

Dr. M. Henry Pitts, NCS Prof, Is "Right on Target"



Dr. M. Henry Pitts, assoc. prof. of psychology at North Carolina State University

BY LUCY COULBOURN

Dr. M. Henry Pitts, one of North Carolina State University's newer members of the psychology department, in the past has called himself a "big anomaly," and in the sense that he is unique, he is right on target.

The tall, graying, pipe-smoking intellectual is trained and experienced in clinical psychology. Yet he has come to question the value of psychoanalysis in dealing with many people with mental disturbances and instead, advocates a community approach.

"The sufferings which many times have been diagnosed by medical people as (mental) illness, can really be seen as inadequacies in a person's development or socialization," Pitts states.

Although he admits there is a place for clinical psychology and large mental hospitals for the extreme cases, "He thinks there is more to be done on

the community level—an outreach program which he describes as being more concerned with building competencies than with curing illness. The approach is entirely different, he points out, since it is more concerned with health than illness.

Attracted By Program

Pitts, who among his other appointments, has most recently taught at Norfolk State College and Howard University, says he has come to N.C. State because of the desire of the psychology department to establish a community psychology program.

Born in Alabama, Pitts was reared in Chicago and went to grade school one block from the University of Chicago where he attended graduate school and earned his Ph.D. in clinical psychology.

At 16, he entered the University of Illinois at Urbana. Although he was a philosophy/psychology

major, he became interested in theater arts and performed in Paul Green plays before he knew anything much about North Carolina.

He worked a few years as a modern dancer to finance his graduate studies at the University of Chicago. He studied there under a well-known psychologist, Mandel Sherman.

Sherman, Pitts explained, was Jewish and perhaps because they shared membership in minorities, they became good friends.

"I realize now that my work with him in studies of the social backgrounds of symptoms of mental disorders was responsible ultimately for my present interest in community psychology," Pitts said.

Pitts obtained his masters degree in 1938 and subsequently held a number of teaching and research posts. After an interruption by World War II, he continued teaching and later worked

as a clinical psychologist at the Psychiatric Institute of the Municipal Court of Chicago, where he dealt with a wide range of people with mental disturbances.

Services Taken to Poor

One of the strongest points of the community mental health approach, he believes, is that it take community health services to the people who need it most—the poor. It has an outreach approach. Another important aspect of the approach, she says, is that it works through the systems of society (and sometimes to change those systems) to eliminate some of the sources of problems.

"Most people don't have isolated mental health problems," Pitts stated. "People become upset over crises of different kinds. Some of them are very real nitty-gritty problems, such as not being able to pay their bills. You don't have to take some

back to his childhood in don't have to take someone

don't have to take someone back to his childhood in therapy to deal with those kinds of problems."

Pitts' advice to young blacks who are interested in the field of psychology for a career is not to feel they are starting from behind. He says in many ways they have a head start.

"Ethnicity is competence," Pitts affirmed. "The involvement in a culture and identification with it is in itself a competence and an advantage when one is working in human services. It's almost a necessary plus."

He pointed out as an example, if you're counseling a Mexican-American who doesn't speak English, it is more important to be trained in It's important, says Pitts, that the people involved can relate to you.

DIET ALONE USUALLY NOT SUFFICIENT TO LOWER CHOLESTEROL LEVELS

OVER 300 MG% SAYS MAYO SPECIALIST

MEMPHIS, Tenn. — Mayo clinic physicians have found that putting a patient with a blood cholesterol level of 300 mg per 100 ml of serum on a low cholesterol diet usually results in a reduction of about 10% after a period of three months. Because 270 mg % "is still too high," the patients are then given drug therapy, which becomes the mainstay of their treatment.

Addressing a meeting of the American Heart Association, Memphis Chapter, P.J. Palumbo, MD, Consultant in Endocrinology and Internal Medicine, Mayo Medical School, stressed the importance of preventing heart disease before it develops. "It is now clear that early identification and treatment of elevated blood cholesterol reduces the possibility of cardiovascular disease," Dr. Palumbo

said. The cholesterol level for Americans recommended by the well-known Framingham (Mass.) Study is 220 mg %.

The Study found that with cholesterol levels over 240 mg %, there was a significant increase in cardiovascular disease, heart attack and death.

Dr. Palumbo said that the medication recommended may be colestipol or cholestyramine—which belong to a group of drugs called resins—or another, called probucol, "which has the advantage of being a tablet taken twice a day." Patients sometimes are reluctant or forget to

take medications that need to be taken several times a day, are unpalatable, the doctor explained.

He recommended that when there is a history of heart disease in a family with a resulting death at age 50 or younger, youngsters under 20 should be screened for elevated blood lipids once during their childhood. Between the ages of 20 and 50, every three to five years is sufficient, according to Dr. Palumbo, and from age 50 on, screening should be done "at the discretion of the physician."

Dr. Palumbo is also Associate Professor of Medicine.



Escapologist Harry Houdini's real name was Ehrich Weiss.

Add a Mexican touch to hot dogs this winter



Hearty and easy to fix, these Patio Mexican frankfurter quesadillas are perfect for the crowd that drops in after school or following basketball games.

Parsley for garnish (optional)
Place sauerkraut in wire strainer, rinse well and drain thoroughly. Squeeze out excess liquid and place in bowl; mix in dill seed. Separate tortillas; brush with oil and heat on hot griddle until pliable. As each tortilla is heated, wrap in foil to keep warm.

Stuck on what to serve the crowd that troops into your house after school or following basketball games? Try frankfurter quesadillas—a special south-of-the-border dish guaranteed to take the nip out of frost-bitten winter nights. Wrapped in a Patio tortilla, each quesadilla includes delicious sauerkraut and shredded Swiss cheese along with that all-American favorite—the hot dog.

These tasty Patio treats are hearty and easy to prepare—and hot dogs and hot dog lovers never had it so good.

- FRANKFURTER QUESADILLAS**
1 can (16 oz.) sauerkraut
1 teaspoon dill seed
1 package (9 oz.) Patio frozen tortillas
Oil
3 cups shredded Swiss cheese
12 frankfurters
Prepared mustard
¼ cup butter or margarine, melted

For each quesadilla, sprinkle ¼ cup cheese over the tortilla and place one frankfurter along one side. Drizzle with 1 teaspoon mustard or to taste. Distribute 2 tablespoons of sauerkraut along the frankfurter. Roll up and place, seam side down, in buttered 13 x 9 x 2-inch baking dish so they do not touch, if possible. Brush generously with melted butter.

Bake, uncovered, in a preheated 400 degree oven for 25 minutes or until crisp, brushing occasionally with remaining butter. Place on serving platter and garnish with parsley, if desired.

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1,000	25	14,000	1,077	538	25,000
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