

A PROGRESSIVE PAPER FOR MSH PATIENTS PROGRESSIVE

Pomo News

W E E K L Y

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

Vol. 1. No. 39 February 1, 1949 5¢ per copy Population 2763

ALCOHOLIC PROGRAM COMMITTEE MEETS

Unique, was a meeting held at the Conference Room ward 9, Feb. 23. Present Were: Dr. G. L. Goodstone MSH Clinical Director, Gordon McWhirter MSH Social Service, Harry Johnson and Mrs. Alice Coffey Charge Attendants, ward 8 Zeryl Dryden Assist. Supervisor - Plus - the presence of an MSH patient. For the first time in MSH or for that matter; in the history of the State, where-in a State Institution patient's viewpoint and opinion was not only asked but presented and recognized.

The discussion, revolved around ways and means to best handle the Alcoholic, as a patient of the Institution. Many aspects of the problem and it's solution (Cont. Pg. 3 Col. 1)

JUDGE AIDS MSH MINSTREL

JUDGE GIBSON OF SUPERIOR COURT LENDS SUPPORT TO FEATURE ENTERTAINMENT TO BE HELD IN MARCH.

Conforming to a policy early adopted by the present MSH Medical Staff and followed whenever reasonably possible, to encourage patient initiative in amusement and occupational endeavor; the Pomo News announced through it's columns, the need of script for the coming MSH Minstrel Show.

Taking his cue like a seasoned trouper Judge Gibson, enclosed excerpts from Minstrel material he happened to have at hand, in a letter to MSH Supt. D.B. Williams.

Like another loyal trouper Dr. Williams loaned the letter intact to the MSH Patient Entertainment Committee. The Pomo News acknowledgment is hereby passed on to other Patients and those interested in the promotion of healthy occupational and recreational endeavor.

January 23, 1949.

Hon. Lilburn Gibson,
Judge Superior Court,
Ukiah, California.

Dear Sir:

Your letter of Jan. 17, 1949, to Dr. D.B. Williams, Supt., MSH, together with enclosure of Minstrel Skit Material, has been referred to us in line with our efforts of preparation toward success of the Minstrel Show, as well as that of like entertainment.

It might interest you to know that excerpts therefrom have already been incorporated into the script of the program.

We take this opportunity to heartily thank you, Judge Gibson, not only on behalf of the "Pomo News," but mainly in the interest of those people of the institution here at MSH, who will aid, participate, and benefit.

You are cordially invited to attend our performance.

We feel sure that you will accept the following statement in the sincerity in which it is given: "Had you been able to and so disposed to contribute a million dollars in cash to MSH it is more than doubtful that an equal amount of good could have been accomplished.

We of the "Pomo News" thank you from the bottom of our hearts.

Sincerely,
Editor, Pomo News.

S P E C I A L	MAY PETERSEN
	Lyric Soprano
	MSH AUDITORIUM.
	THURSDAY FEB. 3rd
	1:15 PM
	★

**MSH FIREMAN-
SCHOOLED VIA
MOVIE SHORTS**

On Jan. 25th we witnessed a short movie in the auditorium shown to the MSH Fire Dept., which was very constructive. It depicted so vividly the flagrant loss, by fire --- thru utter carelessness, of timber, property damage and loss of human life and casualties that are appalling. For example, in 1946 a loss of 31,000,000 feet of potential lumber, sorely needed to alleviate acute housing shortages in every locality. In addition there was a 561,000,000 dollar property damage plus more than 50,000 people killed. We learned that every minute of the day, every day of the year, some human life is taken by fire, caused thru sheer carelessness and neglect. We are sure that when we all realize the enormity of these figures, that we will all be more careful and TRY TO PREVENT FIRES!

SHED FINISHED

Joe Addor who is in charge of the Carpenter Shop, with a crew of four have finished a shed warehouse behind the quonset huts. The shed is 24'x60 ft. with a corrugated roof. About 4000 ft. of lumber has been used on this job and we can say it's a good one.

Joe informs us that last week the carpenter crew started a 20'x100' lumber shed with a corrugated roof and a closed in yard 100' x 100'.

Also a climb proof fence has been started by a good going Joe.

LIBRARY DONOR

Mrs. Ray Ledford of the Talmage Store was the donor of 12 fiction books to the MSH Patients' Library, Sat. Jan. 22nd, 49. Most of these were New.

==SERIOUSLY ILL==

Fritz Eberhardt, MSH Attendant, after reporting off duty, Tues. Jan. 24th, entered the Ukiah General Hospital where his condition is considered critical.

Information as to the exact cause of his illness is not available to date.

We join his many friends and acquaintances in wishing him a speedy recovery.

TO ALL EMPLOYEES

The Pomo News will sincerely appreciate any news notes sent in concerning any item of interest.

TAKES VACATION

Attendant Angie Griffen is taking a twenty day vacation beginning January 26th. Angie just gave us that coy smile when broached as to her plans.

BAND IN VIEW

The MSH band is getting hotter every day with Bob L. moaning in the sax, E.A. strumming the guitar, Bob N. tootling the trumpet, Olga K. tickling the ivories and Pete P. rumming up a storm on the trap and base drums, under the very capable direction of their new leader Ira W., who doubles on the trumpet and arranges a series that promises to be Hot and Sweet, after a little more practice.

They practice daily so if you play music of any kind or are a good vocalist, get in touch with Pomo News for rehearsals.

**==CSEA CREDIT UNION
IN ANNUAL ELECTION==**

The annual meeting of the California State Employees Credit Union No. 8, was held Tuesday, January 18, 1949 at 7:30 p.m. in the Hospital Auditorium.

The newly elected Officers for the year are as follows:

BOARD OF DIRECTORS

D. B. Williams, M.D., Ralph Chaney, G.O. Walden, L. A. Sansoe, F. J. Gibson, Glenn Pool and Madalaine Orr.

The Board of Directors elected G.O. Walden as President, Ralph Chaney, Vice-Pres., F.J. Gibson, Secretary-Treasurer.

THE SUPERVISORY COMMITTEE IS AS FOLLOWS:

Al Joyner, Helen Chaney, and Eda Bordin.

DON'T FORGET THE CSEA BIG DANCE FEB. 26TH.

==BABY SITTER==

Dr. and Mrs. D. O. Prasser spent a pleasant week-end in Sacramento. Jack W. of ward 8 assigned for work at their home, was not only a Baby Sitter, but likewise proved to be a good nurse maid to the two fine healthy Prasser kids, Linda and Roger.

CELEBRATE NUPTIAL DATE

Leland N., of ward 8 celebrated his third Wedding Anniversary with his wife and 2 year old daughter at the hospital on Jan. 21st, and a darn good looking wife and daughter they are too.

BROTHER PASSES ON

Sorry to learn of the death of Hugh Totemyer, brother of Ralph T. of the Hog Ranch, last Friday, January 21st. It was understood that the body of Mr. Totemyer was found dead in the brooderhouse, which is in back of his residence at Santa Rosa. He had been dead for some time when found. Ralph expects to attend funeral services. We extend our heartfelt sympathy to Ralph in his bereavement.

LOOK!

Minstrel rehearsals now under way, in fast-moving monologues and music, promises to be a smash hit. Mrs. Buchanan, directing the entire show is putting (Cont. Pg. 9 Col. 2)

NEWS FROM THE WARDS

CUT OF TOWN VISITORS

From Jan. 16 to Jan. 22nd, the following patients enjoyed visits:

Floyd F., A friend, Carmel.
Dolores S., her husband, Ukiah.
Paul S., his brother, Ukiah.
Norman L., his sister, Oakland.
Lillian G., her sister, Oakland.
Frank G. his stepdaughter MtShasta
Harry K. his wife, San Francisco.
Joseph R. brother, San Francisco.
Peter A. his sister San Francisco.
Hazel L., a friend, Ukiah.
Christiana J., daughter, Calpella.
Thelma V., her sister, Ukiah.
Will G., his son, Willits.
Charles M., mother, Redwood City
Clarence H., his wife, Santa Rosa
Woodrow C., mother, San Francisco
Pietro G., His brother, Healdsburg
Sallie T., husband, Guerneville.
Pearl F., Her brother, Oakland.
Ralph L., his wife, San Francisco
James E., mother, San Francisco.

Ward 8.

Kenneth S. and Percy W. are quite enthusiastic checker players, but Kenneth says he doesn't like to play cards because "they cause too much argument".

Charlie McA. is still going for Coon-Can, skinning all opponents, including George K., Leland N. and Frank C.

Earl P. and Eugene P. have much difficulty playing their own card game because of impolite and most unwelcome persistent "kibitzers".

Alva C., Meryl W., and Vern R., were transferred to ward 9.

Ward 9.

Harry G. was transferred to ward 8 and assigned to the kitchen.

Ira W. was transferred to ward 8 and is now in the orchestra as the Conductor. Ira will also direct the music for the forthcoming minstrel now in rehearsal.

Leslie C. was transferred to ward 8 and was assigned to boiler room.

Noble B. was transferred to Wd. 8 and was assigned to Dr. McKeevers cottage.

Frank C. is back again in ward 8 and still works in A.D.R.

Mike C. was transferred to ward 8 and assigned to the main kitchen.

Ward 14.

Don T. was transferred to ward 8.

"SEND THE POMO NEWS HOME"

Ward 15.

Joseph D. Transferred to ward 8 and was assigned to the Paint Shop.

John G. was transferred to Wd. 8.

Dante E. was transferred to Wd. 9 for treatment.

OTHER OUT OF TOWN VISITORS:

Welton D., by his mother, Ukiah.
Sallie, her husband, Guerneville.
Amelia S., a friend, from Ukiah.
Sophie T., her son, San Francisco.
Kenneth S., his wife, Eldridge.
John M., his wife, San Francisco.
Bessie M., her husband, Nicc.
Don S., wife and mother, Oakland.
Will G., a nephew, Ukiah.
Pearl S., her husband, Ukiah.
Violet H. her husband, Laytonville.
Mable G., her son, Santa Rosa.
Doris F., her parents, Ukiah.
Oliver M., his parents, Sacramento.

Wards 1, 2, 3, 4, 7, 10 and 12, - no news.

Ward I.

Kay A. from ward I enjoyed a visit with her brother of Vallejo, Jan 26.

Ward M.

Hilda P. was transferred to ward I.

"OWLS"

Since the last storm the beautiful white owls with a wingspread of about three and half feet have not returned to their old habitation in the fronds of the palmtrees fronting ward 8. According to oldtimers the owls made their home in these palms for some time. The boys used to admire these birds graceful takeoff at dusk to seek their nightly prey.

PUGULISTIC AIMS MAYBE?

Freddie L. of ward 8 viewing the boxing gloves in the vestibule, of ward 8 lately, displays anxiety in getting the bandages removed from his fractured right hand. Says it will be healed soon. -- Any opponents?

AMBITION PLUS!

Elmer S. of ward 8 is all smiles, again. The cold spell is breaking up and he will be able to get out early and keep his yard nice and clean.

MINSTREL REPRESENTATION BY WARDS

By request, checkup of wards represented in Minstrel Show results as follows:

Mens wards: 1, 3, 8, 14, and 15.

Womens wards: F, H, I, and K.

SOCIAL THERAPY

ANYTHING TO MAKE US HAPPY

THURSDAYS:

At 1 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.

AN INDIVIDUAL INTERVIEW WITH THE SOCIAL WORKER MAY BE MADE BY ANY ALCOHOLIC PATIENT BY ASKING THE RECEPTIONIST; MRS. SHARON LOPEZ, WHO IS AT THE SOCIAL SERVICE OFFICE, BETWEEN 1:00 AND 1:30 P.M. MON. THRU THURS.

MENDOCINO ALUMNI ASSOCIATION

'Alcoholic Graduates' of M.S.H. both men and women are cordially invited to join MAA, in San Francisco while they are on an 'out-patient' status.

MAA is a Social Service, the purpose of which, like the Social Worker, is to help us remain OUT. MAA brings the MSH Group Meetings, back to the Community.

When you arrive in San Francisco, phone Graystone 4-0766 and ask the receptionist for an appointment. Come in and see me".

We can then discuss MAA as well as further individual appointments.

Gordon McWhirter,
Bureau Social Work.

M.S.H. PILATELEY IN-LINE LIGHT

The Philatelic Club was the recipient of a replica enlargement of the Lincoln 3¢ Memorial Postage Stamp. Working at the Industrial Shop Woody C., ward 15, is the creator. The stamp is now in a conspicuous position in an M.S.H. display case, an exhibit of Occupational Therapy endeavor.

"Procastination is the thief of time".

ANDY
STAHL

FINE LIQUORS
OF
ALL KINDS

PHONE UKIAH 1138-J

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 those Patients having an Alcoholic Problem. You can be excused from your work to attend.

M.S.H. ALCOHOLIC PROGRAM CONFERENCE

Under General direction of Dr. Williams and Dr. Goodstone our social worker, Mr. Gordon McWhirter is arranging for a "conference on Alcoholism and Alcoholic treatment" in San Francisco, probably early part of April.

The general idea is to explain MPA to the community so that more information and less misinformation will be available to both the Alcoholic and others interested.

It is hoped that both Alcoholic 'in patients' as well as the "Alumni Association" will be represented at this conference and participate in it.

ALCOHOLICS ANONYMOUS MEETS

Alcoholics Anonymous weekly meetings are becoming more interesting, Patients showing more interest each week. The last several meetings have had unusually good speakers, that proved indeed inspiring to all. AA has the answer for any Alcoholic. **IF HE WANTS TO QUIT!!**

"Put your trust in God, my boys, and keep your powder dry".

REDWOOD VALLEY
NURSERY

PLAN WITH US NOW FOR YOUR
FLOWER AND VEGETABLE GARDENS.

PHONES 565-W
..... 262
..... 1036-W



Eugene P. Editor

A KIND LETTER

Vets Home of Calif. Jan 24, 49.
My Dear Peter P. Editor Pomona News

As you say I am doing it again. I sent 100 popular magazines for MSH Library.

Also I will send a Geographic every month, so you can continue to build them up. In a week or so I will send you one or two dozen playing cards.

I enjoy your little paper especially reading of your nice Dances and Entertainments. I am glad to hear of all the improvements that are taking place for the betterment and welfare of MSH patients since my good friend Supt. D. B. Williams

took charge up there. I hope and trust that it will keep on improving. So with kindest regards to you and all the patients and members of MSH,

Sincerely yours,
Peter R. Johnsen, Box 506,
Veterans' Home of California.

(Editor's note: Mr. Johnsen had presented the MSH Patients' Library a nice collection of National Geographic magazines in total sequence dating from 1910. We thank you again, Mr. Johnsen.

Why is it that we cannot have more song books as I almost got in trouble over a song book this morning.

The state can afford to buy boxing gloves, pingpong, punching bag dominos and what not for the boys but no sox on ward #3.

Daniel D. writes:

"Dear Doctor, no sox about month ago. Cold my feet H---, winter now"

Lawrence S. writes: "I wish you would start a baseball team from the backyard wards soon as I am very much interested in baseball of the soft-ball type and hear they are starting teams on other wards"

Suggest you take this up with Supervisors office, - we will try to do likewise from this office.

Victor J. of ward 14, sends these two very nice poems:

"THE QUEST"

A voice in the wilderness has spoken

I have searched far and wide relentlessly, here, there and everywhere,

For life's most elusive secret, my pride

how to once again, be young and fair Persistently, East, West, North and South

Thru desert heat desolate and mountain's cold night

Over the hill and plain and by rivers' mouth

I journeyed when suddenly dawned the light.

I must need only to smile and the Sun will shine

Stand by love, joy, beauty and truth

determinedly Dramatically sweet and divine
Dame Nature said, "and you regain your youth".

"A HEALTHY BOYS PRAYER"

A loving prayer I send up to thee
Happy and beautiful keep it for me,

Eternally, truthfully make all free,
Now that I've repeated it again and again

O great God answer my Prayer, Amen,
Amen.

Eugene B. writes: Is it possible in any way to get a set of Chessmen and a board for ward 8. There are a few patients that are versed with this game and would like to pass a pleasant evening away", --According to Mrs. G. Elliot's office they are already ordered.

Frida S. of ward E. writes: "I received some daffodil bulbs which I planted resulting in a nice bunch of flowers". Nice going Frida.

POMO NEWS-THE EYES AND EARS OF MSH.

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STORE

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WHEN YOU BUY RIGHT HERE

246-J

THIS WEEK

WEDNESDAY:

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

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

THURSDAY:

Social Therapy Group Discussions at Ward 9 Conference Room "New Patients" 1:p.m.

Patients leaving hospital 3:p.m.

Special Entertainment MSH Auditorium 1:15 p.m.

MAY PETERSEN - LYRIC SOPRANO

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 1:30p.m.

Croner G. Nelson, S.C. Christian Science Worker.

SATURDAY:

Movie: "My Wild Irish Rose"

SUNDAY:

Church Services (See Page 9)

Alcoholic Anonymous Meeting MSH 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".

MINSTREL SHOW PRACTICE AT EVERY OPPORTUNITY.

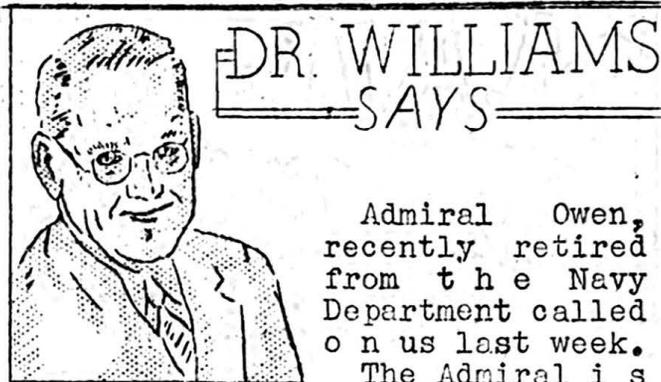
HOW ABOUT THIS?

There is a very nice church organ down at the Dance Hall (Auditorium) donated by Mr. and Mrs. Williams but no one plays it.

I know there are several ladies that go to church there and if they would open it up I mean the lady Attendants they would be glad to oblige us. A Church Gover

* * * *

WARD 8 I.; EFFECTIVE MONDAY JAN. 31, AN OPL WARD. PATIENTS MAY NOW COME AND GO AT WILL DURING THE DAY. MOVIE FEB 12 "CAPTAIN FROM CASTLE"



Admiral Owen, recently retired from the Navy Department called on us last week. The Admiral is a member of the State Lunacy Commission, for and in the city and county of San Francisco.

The function of the Commission has to do with the commitment of mental patients in that area.

* * * * *

To see so many patients actively participating in the preparation for the presentation of our coming Minstrel Show is indeed a pleasure.

However, I am told that the chorus can use more female voices, so I think it would be a fine gesture for more of you women to volunteer vocal participation.

MSH MINSTREL SHOW-FRI. MARCH 4th.

Alcoholic Program (CONTINUED) were presented by both the Doctor and Attendants.

These meetings are to be held regularly with an opportunity for one or more patients to be present and express his viewpoint and subsequent opinion.

ANSWER TO LETTER

Editor "Pomo News" January 24, 1949 Mendocino State Hospital Talnaga, California

Dear Editor,

Thank you for your letter of the 23rd inst.

I am very glad indeed, if the patients can make use of some of those jokes I sent over to them. In a local minstrel show put on here last winter, some of them seemed to go over pretty good.

It would be a pleasure to attend the minstrel show over there; and if you will let me know the date, if permitted, will make every effort to attend.

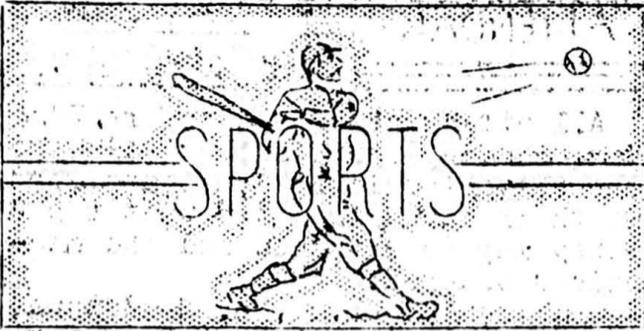
Sincerely yours,

Signed -- Lilburn Gibson

LIBRARY DONATION

Joyce M. in charge of the M.S.H. Library thanks Mrs. John Kinsler - 490 N. School Street, Ukiah for sending over two hundred magazines to be enjoyed by the Patients on the wards.

FEMALE VOICES WANTED FOR MINSTREL.



The recent bad weather hasnt prevented MSH baseballers from working out on the local diamond.

The diamond is still in very poor condition, due to rain and snow but a bunch of the boys from ward 15 and ward 8 have been making use of the field, which is not in bad condition.

Thursday and Friday being exceptionally good days, there was quite a number of players working out, bringing to mind the shortage of both baseballs and softballs. The three baseballs are about to fall apart at the seams, and only one softball available.

It would be nice to see more equipment available for workouts. As a matter of fact, it would be one swell gesture on the part of some sporting gods outfit either around Ukiah or Santa Rosa to donate a bit of equipment. Much nicer, of course if the state would buy some.

Being more or less of a newcomer to MSH, we have been a bit vague as to the relative merits of the MSH Blues, but from what we can learn thus far, it seems the Blues have produced some rather good ball terms.

Judging from what we have seen on the field, it would not be very surprising to see another good year for the Blues. The boys all look like they can hit and throw 'em.

Perhaps the most encouraging note for a good baseball season is the interest shown by Attendant Frank Rhea, himself a player of no mean ability. As has been noted before, Mr. Rhea has expressed willingness to sponsor a ward 15 softball team, that is a good step. If other attendants would do the same, it appears possible that several teams could be organized and a lively series of games played this year.

Practice Sportsmanship--

Incidentally, all players using the field these days are asked not to use the diamond proper until it has dried out and re-conditioned. Use the field instead.

Speaking of baseball, who's going to win the Pacific Coast League pennant this year? Our guess is that it will be another red hot race between Lefty O'Doul's rampaging Seals of San Francisco and the "Nine Old Men" of Oakland who captured the flag last season, with the Seals coming out on top.

EMPLOYEES ACTIVITIES

NEW HOSPITAL ATTENDANTS

Leroy Floerchinger, W. H. Filken, John Sipkens, William Lewis, Gordon Strickland.

Following is a list of employees on vacation. 1-28-49.

E. Ray (Matron), Elwin Cornell, Evangeline Handley, Ferné Fignon, Evelyn Merithew, Gloria Dale, Angie Griffin, Alice Parker, C. H. Gilbert, Joe Micheletti, Lawrence Saunders, William Carter, F. V. Stenberg, Frank Driscoll, H. C. Denham, Bessie Parker, Donald Dale, E. J. Richter.

Following is a list of employees on leave.

Carmen Lucchesi, L'ou Scott, Jean Burnham, Barbara Knudsen, Donald Carmichael.

SUPPORT YOUR ORGANIZATION

Just a reminder that C.S.E.A. Dues for 1949 are now payable.

This year for the first time we should like to have 400 members in the organization. At the present time there are 149 paid up members as compared with 137 the same time last year.

At this time the C.S.E.A. is, among other things, endeavoring to obtain pay increase for all employees who did not receive an increase last Sept., to obtain compensating time off for holidays, which do not fall on Sunday, and to improve housing conditions for the hospital employees. It is only with a large and active membership that these things can be done. So now is the time to pay your 1949 dues. The amount of money saved due to the discounts offered to C.S.E.A. members by the local merchants will more than pay back the amount of the dues.

Also remember that a U.S. Savings Bond (\$25.00 maturity value) will be awarded to the member who signs up the most 1949 members.

-JOIN NOW!!

Geo. Vose, attendant ward 12, was a Pomona News caller Sat. Jan. 29th.

WELCOME TO M.S.H.

(Office of Supervisors Jan. 29) Reporting for duty as a M.S.H. attendant this morning Benjamin Romaine joins the M.S.H. personnel.

The Pomona News joins others in extending a hearty welcome to the Ukiah resident.

INVEST IN YOUR C.S.E.A. CREDIT UNION NOW.

? QUESTIONS ?

ANSWERS BELOW

1. What was the first film produced in California?
2. What is the oldest city in the United States, and when was it founded?
3. What is a memorable event that took place in Delaware in 1937?
4. Where is the largest Finnish language newspaper published?
5. Which nation produces the most oil in the world?
6. How many states in the Union are named after the Indian language?

Customer: "Let me have some winter underwear."

Clark: "Yes, sir. How long do you want them?"

Customer: "Just until this cold weather is over."

Two soldiers were discussing the possibilities of a future war. "There's talk that the next war will be fought with radio," commented one.

"Well, I'm training," returned the second. "I've faced some terrible programs."

A little girl was engrossed in doing a strange drawing. Asked what she was doing she said: "I'm drawing a picture of God."

"But how do you know what God looks like?" she was asked.

"I don't," she said seriously, "that's why I'm drawing Him. I want to find out."

A wife appeared before a court judge and told what seemed an endless account of her errant husband.

The judge looked at the husband and sighed with relief after the woman's long tale of woe had ended. His relief was short-lived for she went on to say, "That's my side of the story; - - Now, I'll tell you his."

ANSWERS TO QUESTIONS

1. The Count of Monte Cristo, was completed near Los Angeles in 1907.
2. Saint Augustine, Florida, 1565.
3. The discovery of "NYLON" at the Du Pont Experimental Station in Wilmington.
4. In the United States at Fitchburg, Massachusetts.
5. The United States produces about two-thirds of the world's oil.
6. Fifteen.

SUBSCRIBE TO THE POMO NEWS \$2.00
A YEAR****

ATTENDANTS SUBSCRIPTIONS

All attendants who gave Mrs. Edith Morgan money for a subscription to the "Psychiatric Aid"; please send me their names in order that the money may be obtained and the magazines ordered.

Dr. G. L. Goodstone,
Clinical Director.

WELL WHADD'A YA KNOW?

The ultimate in overstatement, which is indeed a conservative description came to the recent attention of Alcoholics Anonymous and -or members of the Pomo News Staff of M.S.H.

As members of the Mendocino State Hospital Alcoholics Anonymous Group which is described by our Medical Staff as a vital part of the Hospital Alcoholic Program, we do hereby take friendly issue with the story appearing in "The Chico Enterprise Record" of Wednesday evening, January 19, 1949, front page.

The headline, "The Ex-Alcoholic"; "Prominent Attorney Tells of Cure", would bring any A.A. up out of his chair after he, in group discussion with fellow ex-drunks has tossed around the question of "ex-Alcoholics" and "cure" like brick-bats at a n Irish wake and invariably come up 99-9/10% unanimously opionated that neither a n "ex-alcoholic" nor an Alcoholic "cure" existed.

WHY?

Why can't the hands on the tower clock be painted white so that a body can tell time without having to use Binoculars?

WHAT'S A HORSE ON WHO?

Dan R., of ward 8 who drives the horse (horse?) drawn wagon, hauling feed to the Dairy, is sure having his troubles, keeping or even getting the nag going these cold days. They even furnished him antifreeze for the horse, but seems some of the Alcoholics chiseled the horse out of most of it, and all the horse got out of it was a mild bang that didn't last half way to the Dairy, with a terrible hangover, resulting in distress to Dan. We can't give you the bangtail's name, but it certainly isn't any of the names that Dan calls him, which are unprintable. But we don't see him wagging his tail as would be indicated by the names Dan calls his ancestors, and we take it for granted the poor horses' parents were respectable, conforming to the social standards of horse society in the way of matrimony, contrary (Continued Page 9, Col. 2.)

TOWARD BETTER MENTAL HEALTH

PROPOSAL FOR DANCE LESSONS

A number of Patients have made inquiries as to the progress being made in connection with the proposal that Patients knowing the various dance steps well enough to teach others. It has been suggested that those desiring to learn modern dancing as well as those desiring to brush up on their waltzes etc., be allowed to visit the Auditorium at least two days a week and tie in with the regular band practices. Let us suggest to such Patients who are sincerely interested, submit a request thru their ward Doctor to Pomo News, we will try to arrange such a program, which should be of great value from a Therapeutic standpoint.

M.S.H. PHILATELIC CLUB

Stamp collecting is not only a diversion but a pleasant and educational past time. It is also proves many times to be a surprising investment, by coming across a stamp or a cover that has a special demand by some collectors. Many covers that are rare have been ruined by removing the stamp affixed to it. Covers may have rarity from the cancellations that are on them, indicating place of departure and its destination. A beginner in stamp collecting must have stamp tongs, hinges, watermark detector and a perforation gauge.

Several stamps were received from George of Ward 9, - mostly from Germany. Among these was Bavarian Pfenig stamp and one over-printed 'Deutsches Reich'.

Bavaria was a sovereign Kingdom first and later a sovereign Republic. They also had their own Postal service.

The history from Ponce De Leon to Luiz Munoz Mariu, from 1509 to 1949 is exactly 440 years; the comprehensible measure of time will be covered by a new United States Stamp commemorative this year. The stamp specifically will be dedicated to the inauguration of Mariu, as the first elected governor of Puerto Rico, but generally it will mark the rise of an island people from terror, absolutism to Democracy. Puerto Rico has had United States stamps issued under American Dominion since 1898.

***MINSTREL SHOW IS ON THE WAY!!!!
-WATCH FOR ANNOUNCEMENT OF DATE-
FEMALE VOCALISTS NEEDED BADLY!!

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 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.

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

Christian Science Church - -

"What man knoweth the things of a man, save the spirit of man which is in him? even so the things of God knoweth no man, but the Spirit of God" (I Corinthians 2:11). This is the Golden Text for the Christian Science Lesson Sermon for Sunday, February 6. The Subject is "Spirit."

WHAT'S A HORSE ON WHO? (Continued) to the names Dan calls the horse. Even tho' the horse is no "Man of War" wither in appearance or the activity of Citation, - even tho' his coat is some what motheaten, - he seems to us to be a peaceable soul, with only one aim, and that is to please Dan, who it seems hard to please, judging only from the fluent derogatory verbal abuse he heaps on the head of his faithful steed. We thought of suggesting retirement, with suitable honors of a clover-lined stall and nickelplated oat trough, but sure he would die of a brokenheart without the familiar, flagrant verbal abuse by his Lord and Master, Dan R.

LOOK! (Continued) everything she has into it and getting better results than a seasoned director. We have a "FIND" in music in Ira W, as music director, aided by Olga K., who really plays that piano with Bob L. and others turning out music that can make the show. A rapidfire monologue by Interlocutor Hank N. and his endmen, carry the comedy angle off nicely. Tap-dancers all in a riot.

POMO NEWS

PUBLISHED EVERY TUESDAY AT THE MEN-
DOCINO STATE HOSPITAL, TALLAGE, CALI-
FORNIA, under the auspices of Dr.
David B. Williams, Superintendent.

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

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

"Pete" P.....Editor.
Maria B.....Assoc. Editor.

WE'RE DOING IT AGAIN!!

Our minstrel s h o w, launched a
short time ago a n d with full ad-
ministrative support is under way
to a flying start.

An order to a novelty house was
mailed early this week via the MSH
Amusement Fund for such; trinkets,
spangles a n d bangles, black face
make-up a n d sundry other little
things without which a Minstrel
Show is quite incomplete.

Again, as with our Hi-Jinks and
Xmas Show, Mrs. Dorothy Buchanan,
Attendant ward H, is selflessly giv-
ing of her time, interest and seem-
ingly boundless energy.

Working in cooperation with Mrs.
Buchanan, in direction of the Show
is Ira W., MSH Patient Orchestra
Conductor and more than well qual-
ified. Ira W's conductivity is
proving daily of inestimable value.

We, of the Pomo News in our quaint
way have been more or less busy
with "Duff" and Maria B., putting
out Minstrel "copy" like ants at a
picnic, in order that all partici-
pating will be adequately supplied
with script for their 'cues' a n d
'lines', in addition to copies o f
all the songs used in the show for
each member of the cast.

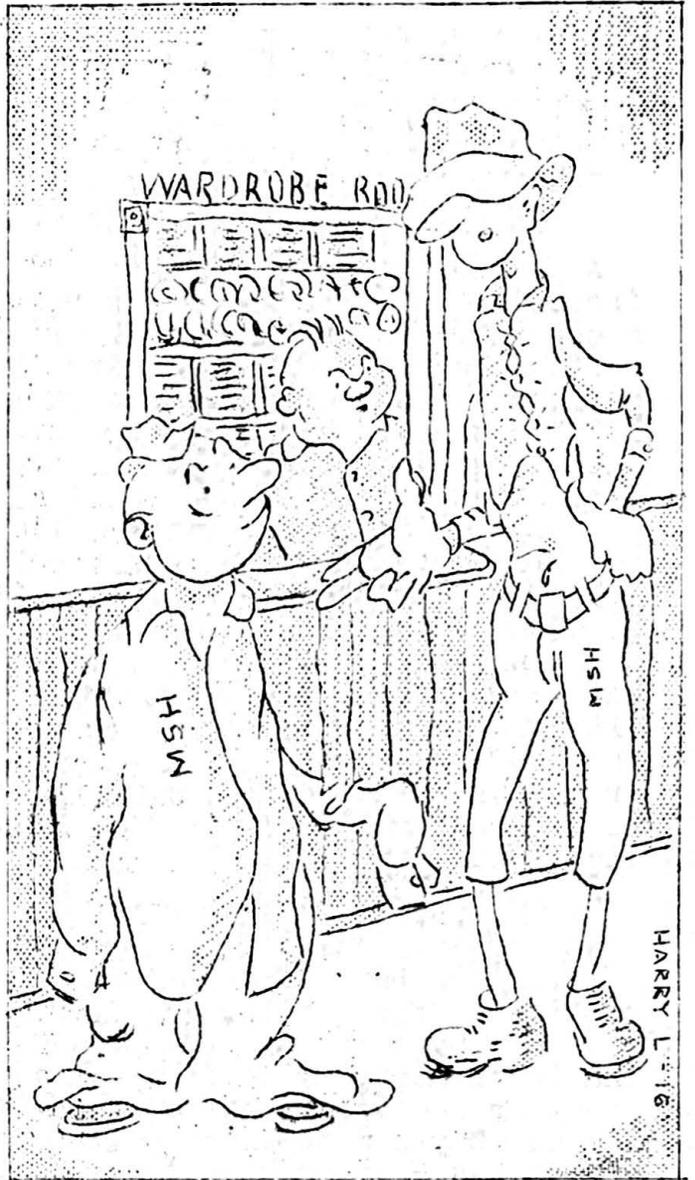
All that any of the participants
ask i s your continued cooperation
and if this show brings only a few
moments of happiness t o the other
patients, we will feel well repaid
indeed. * * * *

STATE EMPLOYEES GET PAY RAISE

Some 15,000 State Employees will
Benefit to the tune of \$1,800,000
appropriated for salary adjustments
by the passage of Senate bill AB527
just passed.

This appropriation is to be used
for the adjustment of salaries for
those employees whose salaries are
now below the prevailing rate. It
is further understood that these
increases are retroactive to Sept.
1, 1948.

The personnel Board meets on Feb
4th and 5th and again Feb 18th and
19th for adjustments, and the out-
come of these, posted soon after.



—PICTURE—
—WITHOUT WORDS—

MY WILD IRLISH ROSE

SATURDAY FEBRUARY -5