

Helpful Hints To Hygiene by Gladys Woods

This week we have a continuation of importance of a proper balanced diet. As mentioned before proteins, carbohydrates, and fats are the important elements which makeup this balanced diet. Many of you, therefore, may not know what foods are characterized under these groups, so today we shall try to give a definition of these food groups and the foods grouped under each.

Protein for Body Building. There are many kinds of protein. Some of them are able by themselves to build the protein of the human body. Others are not complete in this sense, but need to be mixed with proteins of different kinds if the protein part of the diet is to be satisfactory. Abundant amounts of complete proteins can be obtained from any of the following foodstuffs: milk, eggs, and flesh foods. It is impossible to obtain complete proteins from potatoes, green vegetables, and certain other sources, but hardly in sufficient quantities unless one overeats of such foods. Legumes of all kinds are rich in proteins, but their proteins are generally not complete. Among them, soybeans come the nearest to providing a complete protein. One who obtains part of his dietary protein from legumes and supplements this with protein from moderate amounts of milk or eggs, or both can be sure of satisfactory protein nutritional balance.

The quantity of protein is also of importance. Not much protein is required to repair broken-down tissues, and in an adult this is the chief purpose it should serve in the body. If an excess is eaten, what is not needed for repair is used as a part of the body fuel; but when protein food is oxidized in the body the wastes produced are acid in nature and tend to be burdensome to the kidneys.

Dietary Fats. Most food fats do not differ much in digestibility and in usefulness as sources of body energy. Many medical scientists, however, are coming to be more and more of the opinion that too high a fat intake -- especially of animal rather than of vegetable fats -- may be harmful, predisposing to apoplexy and coronary heart disease. On the other hand, few people in the United States eat too little fat for health. Such foods as butter, margarine, salad oils, and green vegetables contain fats.

Dietary Carbohydrates. Nearly all carbohydrates in the diet are changed during digestion into the simple sugar glucose, also called dextrose. From this point of view, it matters little what form of carbohydrate one eats. Highly refined cane or beet sugar, however, is somewhat irritating to the stomach and seems to promote decay of teeth. For this reason it should not be taken in excess. All the other sugars occurring naturally in most fruits and some vegetables, as well as starch from any ordinary food source, may be considered suitable carbohydrates for an ideal diet. Cellulose, which is a form of carbohydrate, is more or less abundant in all unrefined vegetable foods. It is almost completely indigestible, but it furnishes bulk to the diet and helps to prevent constipation.

Nest week still another approach to the balanced diet shall be discussed. We do hope these informal and suggestive discussions are of some help and interest to you the public.

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FAMILY COUNSELING SERV.

Family Counseling Service is governed by a Board of Directors of 21 members selected from the community at large. They are volunteers, and have the interest of the agency and good service to the community in mind in assuming this responsibility. On the Board there are doctors, lawyers, school teachers, housewives, businessmen, bankers, insurance men, laborers, and so on. They are elected for a term of three years and may succeed themselves.

Family Counseling Service has 24 professional and 8 clerical positions. All of the professional staff members are trained social workers who have had a minimum of six years of college education, the last two of which must have been in a graduate school of social work. For employment as counselors in this agency, two years of social work training is a prerequisite. All of our counselors have also had years of experience in working with people. The counselors are fortified not only with the educational background, but they must have a sincere interest in people and dedication to the welfare of individuals and the community. Their warm thoughtful, curative relationship with people with problems enables persons seeking help to benefit from the help they are given.

In 1961, 2100 families sought help at Family Counseling Service. This represents over 9,000 individuals. Sixty-one per cent of these families lived in Seattle, the remaining lived outside of Seattle and within King County.

Problems for which these families sought help were: 39 per cent - marriage difficulties, 25 per cent - in relation to the problems of children, 20 per cent - dissatisfaction with one's self and a feeling of unhappiness; the remaining problem areas were financial mismanagement, vocational adjustment, concern about health, and so on.

Some of the marriage difficulties were just in the beginning states and others in crisis and of long standing. These are some of the examples:

A man came in because he and his wife were in the process of divorce; yet they were not sure that the divorce was the answer -- they were fond of each other and would like to find reconciliation. They were depressed by the prospect of breaking up their home through divorce.

A woman called because her husband, earning over \$10,000 a year, was unable to stay on the job and was not giving sufficient attention to the family.

Another woman contacted the agency because of a marriage situation. She seemed to be very neat in appearance and self-contained, but she was very much concerned about her marriage -- that things in her home were going from bad to worse. The husband did not come home on time. She thought a good deal of the difficulty at home was her own fault. She and her husband did not socialize together very much. She was a high school graduate and had had successful work experience. She found it difficult to talk about her feelings. She preferred to be alone.

She felt that she had a tendency to run away from things, rather than to face reality, and therefore she and her husband had been unable to communicate with each other satisfactorily. Her own personal feelings, she thought, had been causing these difficulties.

A woman telephoned because her husband had deserted her. She had two children, 4 1/2 and 2 1/2. She lived alone, was unable to control her 4 1/2 year old child, who was defiant, had temper tantrums and was extremely active.

Here is a typical example of parental concern over the behavior of children: A mother called because she and her husband were unable to control their 17-year old child, who was rebellious and refused to attend school. The income in this family was about \$12,000 a year.

A divorced mother of two teenage children was quite concerned about her 15 year old daughter who had been suspended from school. The girl was argumentative with teachers, displayed violent temper. She seemed to have good intelligence, but her school performance was gravely uneven.

Examples of other kinds of problems: A professional man called about his wife's drinking. A doctor referred a patient because he had not been able to find any physical cause for the complaints that the patient had, and feared that the patient's complaints arose from psychological difficulties. The family had four children and the mother's attitude was influencing adversely the health of the children.

These are only a few samples of the types of situations that come to our attention daily. The families that come to us represent a cross section of the American community. They are laborers, housewives, skilled and unskilled workers, professional people, businessmen, salesmen, and so on. Most of them are high school graduates, and a good many of them are college graduates.

Family Counseling Service is mainly supported by UGN; however, families pay for part of the service if they can afford it. The fee scale is based on ability to pay.

It should be noted that the proportion of non-white clients of Family Counseling Service is considerably lower than the national average. We do know that the Negroes in general have many more social problems than the average white family; yet they have not been able to take advantage of our counseling service.

Families learn about Family Counseling Service through their friends, mainly. However, some of them are referred to us by their youngsters' school teachers, lawyers, doctors, employers, and by other social agencies. All contacts at Family Counseling Service are confidential. It is our hope that people can feel free to talk with our counselors about problems that disturb them. We, of course, cannot be of help to individuals if they do not wish to invest their time and thought in finding out what their problems are and doing something about them. This is a service that can be very

Disadvantaged Student BELLEVUE HOUSING

By Sidney Gerber, President
Harmony Homes.

The success of a school's educational program is inescapably interlocked with the economic and cultural background of the pupils. To a significant degree the success of a school program is determined by the status and ambitions of the families being served.

In some areas of Seattle -- notably the central district -- the population is quite transient, has a high proportion of minority groups, has a generally low socio-economic level and a high degree of unemployment, has a considerable amount of sub-standard housing, and a large number of broken homes.

There follows at the nearby schools a low level of achievement by these pupils who are not motivated at home with the importance of going to school and trying as hard as they can to make good. These are the children who easily get into trouble and who tend to be drop-outs.

The Seattle schools have been alert to these problems and are carrying on an energetic plan of attack. Some of the corrective measures under way include smaller classes in these schools, more counseling for students, more assistance in the office so that the principal and teachers can spend more time with individual students, more experienced teachers assigned to these schools, better physical fitness programs and closer cooperation with the community, involving bringing the community and schools together in the working out of these problems.

The School Board will soon announce the name of a person to coordinate the work of improving the educational opportunities for students in those schools which have concentrations of students who have been categorized for lack of better descriptive words as "disadvantaged" and "culturally deprived."

This week I toured a few homes in Bellevue, picked from the Unitarians list of owners who have advised their volunteer group that their homes are for sale to any qualified buyer. These eight homes listed averaged about a 25 minute drive from downtown Seattle, and some were especially desirable.

The smallest, three bedrooms on one floor, was ten years old, neat and a bargain at \$14,500 with only \$700 down FHA. The owners have strong convictions that Negroes should have an equal opportunity to purchase their home. The second house was in Eastgate, towards Lake Samamish, and had three bedrooms, two baths, and a family room, also all on one floor. It was a good buy at \$16,500 but requires a purchaser who would do some painting and get the yard in condition.

The third house in Eastgate was a dandy at \$22,800, 10% down FHA. It was 3 years old with three bedrooms, two baths, a large secluded yard, plus a separate apartment in the daylight basement for the mother-in-law. And if you really want to go overboard, there is one in Bellevue at \$40,000 with a swimming pool bigger than Bill Henry's.

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