

A PROGRESSIVE PAPER FOR PROGRESSIVE PATIENTS

Pomo News

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

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LEST WE FORGET

On this birth date of the Father of our country, George Washington, it would be well for us to refresh our memories on some of the principles and ideals set down by him during both his administrations and particularly in his farewell address, which remains not only one of our political classics, but ideals that should be foremost in the minds of all Americans at this time of World political crisis.

In his farewell speech, which was so carefully drawn and solemnly worded, he appealed to his countrymen to be true to the government, to beware of foreign influence, to beware of party strife and to cultivate religion, education and the patriotic devotion to their institutions.

Nothing could be of more importance to every American at this time than to be continually on his guard against this 'foreign influence', and subversive activities that are always making untiring efforts to undermine our finest American heritage, freedom, in every phase of our daily lives, and to rededicate ourselves to the fulfillment of this policy.

MUSIC FOR WARD 12

Plans are now being made to take our M.S.H. Orchestra to play for the boys on Wd. 12. We are sure they'll like it.

CONTINUED PATIENT DANCES AT MSH PROVEN SUCCESSFUL

The patients dance Friday night was one of the best and most successful yet seen at the Hospital. The added attraction of a few solo, vocal and piano selections made the entire program move off smoothly, to everyone's intense delight.

It was generally agreed by everyone present that the music of the M.S.H. orchestra was by far the best they have had for a long time. Under the direction of Ira W., they had been going thru daily rehearsals that really paid off last night.

After the program got under way it was immediately obvious to the observer the intense delight the dancers were experiencing in those festivities and it was gratifying to note the pleasure written on all their faces. It might be further added here that as far as well behaved dancers are concerned, they set an example that many a so-called lady and gentleman might do well to take note. We offer congratulations not only to all of the patients themselves but to all the attendants in their display of tact and diplomacy.

The piano solos by "Coxie", Henry L. H., Ira W., and Wallace W., ranged from fast "Boogy" numbers to delightful classical numbers that were well received by everyone. A vocal number by Wallace W. was exceptionally good and another by "Irish" was good, but would have been better but for a faulty microphone.

It is only hoped that another dance will be held soon and that arrangements for such, get under way as soon as possible.

PUBLIC INVITATION

After many weeks of grueling, faithful rehearsing, the patients of this Hospital are ready to present a top-notch minstrel that should prove very interesting to all. Hard work on the part of every member of the cast and all those assisting in the production has developed a show worth seeing.

It is a pleasure for these patients to invite their friends, the hospital staff and their friends to this performance which will be presented for the public at 6:30 p.m., Feb. 24th. They have gone 'all-out' to make it one of their most successful endeavors in the program of social and occupational therapy, that have proved so beneficial to all. We hope you can come and enjoy a pleasant evening with us.

TO POMO NEWS

Andrew S. (For Silent) recently transferred from Ward 15 to that of 8, is the latest addition to the Pomo News staff.

Incidentally (Silent's) favorite poem, (inspiring too) goes like this:

A wise old owl sits
in an oak,
The more he heard,
The less he spoke;
And the less he spoke
The more he heard,
Why, aren't more of
us,
Like that old bird?

PAVING YARD —
AT WARD 12 —

Preparatory work to pouring 308 cubic yards of transit (ready mix) cement, for a concrete surface on the yard at Ward 12, began last week.

Scarifying and grading to "pouring level" must proceed the actual function of concrete surfacing.

"Pouring" will proceed as weather permits according to a statement given Pomo News reporters by Robert Chambers, State Department of Architecture Engineer.

The job completed will fill a sanitation need of long standing.

TREATS TO —
MINSTREL —
SHOW CAST —

All patients in the Minstrel Show Cast, received quite a surprise at the rehearsal Tuesday night Feb. 15, through the philanthropic act of John S. Ward 15, shoe cobbler.

Refreshments were coca-cola with a variety of cookies, doughnuts and candy.

We sincerely thank you, John. An enjoyable time was had by all.

POOR BOY!!!

Don S. of Ward 9 says "Everything is coming out OK." --Cond. Reflex

VICTIM OF
ACCIDENT
IMPROVES

Understand Karl S., of Ward 15, who had his hand badly injured last week is recovering quite satisfactorily. (Won't be any time at all until you'll be around whoopin it up with the boys, Karl).

— WHY? —

Why not, (in reference to a "Pomo News" item "Safety First" Feb. 5th issue, which concerned trimming the Redwoods; adjacent to the Administration Building) -- why not, (some tree lover has

-- refrain from illegal auto parking in that area?

Illegally parked autos, (of which 4 were counted one day very recently) constitute a definite obstruction of view, far exceeding that caused by the low branches of the redwoods.

Dr. D. B. Williams, MSH Superintendent, not so very long ago issued a plea for all, (with special mention of employees) who have in the past and still disregard traffic regulations, to stop the practice.

Mentioning, and emphatically calling attention to traffic hazards and illegal auto parking, Dr. Williams



On the 6th of March 1949, the Librarian of the MSH Patients Library will have an open house for the patients who come in that day for their books. As it happens to be the Librarian's Birthday on that day she said that she could think of no other nicer way than to share it with all of the patients. So come all -- and enjoy the day.

LOTS OF GOODIES!

NURSE FOR —
WARD 12 —

We are glad to learn that a very capable and efficient nurse in the person of Mrs. Nona Humphries, R.N. has been assigned to Ward 12 for permanent duty. The patients can feel gratified by this "new deal" which is further proof that constant ways and means to improve the efficiency of all patients in speeding up their recovery and rehabilitation, continues.

MSH ENGINEER
ILL WITH FLU

Mr. A.M. Buell, Asst. Engineer has been hospitalized at the Ukiah General Hospital. Mr. Buell is suffering from one of those bad cases of flu, recently so prevalent in the vicinity.

THANKS —

Additional MSH Library reading material was made possible through the kindness of the following people:

1. I puzzle from Eleanor U. Ward D, Feb. 13.

2. novels given by Don S. and his mother on Feb. 12.

5. Detective stories on Feb. 14, presented by Clinical Office Worker; Mrs. Karoleen Lewis.

Then, on Feb. 15, Mr. A.B. Schelling, attendant Ward 12, gave us a nice collection of magazines. We thank you.

GROUP DISCUSSIONS AT AA MEETINGS ARE INTERESTING. AA HAS THE ANSWER

(Cont'd from Col. 2) reminded all that illegally parked autos blocking fire fighting equipment especially in "No Parking areas" was a criminal offence endangering as it does hundreds of lives in case of fire.

Those areas aren't marked "No Parking" -- to reserve a "spot" for others -- they provide a means of saving human life and state property.

NEWS FROM THE WARDS

Ward 4

Henry H. transferred to Ward 8, assigned to Cannery.

Ward 8

Don S. transferred to Ward 9, and going for Treatment.

Bert C. transferred to Ward 9, assigned to Butcher Shop.

Harold W. had reservations to fly to S.F., Tues. Feb. 15th.

He had his heart on flying but the weather prevented him. He had to take the bus. He is sorry that he could not say "good-bye" to all his friends that he made while at the hospital. The vegetable room will sure miss him; - as he was a good worker.

Ward 9

Henry W. transferred to Ward 8, assigned to Dr. Orr's Cottage.

Ernest O'G. transferred to Ward 8, assigned to Kitchen.

Barton M. transferred to Ward 8, unassigned.

Ruppert H. transferred to Ward 8, assigned to Kitchen.

Frank D. transferred to Ward 8, assigned to Kitchen.

Henry B. transferred to Ward 8, assigned to Kitchen.

Glenn M. transferred to Ward 8, assigned to Pharmacy.

Fred M. transferred to Ward 8, assigned to Kitchen.

Ward B

Classes were started Feb. 16th, on Ward B; teaching the patients to make clay models and different articles.

Miss Patilu Farquharson, M.S.H. psychologist, who is conducting the class, is scheduled to inaugurate another, probably on Ward C.

Ward H

Laura H. transferred from Ward A to Ward H. She was assigned work in the Laundry.

Ward I

Alice P. transferred from Ward H to Ward I., and was assigned Ward-work.

A Surprise - Birthday - Party on Valentine's Day was given to Ruthie F. on Ward I.

The two attendants Mrs. H. Tyre, and Mrs. M. Winchester contributed to the success of this party.

Two lovely cakes, one pink heart-

shaped, and the other white with birthday candles on it. There were two large red candles at each end of the table on attractive white tablecloth. A valentine place card decoratively seated each person present. They also had ice cream, coffee. Many recited; others sang; not forgetting the ever popular one "Happy Birthday, to You".

LIAISON SOCIAL WORKER, HERE

Mrs. Constance Horstman, Liaison Psychiatric Social Worker was an MSH official business caller Wednesday, February 16.

John G. on Ward 15 was visited by a friend from San Francisco.

James E. on Ward 8 was visited by his mother from San Francisco.

Bob N. on Ward 8 was visited by his mother from San Francisco.

Head Matron Mrs. Edith Ray, returned to work Friday A.M. Feb. 11.

GOOD ATTENDANT PSYCHOLOGY

Contrary to his wishes and true modesty, we submit with unanimous approval of all who have come into contact with him, an attendant and his psychology that has done so very much towards patients taking such an optimistic view of the future with the result that the patient forgets his worries and ailments.

This fellow with nothing up his sleeve but a dynamic - personality and keen sense of humor literally talks a patient out of feeling ill or being confined, with the result he becomes normal much more quickly and takes an entirely optimistic viewpoint of the future and in a short time leaves here ready to face society entirely well.

We aren't saying he is the only attendant that contributes so much to the patients welfare thru such down-to-earth viewpoints and logic but any wishing to further their qualifications can take their cues from the foregoing.

Since he is truly sincere in not wishing his name used, we can only refer you to charge attendant of Ward 14.

THANK YOU * Dr. Blanche M. Meyer, for five philatelic stamps and your interest in patients' activities.

THE JOY OF BEING AN EDITOR

Getting out this paper is n o pic-
nic,
If we print jokes, people say we
are silly,
If we don't they s a y we are too
serious,
If we stick close to t h e office
all day,
We ought to b e around hunting ma-
terial,
If we go out and try to hustle, we
ought to be on the job i n the of-
fice,
If we don't print contributions.,
We don't appreciate g e n i u s;
And if we do print them, the paper
is full of junk!
If we e d i t the other fellow's
write up, we're t o o critical;
If we don't were asleep.
We clip things from other papers,
We are too lazy to write them our-
selves,
If we don't we are stuck on o u r
own stuff,
Even so, as not, some guy will say
We swiped this from s o m e other
paper.*

*We did!

Submitted by Edward E.F. Ward 8

FURTHER ALCOHOLIC STUDY

It was learned that Mr. and Mrs.
Jack Lavelle, experts in the Alco-
holic Reflex treatments at M.S.H.,
will visit the San Francisco Hosp-
ital to make a first-hand study of
the alcoholic patient from the time
he enters the Psycho Ward at t h e
hospital until he arrives at their
treatment room. In this way, they
will learn his exact condition and
enable them t o better understand
what phases of physical and mental
readjustment the patients have t o
go thru until they are ready to be-
gin taking the Reflex Treatment. It
can readily be seen t h e ultimate
advantage to the patient thru the
untiring and as y e t unsurpassed
efforts of these diligent people
who take such a personal interest.

SUBSCRIBE TO THE POMO NEWS \$2 A YR.

ANDY STAHL'S

FINE
LIQUORS

PHONE:

UKIAH-1138-J

C S E A T O - D A Y

The CSEA Membership drive has now
passed the halfway mark, b u t is
still far from obtaining the quota
set for the organization. At this
time we have 223 paid up members
for 1949, which i s short o f our
hoped for 400 members. However,
there i s still a month and a half
to go before the drive end. If you
are unable to p a y your dues this
month, try and find the \$6.00 next
pay-day, since a larger membership
means more and better representa-
tion f o r you and all other State
Employees.

There has been set aside \$1,800,
000 for salary adjustments for most
of the classes of employees who did
not receive adjustments last Sept-
ember. This appropriation has been
obtained only by the unfailing ef-
forts of the CSEA. A bulletin will
be issued by the Association i n the
near future listing all classes re-
ceiving a pay raise. If your class
is on t h e list you can thank the
CSEA for it. s o if you are not a
member, join the local Chapter. It
is supporting you.

For the benefit of employees who
must reside on the grounds t h e
CSEA is endeavoring t o better the
living conditions. This Chapter is
actively supporting legislation to
provide more and better employees'
housing. The legislator from this
District visited the institution a
few days ago, a s a guest o f the
CSEA, a n d promised that he would
exert his best efforts to secure
the passage of this measure.

The officers of t h i s Chapter
would like t o personally contact
every employee who is not a member,
and invite him o r her to join our
Chapter, but since it is impossible
to reach each one individually, all
non-members are urged t o consider
what CSEA has done in the past, and
what is planned for the future. Any
officer of the Chapter, or any one
of the Membership Committee, will
be glad to furnish any information
about the Association, and to wel-
come you as a member.

The meetings are open to all em-
ployees even if you are not a mem-
ber. You are welcome to come.

REDWOOD VALLEY
NURSERY

PLAN WITH US NOW FOR YOUR
FLOWER AND VEGETABLE GARDENS.

565-W
262
PHONES: 1036-W



Elsie B., Editor.

"TALENT APPRECIATED"

Pomo News: Now that the song bird, Irish, is back on the stage again, every one is glad to hear and see him. As we are all trying to do the best we can, I do not think it is too much to ask that when the big minstrel show plays, that all outsiders pay the small sum of .50¢ then we could serve refreshments, and have a dance afterwards.

G.S. - Ward 3 -

G.S: We agree with you that we have one of the finest voices in the U.S. with us, and that's not "hay". But under the circumstances, "Valuation is without measure" and we trust to the judgement of the public to do as they see fit. I'm sure that our dance on the 18th will take care of remuneration, and refreshments.

"OUR PRAYER"

WE THANK THEE DR: For letting us have 2 nice shaves, and new socks; now how about some scrambled eggs, german fried potatoes, hot teast, and hot cakes for breakfast.

Ward 3 -

WARD 3: For one that would be a simple matter, - but for 2700 that will take a little figuring. ?

LESSONS IN DANCING?

Pomo News: I read in the Pomo News that anyone wishing to learn dancing to make it known. We do thank the Pomo News for their kindness, as there are a few young men here who would dearly love to learn how to dance. Thanking you in advance we remain, Yours truly, WARD 3 -

WARD 3: After the minstrel show, we shall try to make some arrangements for dancing lessons.

"NICE SURPRISE"

A couple of weeks ago Ward 2 was startled by the introcution of a pingpong table, completely equipped.

Few ventured to try it at first, but now it is necessary to stand in line for a turn to play. It is the most popular item in the ward these long, rainy stay-in-days.

I have played it myself, like it exceedingly, and think it is one of the best innovations made under the new program. Very truly yours,

Ed B. Ward 2.

"INTROSPECTION"?

In thinking of lives of human beings, I will say in this blessed institution, I, myself, will still look forward to the future to come, with good faith and courage. Altho' we are behind the iron curtain, and dark shadows of fear, we live and learn, and it seems sometimes by the time we learn, it is time to die and forget it all. Florence B., Ward C.

"EXERCISE"

Pomo News:

To say a few words about my foot exerciser, "My motto is body first!" Nature is remunerative providing we obey laws.

Thales Ancient Greek has said, - "The forces within us die before we know if they existed."

Psychiatrists confine their interest mostly to the mind, ignoring the body so much, that is why the Mental Specialist builds so many buildings to house the mentally deranged. It would be more beneficial, and cheaper to repair human bodies. John - Sheeshop.

Dear John, Since the mind comes first here, we will have no difficulty leaving when we have fulfilled our laws. Psychiatry, pertaining to soul, spirit, and mind - some thing obscure is a new study. If we cooperate, we grow with wisdom.



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SMITH & MOLSON

THIS WEEK

WEDNESDAY:

Dr. Goodstone'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.
PRESENTATION OF MINSTRELS

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

SATURDAY:

Movie: Feb. 26th, "Angel in Exile"

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 Practise at 9:30 a.m. in Auditorium, Monday thru Thursday.

TUESDAY:

Get your copy of the "POMO NEWS"

TOO MUCH FOR ONE TRIP

National Geographic Magazines, donated by Mrs. Packard to the MSH library, with an assortment of others were welcome last week. Ralph Chaney of the Supervisors Office was unable to bring the entire lot in one load. THANKS !!!

M.S.H. COUPLE INJURED

Figures in an auto-accident on the South Highway late Thursday, February 17th, Mr. and Mrs. Harry Comerford, new attendants at M.S.H. luckily escaped serious injury.

The pair, who were employed at Norwalk prior to transferring here, lost only one day following their accident. Both reported for work Saturday morning.



DR. WILLIAMS
SAYS

Last week I attended a Superintendents' meeting at Sacramento; held in cooperation with the Gov-

ernors Mental Health Program, beginning March 3rd and 4th.

There I was chosen to act as Councilor for the panel on study of Alcoholism.

We are all proud to announce that our Minstrel Show is ready for presentation.

The Show will do three performances, including the evening show at 6:45 to which the public is cordially invited.

VISITOR LAUDS MINSTREL SHOW AT REHEARSAL

Marian, charming wife of Ira W. visited with her husband over Saturday and Sunday.

After touring the Institution, the couple attended the Minstrel Show rehearsal, for which Ira directs the music.

Marian, who has been in the theatrical profession herself, commented on the show: "I think it's wonderful, -- just wonderful!!"

"DELIGHTFUL VISITOR"

Miss Mary Jane Buchanan, pretty and popular daughter of Mr. and Mrs. Donald Buchanan, from Santa Rosa Ursuline Convent, spent the weekend under parental roof. She accompanied her mother to the patients' dance.

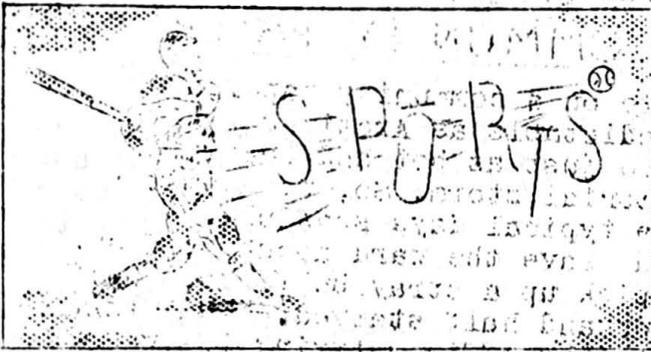
WHY?

not arrange to have the patients Orchestra treat the patients at Wards C, F and 7 to a musical concert as well as the patients on Ward 12.

THANKS TO THE INDUSTRIAL SHOP

We are glad to learn of the quick response to the request for a croquet set for the female patients, which were "hinted" for in a recent issue of Pomo News. The Ladies wish us to convey thanks to all of the Industrial Shop people.

It was further learned today that the hospital is recently in receipt of soft balls and ping-pong balls. Charge attendants make their requests soon.



NOW IS THE TIME TO GET READY!!

Old Man Weather has been smiling around the ballpark again, with the result the baseballers have been out in full swing in the past few days (that is when the sun was shining and the field was dry enough for some action.)

ATHLETIC EQUIPMENT

There has been some talk going around that more playing equipment was due, but the boys complain that there still aren't enough bats, balls and gloves to take care of the athletes.

Bats are sadly lacking. There are only a couple of good ones left at present.

We do hope some kind-hearted sports fan will see this piece of deathless prose and send along a couple of bats -- or any kind of baseball playing equipment, for that matter.

Baseball, as you know, is about the best form of recreational therapy that can be had in an institution of this kind, and the more patients who can participate in it the better.

We noticed quite a few boys from Ward 8 having a time for themselves the other day, while a crew from the dairy show up regularly to do a little ball tossing.

ALL MEN SIGN UP!

It's a good sign. Maybe, before long there WILL be some teams organized among the patients and a fair to middling baseball season can be had at MSH.

EMPLOYEES CAN LIMBER UP TOO!

Meanwhile, what's become of the attendants' team? Haven't seen any of them cavorting around the diamond as yet. It's been bruited around that there are some first class players among them, and we most certainly would like to see them before we pick up our typewriter & depart for more lucrative climes which won't be too long now. --md--

VISITS IN BAY AREA

Mrs. Emma Leo spent last week in San Francisco visiting her sister. This week she is guest at the home of other relatives in Richmond.

SUGGESTIONS - PLEASE: FOR M.S.H. ENTERTAINMENT!

EMPLOYEES ACTIVITIES

EMPLOYEES ON VACATION

- Loc Mosloy Mr. and Mrs. Blair
- Walter Brown Charlie Turfi
- Ralph Kortright
- Luther Sawyers
- Russell Clarko
- Robert Babcock
- Freeman Alexander

MRS. SAM RAY - is home, sick with a fever.

EMPLOYEES SICK

- Morcerda Shank
- William Nohring
- Pearl Bolton
- Walter McCombe
- Ed Mawrer
- E.H. Dowlin
- Earl Hallman

DALES VISIT IN SAN FRANCISCO

Gloria Dale is back from her vacation. She and Joyce went to S. F. to visit a sister. She reported that they went to a dance at the El Patio and had a wonderful time.

ASSIGNED TO WARD 12.

Nola Humphreys, Registered Nurse who has been assisting in surgery, has been assigned to Ward 12, under Dr. McKeever.

HOW ABOUT 1 HR. FOR LUNCH!

CSEA
DANCE

PLAN NOW TO ATTEND
FEB 26
Most Delightful!

DOOR PRIZE

"Donated by Ukiah Liquor Store"

Excellent Music!
Refreshments!
"Don't Forget"

ADMISSION FREE

QUESTIONS

ANSWERS BELOW

1. Whose house was recently given to the people of the U.S. as a national shrine?
2. What famous lighthouse is considered one of the seven wonders of the world?
3. Where are the Leeward Islands?
4. When was the first attempt to find the North Pole made by the Americans?
5. Who first conducted successful laboratory experiments on the conditioned reflex?
6. What is psychoanalysis?

Subject for debate: Which makes a man act more foolishly -- love or liquor?

Customer: "I'd like to see a good used car."
Salesman: "So would I."

"I just got taken in one of those clip joints."

"How much did they get out of you?"

"Seventy-five cents for a haircut."

The only thing that comes to him who waits -- is whiskers.

Wifey: "It says here that more accidents happen in the kitchen than anywhere else."

Hubby: "Yes dear, and the worst of it is we men have to eat them."

Little Willio, promoted to the third grade, met his second-grade teacher.

"Oh, Miss Sullivan," he exclaimed, "I wish you were smart enough to teach me this year, too!"

The humble, meek, merciful, just, pious and devout souls are everywhere of one religion and when death has taken off the mask they will know one another, tho' the diverse liveries they wear here make them strangers. — Wm. Penn.

If you know how to use your spare time, you seldom have any to spare.

ANSWERS TO QUESTIONS

1. The late President Roosevelt's home at Hyde Park.
2. The Pharos of Alexandria.
3. In the Carribean.
4. In 1753, from Philadelphia.
5. Pavlov.
6. A method of mind-curing analysis based on the theory that repressed desires cause disorders.

LIFE ON A COMMUNITY PAPER

Life on a community paper is as unpredictable as Arctic storms and can be just as hot and deadly as an equatorial storm. So, we submit to you a typical days schedule.

You leave the ward about 5:15 am. and pick up a stray bull pup, half frozen and half starved. You take him to the office, trying to warm him up, feed him and make him at home while you 'rack' around trying to locate the owner. You dash out for breakfast, come back and clean up after the pup, with whom you've become attached to by now and the owner comes in, snatches the pup away from you and you're off to a good start for the day.

Next comes a bum tip on some guy falling off a truck or some other 'phoney' lead and back to the office, by this time thoroughly wet and cold. Now the morning mail. One guy wants to sell you a Piper Cub, another wants to borrow a mere \$200 to go home on, while on the other hand another only wants a cigarette. One letter interests us greatly as to the financial possibilities. A certain Irish tenor proposes to open a babysitting salon, offering the very best in such accommodations, including Irish lullabys to all the little brats. (I can just picture Maria holding one kid in one hand and typing with the other, and Elsie 'changing' another, while Pete P. is trying to put a cup of coffee in another, with Eugene bouncing another off the mimeograph machine. Andy S., a new Pomo staff member singing 'Old Man River' with Irish and the babies making up the chorus, gives a nice quiet place to go peacefully nuts while trying to compile a newspaper.)

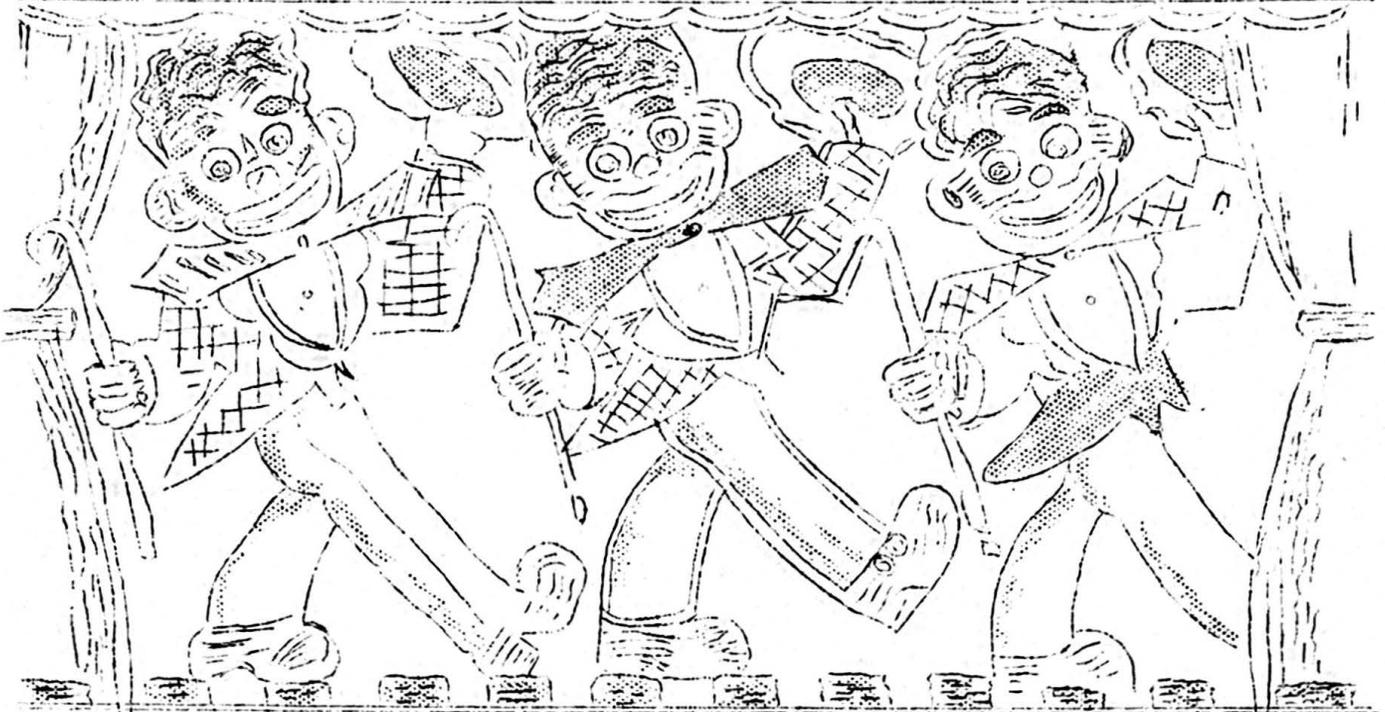
Of course theres the sports writer griping about the weather curtailing all sports activities instead of getting out and maliciously starting a couple of good fights he could write something about.

Some time during the day if you're lucky enough you might be able to get a bite to eat and rush up to the rehearsal of coming minstrel, yelling your lungs out. After this, your day really begins, cutting stencils with 'Simon Legree Pete' pulling his hair out, --- on into the night.

You might know of quicker ways to go 'batty' but five will get you ten you wont find a surer way. So if you have no other aims in life, reserve yourself some straps and a jacket and come on in. The hot water is fine.

"Doctor, groaned the patient, "can you cure me of snoring? I wake myself up." "In that case," advised the physician, "I'd sleep in another room."

"LAND OF COTTON MINSTRELS"



PRODUCED BY, AND FOR, THE PATIENTS OF MENDOCINO STATE HOSPITAL, FEB. 24.

CAST

(In order of their appearance)

Interlocutor: Bob N.
 END MEN: Walter E, (Harry), John G.,
 (Jim), Woody C, (Joe), Roger J, (Dick),
 Frank W, (Tom), Bill G., (Jack).

SPECIALTIES:

Boogie Tap: Vernon F., Leonard C, Piano.
 Solo: "Old Man River" Andy S.

"Lazy Bones" Vocal and Piano John N.

Quartet: Irish, Bill G, John S & Woody.

Girls Chorus: with "Sophie", Helen, Laura
 Naomi, Meridith, Sally, Norma, Peg & Mamie.

"Little Grass Shack", Frank W, & Joe W.

"Love Attack", Lila H.

Tap Dancers, Henry, Joe, Elmer & Vern.

"Louisville Lou", Maria B, & Herbert B.

"Calling Caroline", Solo "Dumpy".

"Prairie Flower", Recitation Lila H.

"Stay In Your Own Backyard", Myrtle H.

Harmonica Oliver D.

Poem, Bernard K.

"When My Baby Smiles At Me", Frank W.

"Little Bit Of Heaven", Dennis C.

"If You Talk In Your Sleep" Grace K.

"A Rugged Situation" Arthur M.

Skit: Dennis C.

MUSICAL NUMBERS

"Waiting For The Robert E. Lee.

"Polly Wolly Doodle All Day."

"Dark Town Strutters Ball."

"Alexanders Rag Time Band."

"Boogy Woogy"

"Old Man River"

"Old Kentucky Home"

"Evening By The Moonlight"

"Lazy Bones"

"Down By The Old Mill Stream"

"Sweet Adeline"

"If You Knew Suzie"

"Angry"

"Put Your Arms Around Me"

"Little Grass Shack"

"Louisville Lou"

"Calling Caroline"

"Swanee"

"Stay In Your Own Back Yard"

"Mandy Lee"

"When My Baby Smiles At Me"

"A Little Bit Of Heaven"

"Don't Mention My Name"

"Jungle Town"

"Robert E. Lee"



Dr. Gerald Goodstone
 Director of
 Occupational Therapy

Mrs. Dorothy Buchanan
 Director of
 Production, Costumes
 and Dialogue

ORCHESTRA:

Ira W. Leader & Trumpet
 Olga K., Piano
 Bob L., Saxophone
 "Ross" trombone
 Pete P., Drums
 Marion A., Guitar
 "Chuck" G., Banjo
 Eugene P., Arranger

Manager:
 Milton D.



TOWARD BETTER MENTAL HEALTH

For the convenience of patients as well as those friends and relatives who plan a visit to the Mendocino State Hospital, we offer the following information:

Visiting hours; Daily: Mornings - 10:00 a.m. to 11:30 a.m.

Afternoons - 1:00 p.m. to 2:30 p.m.

These hours are observed for the furtherance of patient welfare.

All visitors must always go to the Main Office (Main or Administration Building), and register there as a visitor. From this department, an appointment will be made for visitors to contact the patient on his or her respective ward.

ANNUAL JOB NEARS COMPLETION

Phinas Van, supervising a crew of 12 to 15 patients, recruited from wards 5&6, will, (weather providing); finish an annual job next week it is thought.

A few moments spent watching Van, directing the pruning of fruit trees opposite the Green House late Wed. Feb. 16, convinced us that he is a discriminating arboriculturist;

Under his capable direction, and guidance, a crew of good men have been busy for quite some time whenever weather conditions permitted.

"Crows Nests" (superfluous objectives of the pruning shears), a precocious natural cluster of branches, (apparently growing only in an effort to off-set the effort and effort of last years' pruning)--provided Van no small amount of concern.

Elsewhere, other willing lads from 5&6, were cheerfully gathering the falling branches which were piled and burned.

* * * * *

Immediately across the road Fred Figone's gandy dancing eager beavers were literally turning over the earth, "Just to kill a r l y weeds," explained Fred.

WHY?

Why can't the drinking fountain at the ball park be fixed, that those who play there may quench their thirst.

"THERAPEUTIC CONFERENCE"

We would appreciate, those of us who are diagnosed sexual psychopaths, being permitted a series of therapeutic conferences, at which time our problems may be discussed in a personal and objective manner and psycho-therapeutic treatment and advice be given. 22 signatures,

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.

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Christian Science Church --

"There shall come forth a rod out of the stem of Jesse, and a Branch shall grow out of his roots".

(Isaiah 11:1) This is the subject of the Golden Text for the Lesson Sermon in Christian Science Churches for Sunday, February 27th.

The subject is "Christ Jesus."

HEY! HEY!

I'm not an Alcoholic
As these so called psy-co's think,
They ask such foolish questions.,
"Do you really like to drink?"-if
They would take three little bottles
and put them side by side;
One castor oil, one alky and one
peraldehyde

They would get my answer with a
smile, cause --

I'd leave two bottles there;
And take a nice big rugged drink,
While they would stand and stare.

But to show that they were sociable
They would each take two or three
And to prove they didn't like the
stuff

They would make a face at me and
Say they road the wagon,
Then just fell off to seek a cure
But if they tried some other cynical,

They would solve the thing for sure
It doesn't take a Solomon or any
heavy thinker,

To tell I'm not an alky;
But just a heavy(drinker) thinker.

Non Reflex

(Copywrite not applied for)

Therapeutic Conferences will begin Tues. Feb. 22nd, for first 13 on list. All will eventually in the near future have such help.

Signed- D. Prossor.

POMO NEWS

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Supervised by Dr. Gerald Goodstone:
Clinical Director.

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

A THOUGHT FOR THE WEEK

When we were asked to do a small bit on a "Good Thought for The Week" I immediately thought of a passage in a book I read many years ago by the imminent author, James Hilton, "Lost Horizon". While the book is entirely fiction and the thoughts fictitious, they nevertheless made an everlasting impression on me that has lasted all these years.

The scene being laid in the serenely peaceful valley, Shangri-La, where time stands still, the theme of which is moderation. The mythical Lamas lived to be more than 200 years old in complete, sublime and carefree happiness. When the High Lama was asked how they accomplished such a complete Utopia and lived such a long full life he said; "If I were to put it into a very few words, I should say that our accomplishments and prevalent belief is in moderation. We inculcate the virtue of avoiding excess of all kinds--even including the paradox, excess of virtue itself. In this valley which you have seen and in which there are several thousand inhabitants living under the control of our order, we have found that the principle makes for a considerable degree of happiness: We rule with moderate strictness, and in return we are satisfied with moderate obedience. And I think, I can claim that our people are moderately sober, moderately chaste, and moderately honest."

If we could but digest the full significance of this word "moderation" in our daily lives, we could expect to live a much longer happier life, instead of this mad rush to get nowhere, upsetting an otherwise normal nervous and physical condition with its resultant breakdown, disillusionment, despair and confusion.

If we learn nothing more than to take it easy, - to let things take care of themselves and learn the meaning of moderation in everything we do, our time will have been well spent while in the hospital.

THE FATHER OF



OUR COUNTRY

BORN
FEBRUARY 22, 1732



SATURDAY - FEBRUARY 26
- M. S. H. Auditorium -