

NAAFA NEWSLETTER

NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC.

P.O. BOX 43 • BELLEROSE, NEW YORK 11426

212 776 8120

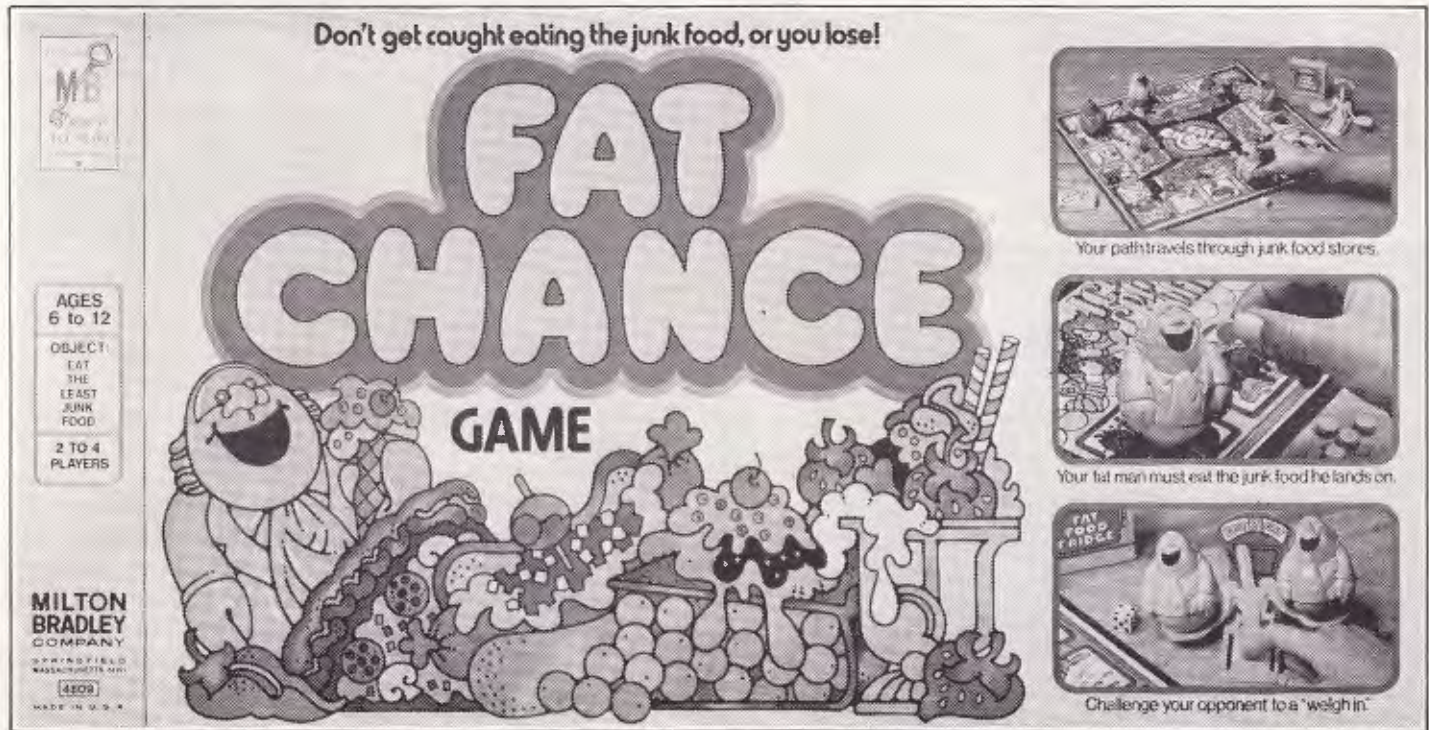
Volume VII

FEBRUARY-MARCH 1979

Issue Nos. 2 & 3

Editor this issue: Lisbeth Fisher

SOUND OFF!



Quotes taken from the box of this "educational" game: "Object: Eat the Least Junk Food."

"Don't get caught eating the junk food, or you lose! Your path travels through junk food stores. Your fat man must eat the junk food he lands on. Challenge your opponent to a 'weigh-in.'"

"FAT CHANCE is a rollicking game for children that nutrition-conscious parents will love. Players move Fat Man pawns around the colorful game board trying to collect as few junk food pounds as possible. But the temptations are many and it's hard to resist 'pie ala mound,' 'mozzarella mess,' 'sundae driver,' and the 'tube steak special.' What a combination--Ugh!! Just imagine what you'll feel like after stuffing yourself with all that junk! (Yuk!) If you are lucky, though, you'll be able to sweat off some of those pounds in the steambath. Then if you challenge another Fat Man to a 'Weigh-In,' he'll be the one to tip down the scale--not you. What a relief because the fewer pounds you gain the better your chances are of winning the game of FAT CHANCE."

"CONTENTS: Dice, 4 Fat Man pawns, scale, fat food fridge, 24 cards, junk food pounds, game board."

This "game is geared for children from 6 to 12 (and they wonder where children pick up prejudices!). It is put out by a company whose motto is "Another key to fun and learning" [emphasis ours]. Need we say more?!

(continued on page 2)

SOUND OFF! (continued from page 1)

Ah, yes, what can you do about this atrocity? Write letters and get your friends and relatives to write letters to the Milton Bradley Company, Springfield, Massachusetts 01101. Those of you who are parents hold special clout--the money you spend on your children's toys. Enough pressure and threats to boycott Milton Bradley products until this monstrosity is removed, not just from its product line, but a recall from all store shelves, just might work. Speak to your local PTA--they're very powerful. Remember, you don't have to be a parent to protest. Anyone who has occasion to buy a gift for a child should speak up NOW!



**Some undernourished Americans
have never missed a meal.**

You can be overweight and your body can still be right for the right foods.
There is no such thing as a "diet" food. The only way to lose weight is to eat properly measured
your foods, avoid empty calories, eat less, and exercise more. Eat, drinking
and exercising are the only ways to lose weight.

People who are U.S. Government employees are advised to follow the
Federal Food and Drug Administration's (FDA) "Food and Drug Administration
Guidelines for a Healthy Diet."

For more information, call 1-800-4-A-HEALTH or visit our website
www.4ahealth.com

The better you eat, the better you are.

© 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025

OFFENSIVE ADVERTISING?

That's what we say it is, and it's time that something was done about misguided attempts to constantly link fatness and "never having missed a meal." The above poster uses a kind of shock technique, at

the expense of fat people, to get across its message, which is probably true--that some people who are "overweight" (we prefer the word "fat") are victims of an unbalanced diet and certain nutritional deficiencies. But so are some slender people!

The fact that the fat models used in this ad are pleasant, happy-looking individuals who, on the surface, do not discredit fat people, makes the message all the more insidious. At least that's the way we see it.

This ad has been appearing on trains, subway cars and buses in the metropolitan New York area, and undoubtedly other well-populated areas. It is co-sponsored by the U. S. Department of Health, Education and Welfare, the Grocery Manufacturers of America, the Transit Advertising Co., and the Advertising Council (noted authorities on nutrition, we are sure). Members are urged to write to the above agencies to protest the deplorable usage of fat people for placing the blame (we note they've used a minority that's still considered one that's it's all right to offend).

An added note: an individual who works in the U. S. Dept. of HEW privately told one NAAFA member that he was offended by the ad and was surprised that the HEW had authorized it!

Send complaints to:

Young and Rubicam
285 Madison Avenue
New York, New York 10017
(They created the ad!)

U. S. Dept. of Health, Education &
Welfare
Office of Consumer Affairs
621 Reporters Building
Washington, D. C. 20201
(They sponsored the ad.)

Grocery Manufacturers of America
1010 Wisconsin Avenue N. W., Suite 800
Washington, D. C. 20007
(They co-sponsored the ad.)

Send copies of your complaints to:

NAAFA
P. O. Box 43.
Bellerose, New York 11426

The Advertising Council
825 Third Avenue
New York, New York 10022
Attn: Mr. Greenberg, Director
Public Affairs

(Mr. Greenberg was kind enough to supply the above information, and indicates that the Advertising Council is as interested in negative comments on their clients' public service advertising as they are in receiving praise. He states that the Council does not create specific ads or ad campaigns, but acts as a "coordinator" between interested organizations, agencies, and the media.)

ADVISORY BOARD ADVICE

On NAAFA's letterhead there is a list of medical doctors, psychiatrists, psychologists and sociologists. Many of our members are aware of their existence. For those of you, however, who do not understand their purpose, they are an eminent group of professionals who have agreed to advise NAAFA and NAAFAs on questions in their particular fields of endeavor. Recently we received the following letter:

"Since 1957 I have been 'doctoring' on and off for high blood pressure. Most of the time it was 260/120, and I was taking water pills and blood pressure medication which made me feel absolutely terrible (which is why I went 'on and off').

"Recently I moved and changed doctors. This new man took my pressure with a leg cuff, since I have a very large arm. Pressure read 150/90. He claims that the small cuff works like a tourniquet and makes the reading higher than normal. He would still like me to lose weight and stay on the water pills, but I feel so good when I'm not taking anything and so terrible when I do that if, in fact, my blood pressure is...only 150/90, I feel I am better off letting well enough alone. The dieting idea is out as I have tried my whole life and I just want to be left alone.

"What I am wondering is, is this a new idea or perhaps not accurate since the leg cuff seems so loose? I certainly would appreciate any comments or literature on the subject."

Gloria Noll
Pennsylvania

We turned this query over to our adviser, Abraham I. Friedman, M. D., and he replied:

"Blood pressure determination on obese individuals using an ordinary inflatable cuff tend to show a higher reading than is actually present. In order to have an accurate measurement of the blood pressure, the inflatable bladder, which is inside the cuff, should be longer so that it can surround the arm; the cuffs usually used are too small. Therefore, a thigh cuff used in an obese person who has a very large arm will give you a more accurate and truer blood pressure determination than the usual, smaller cuff. This apparently was the case with Miss Noll, and accounts for the discrepancies in her blood pressure readings. Her second physician was quite right in his explanation.

"I would suggest, however, that she continue to have her pressure checked by him at intervals, since blood pressure does fluctuate, and may rise with weight gain or fluid retention.

"A recent study which appeared in the AMERICAN HEART JOURNAL (July 1978) indicated that the width of the arm cuff used for blood pressure readings also has a bearing on the accuracy of the blood pressure measurement. Ideally, the width should be as close to 40 percent of the arm circumference as possible.

"If the ratio is less than 40 percent (for example, 34 percent), there can be a 5 percent error, thus creating a higher blood pressure reading. This further confirms the discrepancy in Gloria's blood pressure readings."

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[Ed. Note: Gloria's experience also points up the value of changing doctors and/or seeking a second medical opinion when results of treatment or diagnosis are unsatisfactory.]

<p>Remember NAAFA when you move! We receive a lot of address changes each week, but there are others who lose the balance of their membership privileges because they forget to give us their new address and have left no forwarding address.</p>
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AIRLINE SEAT WIDTH CHART

FIRST CLASS AIRLINE	SEAT WIDTH INCHES WITH ARM DOWN											
	707	727	737	747	A-300	BAC1-11	CV580	DC-8	DC-9	DC-10	FH-227	L1011
AIR CANADA (ARR)	--	20	--	20 1/4	--	--	--	20.9	20	--	--	20 1/4
AMERICAN	20 1/2	20 1/2	--	21	--	--	--	--	--	21	--	--
EASTERN	--	20.87	--	--	--	--	--	20	--	--	--	20.87
KLM ROYAL DUTCH (ARR)	--	--	--	20 1/2	--	--	--	--	--	20	--	--
LUFTHANSA	28.3	28.7	28.7	28.3	28.3	--	--	--	--	28.3	--	--
NATIONAL (ARR)	--	21	--	--	--	--	--	--	--	20	--	--
PAN AMERICAN (ARR)	22	--	--	21	--	--	--	--	--	--	--	--
SWISSAIR (ARR)	--	--	--	21	--	--	--	--	--	21	--	--
UNITED (ARR or FAAR)	--	21	21	21-22	--	--	--	20- 22 1/2	--	21-22	--	--
ECONOMY AIRLINE	707	727	737	747	A-300	BAC1-11	CV580	DC-8	DC-9	DC-10	FH-227	L1011
AIR CANADA (ARR)	--	18	--	18	--	--	--	16.5 18 (all economy)	18	--	--	18 1/2
ALLEGHENY* (FAAR)	--	--	--	--	--	18	18	--	18	--	--	--
AMERICAN**	17	17	--	17 1/2	--	--	--	--	--	17 1/2	--	--
EASTERN (FAAR)	--	17.25	--	--	--	--	--	--	18.5	--	--	--
KLM ROYAL DUTCH (ARR)	--	--	--	17-18	--	--	--	--	--	17-18	--	--
LUFTHANSA	19.6	19.2	19.2	21.6	19.6	--	--	--	--	19.6	--	--
NATIONAL (FAAR)	--	17 1/4	--	--	--	--	--	--	--	17 1/2	--	--
OZARK*** (ARR)	--	--	--	--	--	--	--	--	17.9	--	17.6	--
PAN AMERICAN	17 1/4	17 1/4	--	17 5/8- (9 abreast) 17- (10 abreast)	--	--	--	--	--	--	--	--
SWISSAIR (ARR)	--	--	--	17.5	--	--	--	--	--	17.5	--	--
UNITED (ARR or FAAR)	--	16 1/2- 17 1/2	16 1/2- 17 1/2	18 1/2	--	--	--	16 1/2- 17 1/2	--	18 1/2	--	--

ARR=Arm rests removable.
FAAR=Fold away arm rests.

*Has no first class; all planes 5-abreast seating.

**Arm rests not removable, except in 3-abreast seating.

***Has no first class.

1. Seat belt extensions are available on all aircraft; simply request one or more from the flight attendant.

2. In coach (economy), most aisle and window seats are about 1" smaller than the middle seats.

3. There is more legroom in the first row of each class.

4. CAB regulations state that, if you require two seats, you must pay for only 1 1/2 seats. If there is an empty seat on your flight, you may request a refund of the extra 1/2 and ask to be seated next to it.

5. Keep in mind that there are smoking and non-smoking sections when you make your seat reservation.

ANTHROPOMETRICS COMMITTEE GAINS NEW CHAIRPERSON



MARGARET LODGE

The former chairperson of the committee, Mike Simpson, created a chart of seat widths on airlines, which was published in the May 1977 Newsletter (an updated version of which appears above). Since Mike's resignation, due to his demanding duties as Chapters Coordinator, Margaret Lodge has been appointed Chairperson of the Anthropometrics Committee.

Marge has invited all NAAFA members to send her, care of the NAAFA office, any complaints, comments or applause on any specifics that may involve her committee--such as the size of theatre and restaurant seats (as well as other public seating), especially rude or courteous treatment by the management of a particular establishment, etc. Be sure to include details, such as names and addresses.

The BRITANNICA WORLD LANGUAGE DICTIONARY defines "anthropometry" as the "science and technique of human measurements, specifically of anatomical and physiological features; also, the analysis and interpretation of the data so obtained."

The Anthropometrics Committee is a standing committee, created at NAAFA's inception and described in NAAFA's Constitution and Bylaws as a committee "to study problems of overweight people caused by anatomical factors like physical size and weight, such as the problem areas of width of seats in public places, seat belts, turnstiles and others."

BIG BEAUTIFUL WOMAN MAGAZINE DEBUTS

Carole and Ray Shaw are a couple of people after our own hearts. They have started a magazine entitled BIG BEAUTIFUL WOMAN, and they have many great ideas of what we need. Carole has appeared on many talk shows promoting the magazine, and we were fortunate to catch her on the TOMORROW Show with Tom Snyder on March 8. She is a vivacious woman who will undoubtedly make history in the magazine publishing industry.

According to BBW's statement of policy, BBW will be "a total concept magazine for the tall and large woman" and "will deal ...with the latest and truly flattering fashions for our fully dimensional woman."

"No more unappealing and unflattering clothes modeled on size 8 fashion models." Just like NAAFA, BBW hopes to help you "STOP FEELING GUILTY about being a large size woman and concentrate on being the beautiful and attractive PERSON that you are, regardless of size. Are you any smarter if you wear a size 8 dress? Is your basic character any more worthwhile if you're 120 lbs. than at 220-plus? Will the world applaud you in 100 years if you forego that piece of cake and settle for black coffee?"

Carole says that, "The point is you are who you are and your dress size has nothing to do with your success or failure as a person. You are neither smarter, better educated nor, for that matter, jollier than a person of smaller physical dimensions. The fact is that many of us have treated ourselves as second-class citizens and therefore we have attracted that kind of treatment from the fashion industry in general. We have been captive buyers of inferior, ill-designed and ill-made merchandise. We have rarely been able to buy clothes that make us feel good, feel beautiful, feel desirable. Desirability does NOT stop at size 18."

It is the intention of BBW to tell you where you can find decent fashions, print interviews with successful and happy larger women who have made their peace with diets, and interviews with the husbands, boyfriends and business associates of the large woman.

Again, in line with NAAFA's policy, BBW agrees that "once we STOP APOLOGIZING to ourselves and the world because we are large, we will have political and economic clout. We are 25% of the population--we represent a goodly portion of humanity. It's time we start respecting ourselves and demand respect from the smaller world around us."

NAAFA's Executive Secretary Lisbeth Fisher was asked to write an article about how she became involved in NAAFA and how her attitude about herself changed. This and a copy of our updated airlines chart are scheduled to be reproduced in the first issue of BIG BEAUTIFUL WOMAN, which is about to

"hit the stands."

There will be six issues of BBW a year. The regular subscription rate is \$12 a year. However, as a special to NAAFA members, the publishers are making an introductory offer of \$10.50 for the first year (be sure you mention you're a NAAFA member!). If you'd just like to see a copy of the first issue before you make your decision as to whether or not you want a subscription, and you are unable to obtain same at your local newsstand, simply send a check or money order in the sum of \$2 to BIG BEAUTIFUL WOMAN, 9237 West Third Street, Suite 1201, Beverly Hills, California 90210. The same address applies to subscriptions.

1979 ELECTIONS

This year, three seats on the Board of Directors have terms that are expiring. These seats are currently filled by Lisbeth Fisher, Judy Forlines and Ernest Harff. The remaining seven Board members form the 1979 Election Committee. They are Bill Fabrey, Chairperson; Sheila Goodman, Matthew Madigan, Joyce Maloney, Cathy McLain, Michael Simpson and Ken Wachtel.

The Committee nominated ten candidates to run for the three expiring seats; however, it is not yet known how many of the ten will have accepted the nomination by the March 22 deadline.

In addition, petition candidates are to be accepted until May 1. Those wishing to run for a seat on the Board as a petition candidate should contact the NAAFA office immediately and obtain a copy of the Election Rules and Manual. Petition candidates must have been a member of NAAFA for at least one year and must be able to attend ten Board meetings a year, usually held on Friday nights. The petition must bear the signatures of at least 25 NAAFA members whose membership must be current.

NAAFA members will be receiving an official ballot during the last week of May. Counting of the ballots will take place at the June 15 Board meeting, which is open to all NAAFA members.

EXTRA CHEERS FOR LIZ

Heroine to many of us, Elizabeth Taylor was recently awarded the Woman of the Year award at New York's Waldorf Hotel by The Troupers, show business women who aid children.

Honored for her work with needy children, she wowed those present as she sparkingly accepted this coveted award in a shimmering gown bedecked with jewels.

Her sparkle soon turned to visible hurt as she became the target of barbs by "comedian" Larry Best referring to her string of marriages and added pounds. Liz exited before the dinner in her honor ended, and the audience booed Best and demanded an apology, which he made. The damage was done, however (isn't it always?), and singers Stephanie Mills and Julie Budd also walked out.

We applaud Liz and her co-professionals for courageously defying this "entertainer." Perhaps it will take the likes of Mrs. Warner (as she now prefers to be called) to make the jokesters of today realize that there is plenty of humor about, without having to verbally attack minorities on the pretense that everyone (including the minorities involved) will find such poor taste amusing.

APPLAUSE, APPLAUSE!

To the A & P commercial in which Messrs. Price and Pride discuss the merits of buying at A & P. Mr. Pride is a good-looking, very large man...to the Maxi commercial for "big, fat beautiful lashes...to Contac, Jr., for listing dosages by weight, not age...to the writers of the "Taxi" segment on tv that showed how so many fat women truly feel about themselves and personal social contacts... and especially to Michael Landon for writing, producing and directing the "Little House on the Prairie" segment that dealt with the shame a fat man felt about himself and what he put himself through to spare his daughter the "embarrassment" of the ridicule of her classmates.

The Board of Directors will soon be considering nominees for the 1979 Distinguished Achievement Awards and would welcome input and recommendations from all NAAFA members.

CONVENTION PICTURE KEY

This is a key to the pictures at the right, and there are more pictures on Pages 9 and 11, with keys to the pictures to the left of the page.

We would like to thank Naomi Bushman, who took all the photographs at the 1978 Convention.

1. Shirley Land and Debby Schisler of the Baltimore-Washington Chapter welcome conventioners in the Hospitality Suite.
2. Members board the bus on Saturday afternoon to go on an extensive tour of Washington, D. C.
3. Members comfortably enjoy the bus tour run by Barbara Womack of Thrifty Tours, Inc.
4. Joanne Marcus, Doris Boenig, Florane Sclar and Audrey Smith pose for Naomi in front of the Iwo Jima memorial.
5. Ken Wachtel and Sharon Wertans enjoy the sights.
6. Some members taking the tour: Joyce Maloney, Diane Raphael, Peggy Williams, Sharon Wertans, Ken Wachtel, Sandi Moore, Jackie Adams and Wayne Gehres.
7. Beautifully gowned and handsomely suited, the women and men dance up a storm Saturday night.
8. Mary Elks, Rosalie Radcliffe, Alice Wolf, Jackie Adams, Edie Callahan, Joyce Elgin, Marjorie Ross and Bill Fabrey delight in the antics of Paula Johnson.
9. Part-time comedienne and full-time NAAFA member Paula Johnson amuses the group on Saturday night with her enjoyable comedy routine.

THE 1979 CONVENTION IS COMING!
Mark your calendars now for the convention that will celebrate NAAFA's 10th Birthday--August 31 thru September 3 (Labor Day Weekend) in Arlington, Virginia.
Watch for further details!

CONVENTION HIGHLIGHTS



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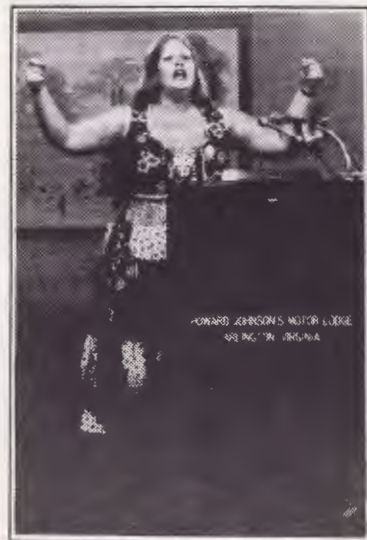
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HOWARD JERBOON'S MOTOR LODGE
MEMBER IN INDIANA

CLIPPING CAMPAIGN--A WINNER!

Due to the many items that must be included in this expanded Newsletter, we must limit space for clippings. However, we want to encourage you to keep them coming. As stated before, even if your article is not used in the Newsletter, it will undoubtedly give us information of which we may be unaware and may be used in other ways, such as letter-writing campaigns and information for our research files. Articles dealing with any phase of fat should be sent in, including, but not limited to, scientific research, diet rip-offs, new diets and diet gimmicks, new diet books, cartoons (pro and con), fashion, famous fat people, any type of fat discrimination, etc.

Reproduced here are the contents of three articles submitted by Wayne Gehres of Newark, Ohio. Wayne has submitted many articles to NAAFA, and he has now more than surpassed the required number of articles printed in the Newsletter to be the first winner of a 1-year extension of his NAAFA membership. The magic number is five (articles), and there are still many contenders for that free membership. If you wish to try to win a free membership or just to help NAAFA in its unending quest for information to support its battle against fat discrimination, keep those articles coming. Remember, it is very important that you include the name and date of the publication. Otherwise, we shall be unable to print it.

FTC SAYS DIET PILLS FALSELY ADVERTISED

[COLUMBUS DISPATCH, 1/30/78.]

"WASHINGTON (AP)--The Federal Trade Commission says the makers of X-11 diet pills falsely advertised the product and is ordering the company to stop the practices.

"The product's advertisements include such testimonials as 'I lost over 40 pounds' and 'I lost 80 pounds.'

"The commission, in a unanimous decision, found that Porter & Dietsch, Inc., of St. Paul, Minn., misrepresented the product in saying that X-11 users can lose weight without restricting their accustomed diet. The FTC said the advertising failed to disclose that a highly restricted diet is part of the X-11 plan.

(continued on page 10)

CONVENTION PICTURE KEY

11. At one of Sunday morning's rap sessions, Mike Wallace, "60 Minutes" producer Norm Gorin, Virginia Host, Wayne Gehres, Sharon Harkey, a cameraman, Joanne Marcus, a sound engineer and Joyce Maloney listen to a point made by a member (unseen) in the back of the room.
12. At another rap session, Mike Wallace stimulates, among others, Virginia Host, Joanne Marcus, Lois Tressler, Wayne Gehres, Suzanne Alfaro, Alice Wolf, Karl Niershuh, Diane Raphael, Sharon Harkey, Edie Callahan and Mike Simpson.
13. Mike Wallace enjoys a break and a laugh with several members.
14. Mother-and-daughter team: Alice Wolf and Edie Callahan (Edie's the Mom). There were at least three mother-daughter combinations present.
15. Wayne Gehres makes a point at a rap session that was used in the final version of the NAAFA segment of "60 Minutes" aired on December 10, 1978 (how they ever edited all those miles of film, we'll never know!).
16. Ernest Harff, Lisbeth Fisher, Russell Williams and Judy Forlines enjoy the lavish buffet luncheon supplied by Howard Johnson's on Sunday afternoon.
17. Florida member Lois Tressler proudly displays copy of the bumper stickers she has donated to NAAFA.
18. Judy Forlines, 1978 Convention Chairperson, welcomes everyone to the Sunday afternoon "business" meeting.
19. NAAFA President and Founder, Bill Fabrey, delivers his state of the organization address.
20. Patricia McKay Baker, Ph.D., our guest speaker, talks about how she handles fat discrimination and the course that she teaches on self-esteem.



CONVENTION HIGHLIGHTS



11



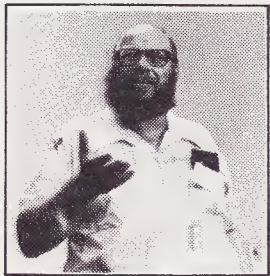
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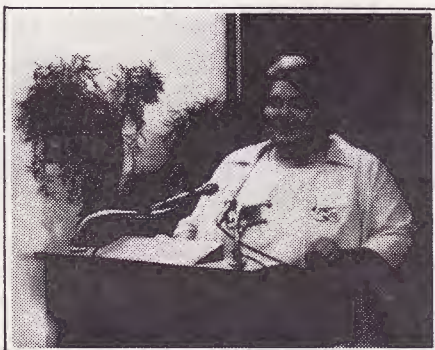
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DIET PILLS (continued from page 8)

"Where dieting is required, there is simply no substitute for clear and conspicuous disclosure that dieting is required."

--

DIETING EARRINGS OFF MARKET

[COLUMBUS DISPATCH, 11/16/78.]

"The developer of 'acupressure' earrings has agreed to pull his product from the market, but says he still hopes to convince authorities to allow him to resume sales. The Food and Drug Administration said that Robert Sun, president of Suntex Products, Inc., of Easton, Pa., agreed to remove 6,000 of the plastic earrings from stores. The earrings were designed to be worn around the ear and squeezed when the wearer became hungry. The products were described as 'a behavioral stimulating device for dietary weight control.'"

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[Ed. Note: We see so many articles like those above. It is gratifying to read that something is being done to discredit these profiteers who are taking advantage of the desperate fat person, whom it is universally known will try just about any diet gimmick, no matter how senseless, because they have been victimized by a society that has made them believe they are worthless unless they are thin (see Page 2, June 1978 Newsletter, "Diet Industry Reaping Record Profits"). However, it would make even more sense if these wheeler-dealers were forced to make refunds to each and every person who purchased their product. Perhaps then they'd think twice about bilking the public and reaping the benefits until the "wheels of justice" slowly rolled over them.]

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ATKINS "INNOCENT"

[COLUMBUS DISPATCH, 1/17/79. This article was also submitted by Rich Cundari of Edison, New Jersey.]

"NEW YORK (AP)--Dr. Robert Atkins, who wrote the popular book DR. ATKINS' DIET REVOLUTION, cannot be held liable for an elderly woman's heart disease, a jury has ruled.

(continued on page 12)

CONVENTION PICTURE KEY

21. Bill Fabrey displays the Distinguished Achievement Award.
 22. Lisbeth Fisher awards Tammy Robinson, Editor of Lane Bryant's mail order brochure HAPPY TALK. Other recipients were NAAFA member Deloris Staley; Stella Reichman, author of GREAT BIG BEAUTIFUL DOLL; and Carol Colman of radio station WRFM for her documentary on the pros and cons of dieting.
 23. Board members Ernest Harff, Michael Simpson and Lisbeth Fisher answer questions from members in the audience.
 24. Bill Fabrey holds microphone, as Ernest Harff replies to a question and Michael Simpson looks on.
 25. Vivian Mayer has a question for the Board members.
 26. Lisbeth Fisher poses amid the Fata-bilia display.
 27. Peggy Williams waits in the wings to model her wedding gown in the fashion show.
 28. Pictured at the Fashion Show finale are models (and NAAFA members) Linda Blackmon, Suzanne Alfaro, Cathy Schultz, Lisbeth Fisher, Peggy Williams, Shirley Land and Martie McKenzie. Other models not shown are Judy Forlines, Peggy Fox, Debby Schisler and Lois Timmel. Many thanks to Irene Winters and Lois Timmel of the Annapolitan Shop in Annapolis, Maryland, for supplying the beautiful outfits, and to Irene for her lovely commentary.
 29. Members enjoy a last fling at the Pool Party on Sunday night, with beautiful weather, refreshments, and lots of happy people.
- Much thanks to Wendy Pfaffhausen of Howard Johnson's Motor Lodge in Arlington, Virginia, for her excellent guidance in helping to make this such a wonderful convention. Apologies in advance to anyone who was incorrectly identified or unidentified in any of the pictures.

<p>NAAFA'S BOOK SERVICE IS THE PLACE TO GET GOOD BOOKS AT A DISCOUNT--FOR KEEPING AND FOR GIVING...</p>

CONVENTION HIGHLIGHTS



21



22



23



24



27



26



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28



29

ATKINS (continued from page 10)

"The Manhattan jury ruled yesterday in a \$2.5 million malpractice suit filed by Dorothy Goldstein, 73. The suit was dismissed on a 5-1 vote.

"When she first went to see Atkins in 1972, Mrs. Goldstein weighed 214 pounds. She then started the high-salt, high-fat, high-cholesterol and low-carbohydrate regimen which Atkins popularized in his book.

"In the next three months, she was hospitalized four times for coronary insufficiency and a pacemaker was implanted in her chest.

"Atkins maintained that Mrs. Goldstein was 'well on her way to a serious heart condition' before she came to him.

"But Dr. Seymour Halpern, a witness for Mrs. Goldstein, said Atkins' diet 'was the worst possible diet he could have given her.'"

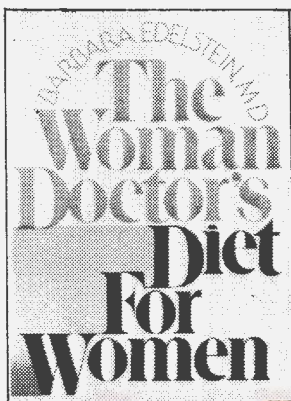
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[Ed. Note: We can't help but wonder why Dr. Atkins put Mrs. Goldstein on a diet obviously dangerous to someone in her condition. He can't be held liable for her heart disease, but doesn't it seem he should be held liable for speeding up the process, if indeed that actually was the case (which he already seems to have admitted)?]

BOOK REVIEWS--PRO AND CON

THE WOMAN DOCTOR'S DIET FOR WOMEN

Reviewed by Rosalie Radcliffe



One more addition to the never-ending parade of diet books is THE WOMAN DOCTOR'S DIET FOR WOMEN [Prentice-Hall, Inc., 1977]. Addressed specifically to women by a female doctor who shares her own record of diet failure, Barbara Edelstein's contribution contains a few dif-

ferences. And these distinctions may be enough to set it apart from the rest.

Obesity, for Dr. Edelstein, is not the bugaboo of society and medicine that so many claim. Through experience as a psychiatric resident and later from several years as a specialist in bariatrics, she has found overweight women are "a good deal happier than we would expect." They are "relatively free of the neurotic tendencies that [she sees] in women in the general public. Phobias, anxieties, hysterical features, and compulsive behavior are comparatively uncommon..." Dr. Edelstein offers sympathy and encouragement in the "running feud with designers who refuse to make attractive clothes for fat women." She also urges all overweight women to "assert themselves in the realm of job discrimination and job opportunity...because [they] are usually steady, dependable and sick less often than their thin counterparts." She states further that the point at which fatness stops being an issue of aesthetics and "becomes a matter of health has yet to be determined."

Throughout the book Dr. Edelstein repeatedly affirms her belief that "dieting is terribly difficult for most women, and for some it's impossible." Whatever success does exist, she claims, must be based on the idiosyncrasies of female and obese physiology instead of the parallels with men or thin people. Although appetites are similar, for example, men burn 17-20 calories per pound of body weight--but women use only 10-15 calories doing the same thing. Fat women differ also from their thin sisters in speed and amount of weight increase. "Thin people do gain weight, but only at the rate of one pound per month, or 12 pounds a year...A fat person gains weight at the rate of five pounds per month, or 60 pounds per year, which is exceedingly difficult, if not impossible, to control." She chides her colleagues for their harrassment of fat patients and unrealistic cures for obesity "that can at best only be controlled."

Patients following Dr. Edelstein's methods for weight loss and control, under her direction, claim a higher than average success rate. The book outlines her three basic plans with clear directions for adjustment to individual needs. Because "few people have the determination to stay on a weight-loss diet [for extended periods]," each is designed for 2-15 weeks and a minimum loss of 1 1/2 to 2 1/2 pounds per week. "No one can be properly motivated at all times;" therefore, she provides helpful suggestions for changes and emergencies and even tells how to

binge, if necessary, with the least disastrous results. But none of the plans is a panacea. "A woman with a weight problem who sets out to conquer it is embarking on a long, tedious, often frustrating, always complicated, and sometimes baffling quest, whose end is always uncertain."

Dr. Edelstein offers no magic. For anyone wishing to lose weight she gives simple, extremely flexible, and moderately priced plans to follow, and advice for keeping it off afterwards. The book's greatest value, perhaps, lies in the clear demonstration of at least a biological understanding of fat women and many of their unique problems. (The feeling I'd be recognized as a person if I walked into her office--for whatever reason--prevailed through most of the 150 pages.) Dr. Barbara Edelstein may or may not help you lose weight and keep it off. She probably will, however, guide you one or two more steps towards self-acceptance.

Reviewer's recommendation: For short-term use following vacation or a crisis period, it works as well as any, better than most, and doesn't destroy your ego in the process. (I've tried it.) For long-term, permanent loss, it may work if one is willing to pay the "lifetime dues" of food deprivation. I'd rather see our dieting members use this than many of the available alternatives, but it remains, nevertheless, "just another diet book"--even with its exceptions.

[Ed. Note: We became aware of this book due to the receipt of communications from members who had seen Dr. Edelstein on television and were very impressed with her enlightened attitude. THE WOMAN DOCTOR'S DIET FOR WOMEN is being added to our Book Service. Retailing for \$8.95, it is being offered to NAAFA members for \$7.50, including postage and handling. We hope to present an interview with Dr. Edelstein in an upcoming Newsletter.]

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FAT PEOPLE

Reviewed by Gloria Noll

Please forgive me and I hope you will understand, but I cannot review the book FAT PEOPLE (Fiction Collective, 1978). I sent it back today under separate cover.

The first page "turned me off," but I really did try to read it since I committed myself to a review and I sincerely wanted to do it. After several chapters I felt that I just couldn't go on. Once again I tried, this time skimming over the remaining chapters to see if it would get better later on--it did not.

I would be very interested in hearing someone else's view of this book. Perhaps since I do not appreciate abstract art, I am also unable to appreciate or understand the ramblings of this 33-year-old woman who does nothing but smoke "grass" and engage in various sexual acts (which she initiates) in one motel after another all over the country.

The major part of the book consists of 4- to 5-word sentences with about 90 percent of them starting with the word "I" and has absolutely nothing to do with fat people other than that she gains about 60 pounds during her travels.

Anyone wishing to read pornography can, I am sure, find more for their money than this book offers for \$8.95. All the books in the Book Service so far really relate to fat and are very worthwhile; I personally would hate to see this book join the list. Again, I'm sorry and hope you won't think I'm a prude, but this is my point of view.

[Ed. Note: On the contrary, Gloria, we believe your letter to us is a review in itself. FAT PEOPLE by Carol Sturm Smith will not be offered on NAAFA's Book Service, but for those members who appreciate "abstract art," please be advised that you can obtain information about purchase of this book from George Braziller, Inc., One Park Avenue, New York, New York 10016, which is the distributor. We realize that our membership is composed of people from many persuasions, and that we should not keep information from you of which you may wish to make use.]

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In upcoming issues of the Newsletter, we shall be printing reviews of and information about such books as THE PAIN OF OBESITY by Dr. Albert J. Stunkard; ALIVE AND FAT AND THINNING IN AMERICA by Dr. Theodore Isaac Rubin; and FAT IS A FEMINIST ISSUE by Susie Orbach.



LISBETH FISHER POSES WITH PHIL
DONAHUE AFTER TV SHOW

MEMBERSHIP REPORT: AN EDITORIAL

This issue of the Newsletter is to be my last. Having co-edited the last eight issues and been sole editor of this one, it is with mixed emotions that I give up this very fulfilling, but time-consuming task.

In the January-February 1977 Newsletter it was announced that the NAAFA office was to come under my direction. At that time I promised to try to provide 48-hour service for all membership services, correspondence and literature requests, and attempt to get the Newsletter out on a regular basis. I succeeded--for about a year. I had also vowed to increase our membership, do everything possible to retain our present members, and entice former members who had become discouraged by the lack of help needed to keep NAAFA communicating with them, to rejoin.

In this aspect, I definitely succeeded. In just two years, NAAFA's membership has more than quadrupled. However, this growth has, needless to say, more than quadrupled our workload.

Prior to the airing of "60 Minutes" and the "Phil Donahue Show," we were already overworked. Since these shows, I have often found myself working 16 hours a day; much of which is very stimulating because so much is finally being accomplished. Besides flying all over the country to do television appearances for NAAFA (the expenses of which are totally paid for by the shows, and at times NAAFA is even

paid for my appearance), NAAFA is being approached by lawmakers from many states who want to set in motion legislation banning discrimination against fat people. And they are coming to us, not vice versa as before, when we had to fight for every little bit of recognition.

However, we still find ourselves in a financial bind which prohibits us from hiring the proper staff needed to efficiently run NAAFA. Besides myself and my part-time clerical assistant (who are the only paid NAAFA staff), we count on the many volunteers who give tirelessly of their time whenever they can.

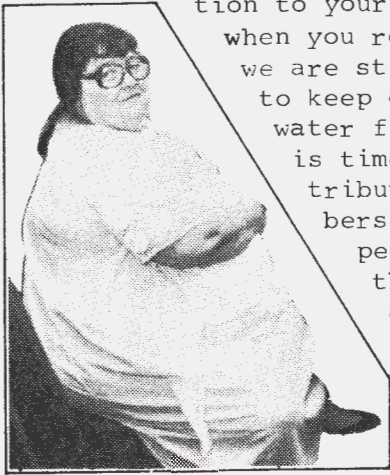
I have known for some time that I would have to give up the Newsletter, much as I love the creativity of it. Since it requires at least 100 hours to produce one 8-page Newsletter, we were well aware that it would take a very special person to take on this task. Fortunately for us, Rosalie Radcliffe, who is Chairperson of the North Carolina Chapter, has volunteered to be Editor of the Newsletter. She currently puts out an excellent chapter publication, and we feel she will bring new life to NAAFA's.



ROSALIE
RADCLIFFE

I believe there are times when it is helpful to be "up front" with our members, and I don't feel this is making excuses or being apologetic. It is difficult to order one's priorities when there are so many priorities. What should I do when I'm constantly interrupted by phone calls, many of which culminate in requests for interviews? After all, it's free publicity and another chance to expose NAAFA's existence to even more people. But what about our current members? Surely they have rights, too, and must be served as we have promised them in our literature.

This Newsletter is 16 pages long. It is the longest issue ever published by NAAFA, partly to make up for the lack of one for a few months. Hopefully, it will be returned to a regular schedule; however, as long as there is not enough money to hire an adequate staff, NAAFA will continue to have problems.



WILMA KUNS

Some of you add a small donation to your membership dues when you renew. However, we are still barely able to keep our heads above water financially. It is time for us to pay tribute to certain members who have been especially helpful in this area, and they are our Patron and Life Members.

Wilma Kuns of San Francisco recently became our first and only Patron. Robert Half of New York,

Regina Kroft of Indiana, Barbara Novack of Maryland, Stuart Paddock of California, and Rosalie Radcliffe of North Carolina are Life Members. We are especially grateful to all these people, who have helped at a time when NAAFA is in such great need.

So much is happening at NAAFA right now that I wish we could afford the time and money to send a weekly memo to our membership. We have so much to tell you about--pending legislation; discrimination cases in which we are being called as expert witnesses; publicity that won't quit; pending letter-writing campaigns against Ann Landers (among others); exposing the absurdity of the claims of two "scientists" who are now blaming fat people for some of the energy shortage; the ultimate publication of the long-awaited Fashion Directory; the long-overdue printing and mailing of the revised Constitution, and of the revised Pen Pal Program so many of you have requested.

Also, there are so many items for the Newsletter--updates on Oral Roberts, the liquid protein diet, saccharin, the bypass operation and the newer version "stapling" (gastroplasty) operation, research that is proving that it is not always how much you eat that makes you fat, news from the ever-growing number of chapters, information about several contests waiting in the wings for some time now, and a long-overdue President's Message. Work's being done on a proposed Group Life Insurance Program and a Group Travel trip.

All of these things take time. NAAFA is celebrating its tenth anniversary in June. We are finally bearing some of the fruits of our efforts, but there is so

much more to be done. What I am trying to get across is that NAAFA needs you, and you need NAAFA. I keep stumbling across a saying lately (the author of which is unknown to me) which says it succinctly, "I wondered why somebody didn't do something--then I realized that I am somebody." You have a right to complain when you feel changes need to be made, but you also have the right (and obligation?) to pitch in and help!

***** --LF

BOARD VACANCY FILLED

At the September, 1978, Board meeting, Judy Forlines accepted the appointment to the Board seat vacated by Howard Clist before the expiration of his term.

Judy, who was Chairperson of the 1978 Convention and Baltimore-Washington Chapter, is currently the editor of "Chapter Chatter" and Chairperson Pro-Tem of the Suffolk County, New York, Chapter. She moved to the New York area the end of August, and has become very active in various NAAFA activities.

According to a new amendment to NAAFA's Constitution, Judy will fill this seat only until the next election. The new amendment provides for an appointee to serve only until the next election, at which time someone must be elected to fill the seat until its expiration. In this particular case, Howard's term on the Board was due to expire in June anyway, so there are still only three vacancies to be filled by election.

FUTURE BOARD MEETINGS

Board meetings for the rest of this fiscal year are scheduled for April 6, May 18, and June 15.

All NAAFA members are entitled to attend Board meetings. It is urged that you call the NAAFA office a day or two before the appointed date to ascertain the time and place and whether or not the date has been changed. The NAAFA number is 212 776-8120.

CLOTHING DONATION

A male member has donated the following items of used clothing to NAAFA. If you know of anyone who can use them (including yourself, of course!), just drop a line to NAAFA at P. O. Box 43, Bellerose, New York 11426, and we'll contact you about delivery arrangements.

Gray suit (2 trousers), size 50
 Blue suit (2 trousers), size 50
 Gray suit (1 trousers), size 54
 Olive suit (2 trousers), size 52
 Green suit (1 trousers), size 52
 Brown suit (1 trousers), size 48
 Gray check suit (1 trousers), size 58
 Gray dress slacks, size 50
 Green dress slacks, size 50
 6 casual slacks, sizes 46 thru 50

NAAFA is grateful for this donation. We would also like to take this opportunity to thank Ellen Dobson for her donation of clothing that went to a very needy woman (referred to us by member Lois Mace) in a nursing home in Brooklyn, New York.

FATWORKS REVISITED

After a tremendous response for more information about "Fatworks" reviewed in the May 1978 Newsletter, we again contacted Jane Olsen, designer of these marvelous creations.

Unfortunately, due to a very inadequate response from her, we have decided not to carry "Fatworks" through NAAFA.

However, in all fairness to the dozens of you who did request further information, we can only suggest that you make contact directly. The address is Jane Olson Designs, 27 El Portal Drive, Clayton, California 94517. We'd suggest you mention you are a member of NAAFA.

HELP YOURSELF--HELP SOMEONE ELSE--
 HELP NAAFA--GIVE A GIFT MEMBERSHIP!

PERSONAL ADS

Warm male, 27, looking for a homey, reserved and discreet lady up to 35 years old to share a rewarding relationship. I love listening to music, eating, cooking, entertaining, etc. Reply to Department 109, NAAFA, P. O. Box 43, Bellerose, New York 11426.

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Need input from non-drivers for possible book. Please write for questionnaire: Mary McDermott, R. R. 1, Box 410, Orleans, Massachusetts 02653.

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Affectionate, warm, good-humored, attractive lady weighing more than 300 pounds would like to meet intelligent, warm, relationship-minded man between 40 and 60 from greater New York metropolitan area. Reply to Department 110, NAAFA, P. O. Box 43, Bellerose, New York 11426.

COMMERCIAL ADS

Weight problem highlighted. Your natal astrology chart on cassette tape (math by computer for accuracy)--\$50. Need birthdate, exact time, place of birth. Would like marital status, number children, snapshot. Will answer one question. VERA VESTA, Minister, Church of Unwritten Law, P. O. Box 7523, Dallas, Texas 75209.

PRODUCTS AND SERVICES MENTIONED IN THE NAAFA NEWSLETTER APPEAR FOR PURPOSES OF INFORMATION ONLY. NAAFA DOES NOT ENDORSE ANY PRODUCT OR SERVICE.

CLASSIFIED AD RATES

Commercial Ads: 50 cents/word, 10-word minimum. Department number available at \$10/issue.

Non-Commercial Ads: 25 cents/word, 10-word minimum. Department number available at \$5/issue.

All ads are accepted for publication provided they are not against NAAFA's purpose. They may include personals, wanted to sell or buy, employment notices, meeting notices, and many other items.