

# Ideas

## Have You an Idea?

Something new? Different? Better? An easier way to get a job done? A simpler approach? More efficient? Cheaper? Faster?

As a health officer, hospital administrator, nurse, sanitarian, health educator—whatever your position—the day-to-day problems you face more than likely have counterparts in many other places. How you tackle your tasks may be of very real help to others in similar situations. And notes on how they handle their problems may help you.

This "Ideas" section is a place to exchange experiences and approaches. You, as well as your colleagues, will benefit when you send in your ideas.

—THE EDITORS

## Pastoral Counseling

**BIRMINGHAM, ALA.** The idea of an interchurch center and pastoral counseling has grown out of a series of meetings with ministers sponsored by the Ministerial Association and financed by the division of mental hygiene of the State Department of Health. Of 400 ministers in Birmingham, 150 attended to discuss counseling problems with the aid of an expert from Duke University. An institute on "interprofessional relations" is being planned for the summer.

A tentative budget of \$10,000 per year has been agreed upon for the pastoral counseling center. The division of mental hygiene has indicated that it will supply approximately one-third of this amount in order to help get the project under way. The remainder of the funds

is being raised by individual churches, and the committee of the Ministerial Association hopes to convince the Community Fund of the city to invest money in the project. The committee is hoping to get this center opened during the fall of 1952.

## Nutrition Flip Charts

**ALBANY, N. Y.** Nutrition in pregnancy is the theme of a series of flip charts recently completed by the New York State Department of Health. The flip charts are designed as an

aid to nutritionists and public health nurses in teaching classes of mothers.

The charts consist of 24 pages illustrated in color and enclosed in a carrying case, which can also be used as an easel for display purposes. Nutritionists give personal instruction to the nurses in the use of the flip charts, explaining that the flip chart is an aid to the speaker and to the audience. It provides an outline of the topic, and makes omission of important points unlikely. It also emphasizes and clarifies the speaker's points by providing visual material for the audience.

Although a film strip serves a similar purpose, nutritionists, nurses, and educators have chosen flip charts over film strips for several reasons. The charts are easy to use, requiring no special equipment and no operator. Then, too, there is no cleavage of audience and speaker created by darkening the room for film strips.

## Cardiac Work Ability

**WASHINGTON, D. C.** A Cardiac Work Evaluation Unit is now functioning here as a means of gauging the work and living capacities of heart patients.

Each patient and his "work tolerance" are considered by a team consisting of the referring physician, a cardiologist, a clinical social worker, a vocational counselor, a representative of Goodwill Industries, a United States Employment Service representative, and the project coordinator.

For the work evaluation service, each patient must be referred to the unit by his or her own physician (private or clinic physician), and must be either unemployed or threatened with loss of employment because of a heart condition.

No medical treatments are provided in the service, and, though its goal will be to return cardiac patients to gainful employment, it is not an employment agency.

The program is sponsored by the Washington Heart Association as a community service. No charge is made to patients.



## A STUDY OF 1500 EXPECTANT MOTHERS IN NEW YORK STATE SHOWED:

11% ..... NO milk.  
11% ..... NO meat.  
56% ..... NO eggs.  
39% ..... NO citrus fruits.