALENT

Singers, Dancers, End Men, Chorus Boys and Gals - Come to the Auditorium for a Try-Out.

## INSTRUMENT PLAYERS

Piano Players-Fiddle Artists - Saxophone Tooters - if you play any Musical Instrument, come to the Auditorium for Try-Outs.

## DON'T BE BASHFUL

The More the Merrier. None of us are Professionals. Fun for All.

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MINSTREL SHOW  
TRY-OUT  
AUDITORIUM-1.00 PM  
Sunday-Thursday-Friday

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ORCHESTRA PRACTICE  
9.30 A.M. Daily  
Monday thru Friday

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GET ON THE BAND WAGON

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# POMO NEWS

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

Supervised by Dr. Gerald Goodstone. Clinical Director.

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HANK P. .... Editor.  
MARI B. .... Assoc. Editor.

## WHAT CAN WE DO ABOUT IT?

Does loud talk- the honking of auto horns- the scream of sirens- in fact the noise of the city- disturb you and make you irritable?

Or when you are in the Country does the 'silence' drive you 'nuts'? Does some little pet saying your Wife's or Husband's, when it is repeated again and again, make you long to throttle the speaker? Don't worry- your normal. The only thing abnormal about these irritations is when you try to do something about them that can't be done. You can't chase the noise-makers out of the City- you can't bring noises to the 'great silent places' and you definitely can't throttle your wife or husband for yapping.

What can you do? If we must live in the City- grin and bear it. If we must live in the Country- grin and bear it. If your wife or Husband yackety-yacks all the time (if you love her, or him) grin and bear it. The vast majority of people are annoyed by the same trivial things that annoy you and they over-come these irritations by the simple method of DOING NOTHING WHATEVER ABOUT THEM, except to grin and bear it.

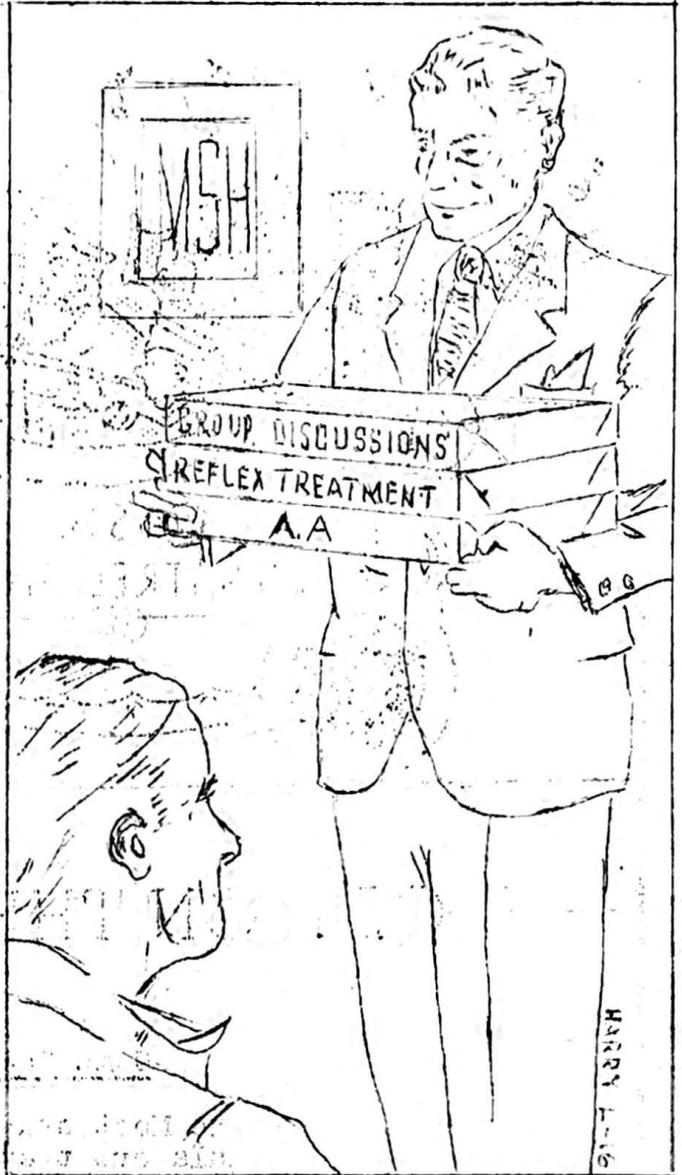
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"PEPSICOLA"

It's quite sad to see the forlorn, lonely look, in "Pepsicola's" eyes since Hank P. left. "Pepsie" used to be such an active dog. Now he seems to have just given up, --- dirty and weeping in his whiskers. Venture to say that if a cute little huzzy, with a nice little twist and shiny coat came a trotting by, fluttering her eyelashes at our "Pepsie", he wouldnt even give her one look. Moreover, "Pepsie" would be a bad insurance risk these days if there was a Golden Gate Bridge around. He was such a good fellow before he lost his only love, "Hank".

\*\*\*\*\*

SEND A POMO NEWS HOME



MR. (AND MRS.) ALCOHOLIC!

Three 'Packaged' Helps For You.

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SATURDAY ★ JANUARY 29