

NAAFA NEWSLETTER

NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC.

P.O. BOX 745

WESTBURY, N.Y. 11590

Volume II

March - April, 1972

Issue No. 2

EDITOR-IN-CHIEF: MARVIN GROSSWIRTH

PRODUCTION MANAGER: CAROL R. PIESNER

PRESIDENT'S MESSAGE

by

William J. Fabrey

FATABILIA - A NEW KIND OF ANTIQUE?

Why not? A recent visit to New York's Antique Center of America at 415 E. 53rd St., proved a point: With 110 shops under one roof, each having its own specialty, it was obvious that there is a specialty for nearly everyone.

When I toured the Center with Hank Rose, its director of public relations, I asked him if anyone had ever shown an interest in dolls, circus posters, chubby figurines, antique fashion engravings, and the like, representing a bygone age when fat was more fashionable than today. Hank said no, no-one had ever asked him before, but the question didn't surprise him; he had appeared with me on "To Tell The Truth" a few months ago, and as a contestant had become quite familiar with the aims of NAAFA!

To make a long story short, he offered much encouragement, and said that many specialized dealers in antiques exist, and one dealing with "Fatabilia" - for lack of a better word - might not be a bad idea. Such a dealer might be an individual who collects and exhibits such mementoes, perhaps by mail from his or her own home, using a simple catalog; or it might be an enterprising person operating under the roof of another antique store or center. It would best be done, probably, as a spare time venture, as profits are very uncertain in this field, to say the least.

The picture accompanying this article, which appeared in Popular Photography, in Feb., 1971, is a good example of this kind of antique. If any readers are interested in going further with this idea, please let me know, as I might be able to help out in various ways.

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NEXT ISSUE: In my next column, I will deal with the following topic: NAAFA Men: Who are They, Where are They, and Why Aren't There More of Them?"

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Photo courtesy of Norman Rothschild

ELECTION NOTICE

New elections to NAAFA's Board of Directors are scheduled for June. There are 8 openings on the Board, and a nominating committee, under the chairmanship of Vice-President Eileen M. Lefebure, has been chosen to select a slate of nominees.

IF YOU WOULD LIKE TO SERVE ON NAAFA'S BOARD, or know someone whom you think should serve, please submit names, addresses, telephone numbers, and qualifications AT ONCE. The following qualifications are the minimum requirements:

- 1) The nominee must be a member of NAAFA.
- 2) (S)he must be able to attend monthly board meetings which are held in the New York City area, with some regularity.
- 3) (S)he should be willing to devote some additional time, apart from the Board meetings, to work for and with NAAFA.

Anyone not selected by the Committee as a nominee may enter the election as a petition candidate by meeting the first two of the above qualifications and by submitting a petition containing at least 25 signatures of NAAFA members.

Send those names and addresses NOW to:

Ms. Eileen M. Lefebure
55 Perry Street
New York, New York 10014

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NAAFA NOTES

Following the resignations of Llewellyn Loud-erback and Bill Blowers from the Board of Directors, Rhea Bardin and Ethel Weiss were chosen to complete the unexpired terms by unanimous vote of the remaining Board members. Ms. Bardin is a nurse with the Farmingdale (NY) school system and is chairman of NAAFA's Education Committee. Dr. Weiss, one of NAAFA's advisors, is an Associate Professor of Psychology at the City University of New York.

Eileen M. Lefebure, a member of NAAFA since its founding in 1969, was elected Vice-President by the Board. (Officers are elected by the Board of Directors.) Ms. Lefebure was the organization's recording secretary since its founding. She works as a legal secretary.

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TWO BOOK REVIEWS

by

Ethel Weiss, Ph. D.

Brians, Pearl: COMPULSIVE OVEREATERS GUIDE,
Brians Publishing, 8010 Petaluma Hill, Pennngrove, CA

Jackson, Robert G., M. D.: HOW TO KEEP SLENDER
AND WELL, Provoker Press., St. Catherines,
Ontario, Canada.

Both these books share titles implying a generality they lack. The first, Pearl Brians' COMPULSIVE OVEREATERS GUIDE is for the Christian adolescent or adult whose obesity is a defense for anxiety. The second, Dr. Jackson's HOW TO KEEP SLENDER AND WELL is of no interest to anyone.

Mrs. Brian's book is written by a sincere woman who believes that group therapy and religion have helped her cope with a tendency for compulsive overeating.

She advocates a program similar to "Food-alcoholism anonymous" based on faith, group support (group therapy or individual) and the renunciation of refined carbohydrates. The book includes a number of special prayers for the overeater:

God, You can help me with this long journey of weight reduction. I cannot do it alone and admit it. I get weary of carrying this burden of fat around with me each day. May I be willing to let it fall off my body. There is only one sure way of success in weight loss and that is a dependence on You, Oh God. p.158, 159.

Let me honestly face the truth about myself and my condition. Let me be willing to let go of "traditional" party eating since it only makes me unhappy. I can enjoy a social function without stuffing myself with foods that I don't need. Let my reasoning power be strong and unlimited. p. 168.

There might be some comfort in this book for those whose orientation is similar to Mrs. Brians' and whose obesity is indeed due to overeating as a defense against anxiety. Unless both these conditions are met, this book is not relevant.

Dr. Jackson's book is of interest only to those concerned with quackery and faddism. The reason that his book is totally harmless is that it is unreadable. A description could in no way do justice to the basic ignorance and conceit of the author or to his turgid prose; I think it is best to let Dr. Jackson speak for himself:

I think every intelligent seeker after health ought to have a copy of "HOW TO BE ALWAYS WELL" if only to be made thoroughly acquainted with the health laws laid down by our Creator, Obedience to which will ensure perfect health and the building of a human body

that will be fit to be the perfect temple of soul that God intended our bodies to be.

Needless to say, HOW TO BE ALWAYS WELL is an earlier work of this author's. He manages five plugs for this magnum opus in a four page chapter purporting to discuss obesity as an acquired disease.

In the next chapter, entitled "A Reducing Program," more examples of pithy illogic can be found:

On the other hand, to the physically perfect individual, mental, moral and spiritual attainment is automatic... those to whom the argument for elevating the moral and spiritual states, through improving the physical state, does not appeal are already far sunk in physical deterioration; and they had better be advised in time to set about putting their physical house in order.

In between statements of self aggrandizement he presents his distilled wisdom, which appears totally devoid of any knowledge of either obesity or nutrition. Dr. Jackson urges one meal a day, preferably meatless foods in their natural state and in "proper" combinations. He also includes some practical illustrations such as his salad #7 which contains romaine or lettuce garnished with nasturtium flowers or #8 which contains sauerkraut, apples and lemon slices, and which is also a yummy.

This book is totally unsullied by facts or knowledge and should be placed high on everybody's "Do Not Read" list. Do not waste your time with it. (Sorry I did!).

* * *

THE BY-PASS OPERATION AND URINE HORMONES

By

Rhea Bardin, R. N.

Promises of rapid weight reduction which appear to have reputable medical endorsement may have a special appeal to NAAFA members. A word of caution about two medical practices which have recently been discussed in the press seems appropriate.

1. An Intestinal By-pass Operation

For many years, surgeons have removed parts of the intestines for serious medical conditions such as tumors, obstructions, or massive gastrointestinal inflammations. When a surgeon decides on such a necessary intestinal operation, he knows that he may be subjecting his patient to unavoidable but necessary consequences: because a short intestinal track means less surface for digestion of food and for reabsorption of fluids, the operation can result in constant diarrhea and in poor nutrition. Of course, this will also mean that the patient can lose weight rapidly, even if he eats frequent high caloric meals. There may be other long time problems such as brittle bones or anemias which are justified only for saving life. This

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(By-Pass con't.)

is the basis for the intestinal by-pass operation in extremely overweight people who have been unsuccessful with more conventional methods of weight control.

Drs. Payne, DeWind, and Commons of Los Angeles and Lewis, Turnbull and Page of Cleveland have operated on 80 selected patients who weighed between 300 and 600 pounds. They reported rapid and marked weight losses with these operations. In 1970, Drs. Scott, Law, et al. of Vanderbilt University Medical Center announced the preliminary results of their government supported research on this operation. Eight of their eleven patients lost 100-200 pounds, each over a 3 year period with no tendency to regain. Three patients lost 50-80 pounds but regained 20 - 40 pounds during the second post-operative year. Nine of the eleven patients returned to more active work and life. Their post-operative courses were marked by intense diarrhea, which usually subsided within six months to from two to four semi-soft bowel movements a day. Three years after the surgery, these doctors were beginning to see problems of vitamin and mineral deficiencies, and very abnormal liver functioning in their patients. Therefore, they did not recommend the operation for wider use and felt that it should be considered experimental. It should be restricted to patients who were carefully selected and available for long-term clinical and metabolic follow-up.

This operation sounds as if it would attract a very heavy person, in spite of an uncomfortable and long post-operative period. It also sounds as if one would be volunteering for life-long guinea-pig-manship since no one can really anticipate what problems would arise in ten, twenty or thirty years after surgery. Also unavailable at this point are follow-up studies on whether more patients will begin to regain their weight loss.

2. Reducing with the Hormones taken from the urine of pregnant women

The Hormone, HCG, when injected daily, makes it comfortable to eat only 500 calories a day. Therefore, a rapid weight loss is possible on such a regime. Research on the short and long time effects of the hormone is not yet available for publication. Of course, 500 calories a day is not enough to maintain adequate, minimal nutrition and would cause dietary deficiencies if used for an extended period. There is also no published information about whether anyone who has used this program has maintained his rapid weight loss. Apparently, the work on this subject is being done Italy.

(Rhea Bardin, a registered nurse who works for the Farmingdale, N. Y. school system, is a NAAFA Board member).

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THE DAY TOTIE FIELDS MAKES PLAYBOY

by Erma Bombeck

I read a story the other day that said Twiggy has returned to the American scene and is filling out.

I haven't been so excited since my oven caught fire.

Twiggy gazed steadily at me from the pages of the magazine with deep sunken eyes. She leaned casually on a long, thin arm. Her legs were built for carrying messages. If she had "filled out" she had done it between her toes.

As I watched the symbol of all womanhood, the resentment in me began to build. I said to myself, "Who said that thin was in and fat is sin! Who sets the tone for what American women are supposed to look like? Why are all the BEFORE pictures 'Lumps' and the AFTER pictures Twiggies?"

I respectfully suggest that somewhere in this country is a sex syndicate . . . that dictates what parts of the female human anatomy are out and what parts are in. They are all men who sit around a table and say, "Julius, spread the word . . . busts are out this year."

"But, Boss," he pleads, "We're gonna hear it from the West Coast. They've built whole campaigns around . . ."

"Never mind," says the Godfather, "Also concave stomachs, sparrow legs, pointed elbows and bony necks."

"You think women will go for it?" asks one of the members.

"Do they have a choice?" barks the Godfather. "Every movie queen will look starved, every magazine cover will flaunt a thin face, every dress designer will turn out clothes for thinnies."

"What do we do about Totie Fields?"

"You know what to do," he says sniffing his carnation.

Once . . . just once . . . I wish the syndicate would go European, I'd like to see Anna Magnani (who wears hose to keep her girdle down) come back in style. I'd like to see stomachs flourish and well-fed cheeks and chins come into their own. I'd like to see legs look like legs and neckbones filled in. I'd like to pass a skinny broad on the beach and say, "Isn't that a shame? She has such a pretty face, too. I wonder if she's tried eating?"

But most of all I'd like to open a magazine some day and see a real, live, healthy girl with a little flab and a little bounce and a headline that says, "Piggy is filling out."

I'll eat to that.

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

On Oct. 7, 1971, Howard Brooks died of complications resulting from an intestinal bypass operation.

POSTSCRIPT

On a cold, bleak Sunday, while Handel's Messiah was earning its keep, I attempted to sort and size the clothing of a NAAFA who had recently passed away.

So far, this task has been both frightening and rewarding, and began when I tried on a pair of slacks. They fit like my own, and as I progressed sorting and trying on, I found some fit, some too small, and some even too large. I began to try to imagine the life of this 29 year old who had this day come into my life in this unhappy way. As far as his clothes showed, he at one point of his life was very like me. I wondered if he had also experienced the difficulties I had known. Trying to accept myself, and hoping that others would. I continued to open boxes and sort. What's this? Shorts and a bathing suit! This is where we were different. Obviously he had accepted himself as a fat person and did not hide. If this is true, then I thank God he enjoyed life.

Now the task is finished and we are ready to share with you the possessions of a 'brother'. Articles in poor condition have been given to charity, while items listed are in wearable condition, most new or slightly used. Orders will be filled as received with the best going first. It will be forwarded Postage C.O.D., which will be the only charge.

I hope that many of you, men and women, will take advantage of this, dropping me a line and telling me what you are interested in. I will try to send the closest to your needs. As you can see from the list, we have a great deal to disperse, so please take all you want. Write soon.

Mr. V.L. Behan, Jr.
34 Stockholm Street
Newport, Rhode Island

#	Item	Color	Size
7	shirts	assorted	18 1/2 - 19
2	shirts	striped	19 1/2 - 20
11	shirts	white	20 neck
14	shirts	assorted	20 neck, 35 sleeve
7	shirts	assorted	23 neck
5	shirts	assorted	22 neck
4	shirts	assorted	22 neck, 35 sleeve
1	sweater	maroon	4X, long sleeve
1	sweater	maroon	1X, no sleeve
2	Spt/coat	assorted	58 waist, 21 shoulder
1	Suit	grey	60 waist, 23 shoulder
4	pants	assorted	52 waist, 42 leg seam
2	pants	assorted	54 waist, 42 leg seam
2	pants	assorted	56 waist, 42 leg seam
2	pants	assorted	58 waist, 42 leg seam
2	pants	dark grey	62 waist, 42 leg seam
4	shorts	white	66, boxer style
8	shorts	white	64, boxer style
3	B.Suits	assorted	1 each: 50, 60, 70
2	shorts	check	50

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BOOK SERVICE

This department of NAAFA is intended as a service to members who want a place to obtain certain books at less expense and trouble than ordering them through a regular bookstore, which can often take weeks. All books are normally in stock. Send check or money order payable to NAAFA, and allow 1-2 weeks for delivery; we pay postage. Any small "profits" are used to help defray other expenses.

- FAT PRIDE** (Grosswirth, Jarro Press, 1971, \$6.95).....Net \$5.75
Truly a "survival handbook"... very lively reading.
- FAT POWER** (Louderback, Hawthorn Books, 1970, \$5.95).....Net \$4.95
The definitive book on fat... a factual history.
- OVERWEIGHT** (Mayer, Prentice-Hall, 1968, \$2.45)..... Net \$2.00
Emphasis is medical; reads like a detective story.
- SEX AND THE OVERWEIGHT WOMAN** (Scheiman, Signet, 1970) ... \$.75
Solid information mixed with some curious theories.
- THE OVERWEIGHT SOCIETY** (Wyden, Pocket Books, 1965)..... \$.75
Occasionally tedious, but interesting anyway.
- NAAFA NEWSLETTER** - All back issues available Each \$.35
Vol. I, Issue 1, 10/70 - present.

(NAAFA NOTES CON'T)

Carol Piesner was elected Acting Recording Secretary, to fill in the position vacated by Ms. Lefebure. Ms. Piesner is also production manager of the Newsletter and National Chapter Chairman. Carol operates an executive placement bureau in New York.

PITTSBURGH PROMISES

An appearance by NAAFA representatives on the Marie Torre Show brought many responses from potential members in the Pittsburgh area. Other publicity which NAAFA has received is Norton Mockridge's column (76 newspapers), and a picture story in several foreign magazines -- Dutch, German, South African and Flemish.

"HOW NAAFA HELPED ME"

Your fellow NAAFA's want to hear from you. Please let us know how NAAFA has helped you. We'd like to print your story; name and address will be withheld if you so wish.

HABLA USTED ESPANOL?

If so, you may be interested in NAAFA's Spanish letter, which briefly outlines our aims and principles. No other Spanish literature yet, but if you send in a stamped, self-addressed envelope, we'll be glad to send you a copy. Gracias.

WARNER WANDERS

After a seven - year association, NAAFA Advisor Dr. Alan Warner has left Rockefeller University to become director of social sciences with Creative Computer Services, Inc. "...Our work," he writes, "deals with the delivery of health care -- and you know how much is to be done in that area." Indeed we do... good luck!

WNET FEATURE

The 51st State, a New York oriented program, appearing on National Educational Television, recently aired a 5 minute special feature on NAAFA and Carol Piesner. Subject: the liberated fat woman, as told by Carol herself.

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