

Thinness Can Harm Health

Being very thin can be as hazardous to your health as being obese, according to the results of a 24-year study of more than 5,000 people living in a Massachusetts community.

The surprise finding indicates that the thinnest people have a higher death rate than those who are most overweight. The lowest death rate occurred among people of "average" weight.

This link between extreme slimmness and shorter life expectancy held up even when factors such as cigarette smoking and existing illness (such as cancer) were taken into account, the researchers reported in the latest issue of the *Journal of the American Medical Association*.

By contrast, an insurance company study completed in the 1950's, which forms the basis of most "ideal weight" tables that have guided physicians and patients for two decades, showed that people who weighed well below average had the lowest death rates.

The previous study was conducted among people accepted for life insurance and therefore excluded many of those considered a "poor risk." This may have prejudiced the case in favor of thinner people. The Massachusetts study, however, involved unselected people living in Framingham, and may more accurately reflect the mortality experience of Americans as a whole.

The study was conducted by Paul Sorlie and Tavia Gordon of the National Heart, Lung and Blood Institute, and Dr. William B. Kannel, former director of the on-going Framingham study, who is now at Boston University Medical Center.

Their findings are supported by similar results from the Chicago Peoples Gas Company study, in which participants were followed for 14 years. In addition, the as-yet-unpublished results of a 1979 insurance company study indicate that people who weigh 10 percent below average have low death rates but those who weigh 20 percent below average have a shorter life expectancy.

The researchers said a possible explanation for the finding may be that people who become very thin without trying may have some hidden, underlying illness that shortens their lives. They emphasized, however, that the study raises questions about the advisability of weight reduction among people already at or near average weight, such as normal-weight women who strive for model-like slimmness.

By the same token, the researchers said, the findings should not be taken to mean that obese people should not try to lose weight. "The unhealthy concomitants of obesity are well established," they noted, among them high blood pressure, gout, diabetes and heart disease.

1. NEW YORK TIMES
5/13/80



JAMA, May 9, 1980—Vol 243, No. 18

editorials

Beware the Lean and Hungry Look

If beauty is in the eye of the beholder, should not the estheticists be eyeing the beholder, exploring his sensibilities, clarifying his preferences, explaining his attitudes? Instead, we find them preoccupied with analysis of the beautiful, be it in nature, people, or art, as if the observer was not there at all, as if beauty inhered in beautiful things independent of time and place, contingent only on its qualities.

The narrowness of this approach is attested to by the frequent, almost cyclic changes in the fads of the observer's appreciation of beauty. Take mountains, for instance. Until the romantic poets and painters began to extol their beauty, they were often regarded as nuisances that obstructed the view. In his popular 17th-century travel book *Voyage in Italy*,¹ Lassels hardly mentions mountain scenery.

Or take people. Through the ages until recently, it was the plump rather than the lean who served as models of beauty. Would Rubens have given Twiggy a second look? Even now in many countries of the third world, corpulence is equated with beauty. In the few still-existing slave markets, fat is both beautiful and profitable.

What are the determinants of the varying and shifting changes in esthetic appreciation? Leaving the social and psychological causes to the experts, we as physicians are concerned mainly with possible medical factors, with considerations of health. After all, health, like beauty, often resides in the eye of the beholder. This intraocular proximity may have established important links. Mountains may have become things of beauty when fresh mountain air began to be appreciated for its healthful properties. Escape from the miasmal mal aria of the lowlands or from congested cities in the valleys is a real or imagined escape from disease. Corpulence is an asset when scarcity of food takes its toll of the lean and the hungry.

Although it may not be easy to trace the present cult of leanness to its origins, it is not difficult to single out a landmark year. The historic 1959 Build and Blood Pressure Study,² which reported the mortality under ordinary insurance during the years 1935 through 1953, indicated a direct relationship between mortality and body weight. Minimum mortality was associated with weight well below the average. This reported relationship is reflected in tables of desirable weight prepared by the Metropolitan Life Insurance Company, which have served as guides for physicians and patients. Is this relationship also reflected in the appreciation of beauty, in the vogue of the svelte?

If it is, then a change may be in the offing. Elsewhere in this issue (p 1828), Sorlie and associates compare results from patients in the Framingham study with those of the 1959 Build and Blood Pressure Study. Their unselected population sample shows the point of minimum mortality to hover at the average weight. Mortality was increased in both the overweight and the underweight, but surprisingly, much more in the latter.

These results from the Framingham study are likely to raise many eyebrows. If uncontested, they may provoke changes in dietary regimens. They may also restore corpulence to its former esthetic glory.

Had Cassius been spared a violent death, he might have died a natural death earlier than expected. Men with "a lean and hungry look" are not only dangerous, they may also live dangerously.

SAMUEL VAISRUB, MD

1. Lassels R: *The Voyage of Italy, or a Compleat Journey Through Italy*. London, 1686.
2. *Build and Blood Pressure Study, 1959, Volume 1*. Chicago, Society of Actuaries, 1959.
3. New weight standards for men and women, Metropolitan Life Insurance Company. *Statistical Bull* 40:1-4, 1959.

2. (JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION)

3. **MONKEYSWORTH/FEBRUARY, 1979**

QUEEN-SIZED BLOOMERS BRING \$3000

HOUSTON—A pair of royal bloomers hanging in a Texas tavern may be the most expensive undergarment in a state noted for extravagance.

And it is certainly among the biggest, with a 42-inch waistband.

Jim Anderson, owner of Sherlock's Baker Street Bar, shelled out \$3,000 for the underwear at an auction in Canada.

The bloomers were once worn by Queen Victoria, who ruled the British Empire for 63 years, starting in 1837. There's a royal seal on the waistband as proof. "It's amazing," Anderson said. "The Queen of England once had her bare bottom in there."

He said the royal underwear came with a certificate of authenticity from Bonham's Montpelier Galleries in Liverpool.

The barkeep said he was told Queen Victoria probably wore the bloomers late in her reign, when she had gained a lot of weight. The queen frequently gave her underthings to chambermaids when she tired of them, he said.

Anderson said a Canadian was the only person bidding against him at the auction in Fort Langley, British Columbia.

4. TIME, FEBRUARY 25, 1980

THINKING FAT

How does the body recognize when it is too fat? Work at the University of Washington Medical School in Seattle suggests that the signal may be the level of insulin in the cerebrospinal fluid. In a six-year study, researchers found that by infusing insulin directly into the brains of baboons they could get the animals to eat less and lose weight. The findings suggest a novel way to combat obesity in human beings. Fat people produce insulin in normal amounts, but the insulin sensing mechanisms in their brains may be defective. Thus, compared with people whose weight is normal, the obese may need much higher levels of insulin in the brain to signal: "Fat. Stop eating!" The next question: How to raise levels of insulin in the brain without causing problems in other parts of the body.

A Lean Job Market for the Overweight

SAN FRANCISCO—The fat of the land are finding it difficult to get jobs.

In a recent survey of a thousand overweight patients, Dr. Rudolf Noble, an obesity specialist and clinical instructor at the University of California, found that 14.2% said they were not able to find jobs because they were overweight. Obviously, that's significantly over the national unemployment rate of 8.2%.

Dr. Noble points out that one-third of the nation is fat and of his 14.2% figure is accurate for the country as a whole, then 8.4 million people are not getting jobs because of their weight. It's enough to give the family breadwinner a pretty compelling motive for pushing away from the table.

It is, in fact, motivation that is the chief stumbling block to losing weight. "You have to have the will of Samson to keep your weight down," says Dr. Noble. "This is the age of plenty. There is lots of food available and it's delicious."

A Nice Letter Back

In fact, he wrote to Secretary of State Henry Kissinger suggesting that if the United States would give away one-third of its food we wouldn't have an obesity problem and it might do the rest of the world some good.

"I got a very nice letter back from his secretary saying they would give it some thought," he says.

Obviously, neither Kissinger nor Dr. Noble expects to solve the American obesity problem that way. But with a third of Americans 10% or more overweight, and 3% of them more than 20% overweight, it's obviously a problem that won't just melt away.

It's easier to treat terminal cancer than a person with 300 pounds to lose," Dr. Noble believes. Success for the immensely overweight is rare.

Sue, a volunteer for Overeaters Anonymous, is one of those rarities. Two years ago, she lost 100 pounds in nine months. ("In my life I've lost and gained tons," she commented.)

Overeaters Anonymous is a 15-year-old organization patterned after Alcoholics Anonymous. "Our ranks are swelling," Sue says. Members consider themselves compulsive overeaters, whether their extra pounds amount to 10 or 200.

"We have an inability to handle food, particularly over-refined starches and sugar, just as an alcoholic cannot tolerate alcohol," Sue says.

Obesity Held Her Back

She confirms that the overweight do indeed have a hard time in the job market. "It's a very common problem," she says. "We hear it all the time—that people couldn't get a job or got fired."

Sue is a nurse and says that although she was never fired, her obesity held her back.

That's easy to say, of course, but harder to prove. Dr. Noble believes that although many employers say they are not hiring the fat person because he or she is a health risk, or because of the effect on insurance rates, "the issue is basically appearance."

The group he surveyed was anywhere from 10% (four people) to over 100% (20 people) above their optimum weight. The majority was 60% over.

"In many cases," Dr. Noble says, "the candidates were found to be in otherwise good health and could probably have performed well in the tasks, had they been given the chance."

In California, it is against the law for employers to discriminate on the basis of race, national origin, religion, sex, age and physical handicap. Lloyd Zimpel of the State Fair Employment Practices Commission says obesity is considered a physical handicap only if it is "a stable, permanent condition, not amenable to medical treatment." (In other words, hopeless).

Since the law regarding physical handicaps has been in effect only since last July, Zimpel says the FEPC has not handled many cases and few have been resolved. He does recall one case of a woman who weighed 300 pounds. She was employed as a youth worker on a temporary basis by a Bay Area county. When she wanted to be put on the permanent Civil Service list she was turned down because "she weighed too much."

BY HARRIET STIX

She appealed but lost because her doctor and another said that her overweight was not a permanent condition — "She could lose if she wanted to."

Zimpel commented: "If you wanted to badly enough, you could fly, too."

That problem of "wanting to" is one to which Dr. Noble has given a lot of thought:

"If you usually get up at 7:30 in the morning and I tell you 'It would be good for you to get up at 4,' you'll do it for a day or two and then you will quit. It's the same with food. The conditions are difficult and contrary to your nature. That is why most people start out with a bang but most give up."

"Usually there has to be a drastic change in a person's life. He has to fall madly in love or lose his job."

Dr. Noble himself did manage permanent weight loss. He first got seriously interested in diet about 10 years ago when he decided he had to drop a surplus 30 pounds. He used an assortment of techniques. For example, he'd order a hunk of cheesecake in a restaurant, put a quarter of it on his saucer to eat and pour the contents of an ashtray over the rest. "That way, I didn't feel deprived," he said.

Same Menu Day In, Day Out

He maintains his weight by eating the same meals day in and day out. Breakfast is a Teflon-pan fried egg, toast with butter and jelly, 4 ounces of orange juice and tea with a teaspoon of sugar. Lunch is almost always eaten in the same restaurant, is chicken with au vent without sauce, vegetables, orange slices and again tea with sugar. Dinner is chicken, veal or fish, salad with a low-calorie dressing, two vegetables, two glasses of wine and a glass of apricot brandy for dessert. ("I have a very sweet tooth and I can make that brandy last 20 minutes.") That works out to about 1,500 calories.

The doctor has all sorts of charts with which he explains the problems of overweight to his patients and he gets them playing games. Thus he's invented a "Calorie Game" where patients tear calorie coupons out of a book every time they eat. He grades his patients—A for a 3-pound-a-week weight loss, B for 2 pounds, down to E for a weight gain.

Dr. Noble is dubious about the chances of success of a program announced by an Illinois employer earlier this week. The president of a manufacturing firm has offered his overweight employees \$3 for each pound they lose over a period of a year. "We tried that with teen-agers," the doctor says. "It doesn't work. They keep to it only for a week or two."

Dr. Noble would like to see obesity, which he calls the nation's No. 1 crippling disease, get more attention. There's too little interest in serious research in the field, he thinks, although there is some quiet promising work being done.

Couldn't Reach His Shoes

As a medical problem, it has been studied for a little more than 100 years. Dr. Noble says. In 1861, an English undertaker named William Banting went to see the physician William Harvey. Banting was so fat he couldn't tie his shoes. Had to go down stairs backwards in order not to lose his balance. Harvey told him to leave out sweets and starchy foods and in a year Banting lost about a pound a week.

That's still a good rate of loss, Dr. Noble says. "I don't believe in crash diets." He puts his female patients on a 1,200 calorie a day diet, men on 1,500 calories.

In the hall outside Dr. Noble's office hangs a mirror with "Fat is beautiful" painted on its frame, the gift of a patient. Perhaps the message would be more convincing if the glass reflected more than the faces of patients as they come and go. Or if it were signed "An Equal Opportunity Employer."

5. LOS ANGELES TIMES 4/6/75

Worth their weight

Extra pounds of flesh mean extra \$ at work, new biz study shows

By EDWARD EDELSON
Science Editor

"Big bellies may mean bigger bucks."

At least that's what a new study says. Contrary to popular belief, it concludes that fat male workers may earn more money—not less—than their more slender colleagues. Moreover, it says, fat male workers may also hold a psychological advantage.

"Wages rise as weight rises for individuals within our sample—35 cents for every 100% increase in the ratio of actual to ideal weight," two researchers report in the American Journal of Public Health.

The study was conducted by Robert A. McLean, a professor of business at the University of Kansas, and Marilyn Moon, an economist at the University of Wisconsin. They did their study to check a previous report that said business personnel managers dislike obesity so much that fat executives lose \$1,000 in career earnings for every pound of overweight.

McLEAN AND MOON analyzed 2,356 men aged 51 to 65 whose complete records were obtained by the Ohio State University Center for Human Resources Research.

"Our results indicate no significant negative effects of obesity on the earnings of mature men working full time,"

McLean and Moon say find a small positive effect on earnings."

Because the bad effect could reduce lifetime earnings, researchers checked the earnings of the men against the fat men. And because employers are more likely to hire men against fat men might be more likely to be hired, the fat men came out at a

"In our sample, obesity correlates strongly with income, nor does there appear to be a preference for this market," McLean and Moon

IN FACT, THERE is heavy psychological benefit with being overweight.

"The results reported the existence, among men, of a 'portly banker' effect," a size may generate a sense of power, strength or commands respect from and employers."

And in checking out the "body beautiful" that men in perfect physique make more money—their looking too good can be a penalty.

"The negative coefficient for this variable indicates for those who fall within 'beautiful' range," says

But the researchers say "these results have generalized to entry-level female workers."

6. DAILY NEWS 9/9/80

Overweight women need not apply

Overweight job applicants are rated almost on a par with people afflicted by mental illness and alcoholism by prospective employers, according to David L. Glenn, the executive director of the Maryland Commission on Human Relations. Glenn, citing a Maryland study for an article for Ladies Home Journal, asserted that overweight people—and especially women—are penalized for their shapes by fewer jobs, lower pay, poorer medical treatment, higher insurance premiums and fewer college acceptances.

Despite the gains and insights of the women's movement, women are still judged primarily on their looks, says Marcia Millman of the University of California. In our society, "being thin is associated with being rich," she says. "Seven times more lower-income women than wealthy women are fat. A woman shouldn't have to be concerned about being 10 to 20 pounds overweight, if she's comfortable with it, but society's stress on physical appearance makes it a problem for her. Then maybe she turns to food out of frustration and anger and 10 pounds turn into 100."

7. NEWSDAY 1/6/81

"DO NOT INVEST IN COMPANY"

That is not the statement of a health nut or a doctor or a skinny CEO. It's a serious statement by a man who can be fairly described as the biggest institutional investor in the world—Carl E. Hathaway, senior vice president responsible for the investment of all the employee benefit plans at Morgan Guaranty.

Five years ago Mr. Hathaway listed that as one of the six criteria then used by Morgan Guaranty, and we

Women Paunch

Most women with a paunch are surveyed by a large manufacturer. Only 10 percent of women surveyed are thin, "waist" according to Te

A slight "tummy" was 34 percent, said they like and 13 percent well-established. Large bellies were preferred by only 250 women of various ages

8. NATIONAL 3/25/81

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Dr. Noble points out that one-third of the nation is fat. The 14.2% figure is accurate for the country as a whole. About 84 million people are not getting jobs because they are overweight. It's enough to give the family breadwinner a compelling motive for pushing away from

the kitchen. "You have to have the will of Samson to get down," says Dr. Noble. "This is the age of obesity. There is lots of food available and it's delicious."

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Dr. Noble's volunteer for Overeaters Anonymous, is one of the 10 million. Two years ago, she lost 100 pounds in nine months. "In my life I've lost and gained tons," she comments.

Overeaters Anonymous is a 15-year-old organization that helps people with alcoholism. "Our ranks are growing," she says. Members consider themselves computerized. Whether their extra pounds amount to 10

or 100, they have an inability to handle food, particularly overeating. "It's like an alcoholic cannot control alcohol," Sue says.

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Dr. Noble says that the overweight do indeed have a hard time in the job market. "It's a very common problem," she says. "It's there all the time—that people couldn't get a job."

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"Our results indicate no significant negative effects of obesity on the earnings of mature men working full time,"

McLean and Moon say. "Indeed, we find a small positive effect of obesity on earnings."

Because the bad effects of obesity could reduce lifetime earnings, the two researchers checked the health records of the men against their body weight. And because employer prejudice against fat men might also hurt income, they studied whether thin men were more likely to be hired. In both cases, the fat men came out at least even.

"In our sample, obesity does not correlate strongly with health status, nor does there appear to be a pure preference for thin men in the labor market," McLean and Moon report.

IN FACT, THERE seem to be some heavy psychological benefits that come with being overweight.

"The results reported here suggest the existence, among mature men, of a 'portly banker' effect," they say. "Large size may generate a 'nonverbal signal' of power, strength or capability which commands respect from co-workers and employers."

And in checking out what they called the "body beautiful theory"—the belief that men in perfect physical condition make more money—they found that looking too good carries a dollar penalty.

"The negative coefficients estimated for this variable indicate lower wages for those who fall within the 'body beautiful' range," they say.

But the researchers cautioned that "these results should not be generalized to entry-level males or to female workers."

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Women Prefer Paunchy Men

Most women prefer men with a paunch, a recent survey by a large British shirt manufacturer reveals.

Only 19 percent of the women surveyed said they prefer a thin, "waspy" waistline, according to Tern Shirts Ltd.

A slight suggestion of a "tummy" was preferred by 34 percent, while 31 percent said they like a slight paunch and 12 percent preferred a well-established paunch.

Large bellies were preferred by only 4 percent of the 250 women quizzed, who were of various ages.

8. NATIONAL ENQUIRER 3/25/80

asked him if it was worth wanting to be specifically fat. "I don't want to be specifically fat in my own mind," he said. "It has to be made. Fortune tellers say it is usually lean and thin, but it does continue to be fat. Chief executives,

AMA puts squeeze on low-fat diet

By Marcia Kramer

The controversial but popular Pritikin diet is criticized as experimental in the current issue of the Journal of the American Medical Assn.

Nutritionist Therese Mondelka, associate director of the AMA's department of foods and nutrition, notes that the diet plan, which calls for a low-meat and low-fat diet coupled with walking several miles a day, may have some beneficial effect in combating certain diseases.

However, she pointed out that the diseases—which include high blood pressure, diabetes, atherosclerosis and gallstones—are “highly complex” and are influenced by more factors than diet.

“Claims of spectacular reversals of serious illnesses or of prevention of disease in symptom-free adherents of the program have yet to be established scientifically,” Mondelka wrote. “Until then, the Pritikin hypothesis regarding diet and disease must be considered experimental.”

She also takes issue with some of the statements in Nathan Pritikin's “Pritikin Program for Diet & Exercise.”

For example, unrefined, minimally processed grains, roots, vegetables and fruits are described in the book as better sources of protein than meat, fish, eggs and milk.

Critics also have challenged Pritikin's credentials. Not a physician, he spent most of his life as an independent entrepreneur developing electronic gadgetry.

10. CHICAGO SUN-TIMES 1/1/80

Obesity burden unfair, Harris says

Overweight women frequently are discriminated against while society ignores their health problems, Health and Human Services Secretary Patricia Harris said Tuesday. “People who are grossly overweight, especially women, regularly encounter job and other forms of discrimination based on physical appearance,” said Mrs. Harris. She told a forum sponsored by Weight Watchers International and the Ladies' Home Journal magazine that society often imposes unfair burdens on obese persons while ignoring real problems, such as health.

12. ST. PAUL PIONEER PRESS 9/17/80

Only 5% of Dieters Don't Regain Weight

Almost 95 percent of adults who lose weight regain it later, according to the pharmaceutical firm Smith-Kline Corp.

Of the 80 million overweight adults in the U.S., 70 million want to lose weight and 40 million actually dieted last year. The heaviest users of diet products are women 18 to 49.

13. NATIONAL ENQUIRER
2/26/80

Lose weight, earn more

I want to thank you for the article in your August issue titled “Loss of Weight Could Get You a Raise.” How true it is! After a large weight loss my desk was moved to the front of the office, the bosses are now stopping to shoot the breeze, and I just earned the biggest, fattest raise of all, with promises of pushing me up the corporate ladder.

Name Withheld

11. SELF 10/80

14. Akron Beacon Journal January 28, 1981

BEST OF ACTION LINE

Heavy problem - I am looking for an organization that helps overweight people who are facing discrimination. I took an exam for storekeeper for the local school district and came out on top. When I went for the physical, the doctor said she saw no point in continuing the exam because of my weight. I did not pass. If I'm too fat to work, then I should be able to get disability benefits. — S. A. in the Long Beach Independent Press, Dec. 24.

The National Association to Aid Fat Americans, an anti-discrimination group, is forming local chapters. Contact the headquarters at P.O. Box 43, Bellerose, N.Y. 11426. A spokeswoman for the California State Employment Development Department said obesity has been used as the basis for disability claims. You would have to have a doctor verify that you were unable to work because of your weight. A local school district spokesman said weight affects employment decisions. “If an applicant is more than 35 percent overweight and has related health problems, that person is not considered eligible for employment,” he said.

Y FAT MEN?

still a principal criterion: “I don't care how much you weigh, but it's still a consideration very much to be taken into account when the investment decision has been made, because of the attrition of commission, the man who gets to the top of the ladder. But where there are exceptions, they concern me.” 9. FORBES 11/15/74

to the scales!

LETTERS, WE GET LETTERS...

Thank you for the...NAAFA 'Xtra. But even more important, thanks for accepting my idea.--Barry Betzner, Canada*

Glad you're publishing the 'Xtra. Keep up the good work!--Joan and Arnold Reed, VA

I liked the 'Xtra.--Edie Callahan, PA

I think it's a great idea!...I'll keep any eye out for anything that might be of any use.--Ruth Miller, KY

I like the new NAAFA 'Xtra, but I do think it was a little overdone on the Dr. Reubin Andres' articles.--Ray Simpson, CA

I hadn't seen any of the articles before and found them very informative. While you... indicated its purpose is to provide quantity, not quality, I'd like to point out that a little quantity goes a long way. ...articles number 1, 3, 6 and 7 were exactly the same.--C. Anne Bryan, MD

*[It] lets people see how things are presented (for example [2 articles] present the same story in a very different manner).--B. B.

The NAAFA 'Xtra is a great idea. Please mail me 5 copies. [Back issues available for \$1 each, plus SASE.]--Faye Feldman, PA

Submitted by:

1. Kenneth Wachtel (NY)
2. Marvin Grosswirth (NY)
3. Wayne Gehres (OH)
4. Karl Niedershuh (VA)
5. Karl Niedershuh (VA)
6. Virginia Burns (NY)
7. Virginia Burns (NY)
8. Karl Niedershuh (VA)
9. Audrey Smith (IL)
10. Marilyn Eakin (MN)
11. Kenneth Wachtel (NY)
12. Barbara Novack (MD)
13. Gloria Noll (PA)
14. Virginia Burns (NY)
15. Gloria Noll (PA)
16. Bonnie Baskin (PA)
17. Patti Reames (OK)

All others are from the NAAFA Library.

U.S. Drug Agency Tries to Stop Shipments of New Diet Products

WASHINGTON, April 30 (AP) — Nine new nonprescription diet products contain twice the current legal limit of an appetite suppressant drug and are not likely to be sold much longer, the Government says.

The five drug companies that make the products have agreed not to ship any more of them, the Food and Drug Administration said Monday.

The agency is seeking a similar level of cooperation from four other companies that also make products containing more of the drug, phenylpropranolamine hydrochloride, than is allowed. These companies have not responded to the F.D.A.'s request.

PPA, as the drug is known, is present in other over-the-counter diet preparations that are not subject to the regulatory action, but in smaller amounts.

Federal officials said they thought the companies had made the new products on the assumption that the Food and Drug Administration would approve the higher PPA levels because an advisory panel had suggested the increased levels.

But Wayne Pines, a spokesman, said there was no certainty the higher levels would be approved by the full agency. No decision is likely soon, he said.

Products Not Recalled

A recall was not deemed necessary because the agency is not convinced that the higher PPA levels are a health risk. But one study that the agency has shows that 85 milligrams of PPA, available in a product sold in Australia, caused "impor-

tant," although only temporary, increases in the blood pressure of test subjects.

The agency permits PPA at levels of 37.5 milligrams in a regular, immediate-release dose and 75 milligrams in a sustained-release dose, which has a release time of one day. The new products would have a 150-milligram daily dose.

The products subject to the agreement with the Federal agency are AYDS AM-PM Appetite Suppressant Capsules Time Release Formula; Pre-Meal DIETAC Drops and Pre-Meal DIETAC Tablets; "Control" Drops, Extra Strength Appetine Tablets and Vita-Slim Capsules; Super Odrinex Tablets and Power Slim packets, and Bio Slim T Time-Release Capsules.

The Food and Drug Administration wants manufacturers to discontinue shipping these other products: Super Strength Hungrex Plus Tablets, Pro-Plan Timed Release Capsule Reducing Plan, Sargents Diet Formula Tablets and Fastamine Tablets.

17. THE TIMES, READING, PA., SEPTEMBER 7, 1978

Big is beautiful in nude art class

OMAHA, Neb. (AP) — Families and fat people are welcome to apply during the Creighton University art department's annual search for nude models.

Last year, a classified ad brought dozens of responses, including one from a family of three, said assistant professor Bob Bosco.

"We wouldn't reject anyone, including the obese," he said. "Fat people have interesting folds."

Weighty matter

Sandra Lashbrook, 22, says she felt "very depressed" after failing to finish in the top 10 of the Miss America pageant and decided to "let myself go a little bit." Now she weighs almost 140 pounds, nearly 20 pounds more than her pageant weight, and the Miss Alaska pageant board has decided she can't be seen in public as Miss Alaska until she loses 6½ pounds.

16. BALTIMORE SUN 11/25/80

FAMILY DOCTOR

By G. TIMOTHY JOHNSON, M.D.

Dear Readers: A recent issue of the *New England Journal of Medicine* carried a report from researchers at the University of Rochester Medical Center in New York on a study of six hospitalized obese patients who were treated on a liquid protein diet. In the introduction the research team says:

"Our data demonstrate that a liquid protein diet is frequently associated with potentially life-threatening arrhythmias that are not detected on routine electrocardiography.

"Several studies of metabolic balance failed to reveal a cause for these arrhythmias. We recommend that the use of liquid protein diets should be terminated, pending further investigation of the causes of, and prevention of, the cardiac toxicity."

That's a pretty strong statement but it represents one more bit of adverse evidence in the continuing investigation into the health effects of the liquid protein diets on the heart.

18. (NY) DAILY NEWS 11/22/80

Weight Increase Puzzles Doctors

CHESTER, Pa. (AP) — Wayne Whipple was a 230-pound horse handler four years ago. Today, he weighs between 600 and 700 pounds and says he can't walk more than 25 yards at a time, let alone handle horses.

He says no one knows why he has gained so much so quickly.

"I can't find clothes to fit me," says Whipple, who estimates his waistline is between 66 and 68 inches. Often his clothes are made of two pairs of pants and two shirts sewn together.

Whipple, 26, says his trouble began four years ago. A hay elevator was falling and Whipple tried to stop it. The elevator motor tore open his left shoulder, and the rest of the elevator crushed his left femur, the bone between his knee and hip.

"I just kept gaining and gaining ever since," says Whipple, a native of rural Westport, Pa., who also has suffered recurring bouts with phlebitis.

Whipple, his wife, Darla, and their three children live on \$132 to \$150 a week that Mrs. Whipple is paid working for a glass company. "What my wife makes barely keeps us living," he says.

In the four years, Whipple has been back to the hospital twice to fight the obesity. He returned to Bridgeton Hospital 10 days ago, and was transferred Thursday to the Crozier-Chester Medical Center here.

At Crozier-Chester, he says, his glands and hor-

mones will be studied. To help reduce his weight, doctors may perform a small-intestine bypass operation.

While in the hospital, his diet consists of oatmeal, half a grapefruit or something else light for breakfast, ice water or other beverages the rest of the day, and salads with no dressing for dinner.

Sleeping takes up more than half of the normal day for him, usually 14 to 16 hours, and always in a double bed. Sometimes, Whipple says, he and his wife go fishing.

During his 10 days at the Bridgeton Hospital, Whipple was kept on a daily diet of 800-calories. It included no salt, sugar or bread, but he still gained weight.

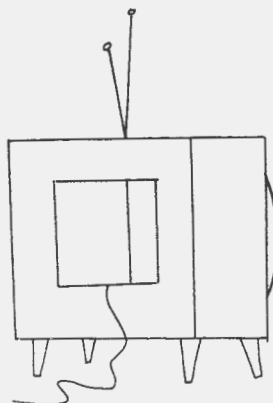
"There's no sense lying here worrying about things," Whipple says of his dilemma. "Emotionally, I accept it. I can't do nothing. It's a difficult problem."

Insurance covers the expenses from the accident, but he said he was told by disability-benefit authorities that "I don't have enough paid in to collect disability."

"My doctor says I'm disabled, but no one wants to pay me."



20. New Woman, July-August 1980



"If Miss America is chosen for poise, intelligence and personality, how come they don't allow fat girls to enter? I know plenty of fat girls who have poise, intelligence and personality."