

# NAAFA NEWSLETTER

NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC.

P.O. BOX 745

WESTBURY, N.Y. 11590

Volume II

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Editor-In-Chief: Florane Sclar

## COME TO THE 1972 CONVENTION!



JULIE DeJOHN

Julie DeJohn, TV and nightclub personality, is the Queen of our convention! She is looking forward to spending Sunday, November 19 with us at the Skyline Inn. You will have a chance to meet her! She will give a talk, and she will sing to us.

Our guest speaker will be Natalie Allon, Ph.D., Sociology; Dr. Allon titled her doctoral dissertation "Group Dieting Interaction." For our convention, she will hold a discussion: "Feeling Good About Your Body!" Natalie is a very interesting person with an approach to our selves that we should all consider.

Send back your registration form today. You won't want to miss this convention!

Julie DeJohn  
Natalie Allon  
Fashion Show  
Delicious Dinner  
Door Prizes

Remember, the deadline for registration is Wednesday, November 8. REGISTER NOW!

**FAT  
CAN BE  
BEAUTIFUL**

### "HILDA"

Our curvaceous cutie is now available for 1973! A delightful way to keep track of the coming year... a great addition for any NAAFA-minded office or home. She's waiting to be mailed to you for \$2.25 postpaid. Please note that the small increase in price over last year was made necessary by higher costs to us from our supplier.



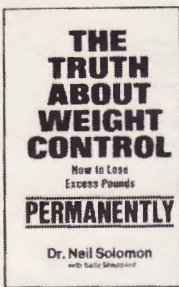
### PEN PAL PROGRAM TO BEGIN SOON

The Rochester Chapter, under Karen Cohen, Chairperson, has set up a Pen Pal Program with the full approval of the NAAFA Board of Directors. The details will be mailed to all NAAFA members along with the November Newsletter.

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**NAAFA**  
FAT LATE BE BEAUTIFUL  
NAAFA, INC. 400 WESTBURY ROAD WESTBURY, N.Y. 11590  
P.O. BOX 745

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THE TRUTH ABOUT WEIGHT CONTROL is available from the NAAFA Book Service at the discount price of \$5.95. Send check or money order payable to NAAFA, and allow 1-2 weeks for delivery; we pay postage.

For NAAFA members who wish to diet, this is one of the best books to read. The Board of Directors has voted to carry this book because of its unusually informative nature, and because some members desire dieting information. However, its sale by NAAFA does not imply that the book is in complete agreement with official NAAFA policy.

BOOK REVIEW

Neil Solomon, M. D., Ph. D., with Sally Sheppard, The Truth About Weight Control: How to Lose Weight Permanently. Stein and Day, 1971.

Reviewed by Ethel Weiss, Ph. D.

Dr. Solomon describes the knowledge he gained from studying over one thousand patients who lost and kept off "over two tons of body fat" a remarkable achievement until you divide (that averages 4 pounds per patient). His book is an attempt to answer the fifty most frequently asked questions about obesity. The style is easy to read and the book is informative. Here is a representative question and answer:

Does the degree of my fatness determine how bad my health problems may be?

... The degree of obesity does not always seem to affect the seriousness of the trouble. Some excessively fat persons may have only mild problems, while others, only slightly overweight, may have a major difficulty. It hardly seems fair (hey, Dr. Solomon, your attitude is showing!), but it is a medical fact.

He then goes on to suggest that perhaps obesity is a consequence of some disease process rather than the cause. Another question I found interesting is:

Why do I still feel hungry after a meal that satisfies another?

Dr. Solomon suggests that it is an interesting question and maybe if we do more research we will find the answer. Ah, well, at least my problems aren't unique. Is it possible that even though I limit my calories, there are some foods that I cannot eat without gaining weight? (Yes.) Can one be undernourished without going hungry? (Yes.), etc. (So what else is new?)

While some of the material holds no surprises for our members (tips about dieting and the distinctions between obesity and overweight), other chapters dealing with the life-risking dangers of improperly supervised diet clubs and the often unsuspected role of glands in obesity can be informative. The book concludes with a list of endocrinological clinics and metabolic units at various medical centers throughout

the United States. This information, alone, might justify the book. Even though you were once told by some well-informed medical person that all you need is a muzzle, and although we are still in great ignorance about most obesity, there has been some progress in the diagnosis of the causes of obesity and it might be worthwhile to reinvestigate the situation. Perhaps enough is now known for some of us to be helped.

While this book may be of educational value to both you and your doctor (references to scientific studies are provided), the tone of the book is grating. Dr. Solomon has drawn on thirty-six successful cases to illustrate points in the book. If you consider that he reports treating over one thousand patients, his success rate is 3 percent, not really more effective than any other approach to chronic obesity. (He reports success in 50 percent of the cases, but, by conventional criteria, I have been a "success" in at least three separate studies; consequently, I can't take his reported numbers too seriously.)

You may become better informed by reading this book and you might be helped to lose weight by following up some of the medical resources cited, but statistically speaking, you are more likely to be informed than helped.

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NAAFA NOTES

ADVISORS AVAILABLE

NAAFA's advisors will answer letters which they believe to be of general interest to the membership. Address inquiries to NAAFA Newsletter, Box 745, Westbury, N.Y. 11590.

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MIXED TYPEFACE

Some readers may wonder why more than one type style is used in this Newsletter. Unfortunately, we have not solved all our typewriter problems yet, and for a while, several different machines will be used.

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HOLIDAY GIFTS

The coming holidays are an ideal time to consider giving a gift membership in NAAFA to a deserving friend. Or, why not add some books to your list of possible holiday gifts...books from the NAAFA Book Service.

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CLASSIFIED ADS NEEDED

For several years, many members told us that we should have Classified Ads in the Newsletter. Now that we have them, we need more people to make use of them. Otherwise, the feature may be dropped.

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"FAT BUT NICE" is reprinted without comment. We thought you might find it interesting. Incidentally, copies of the poster can be ordered from the Poster-Center G. Lorenz, 4 Dusseldorf, Blumenstrasse 28, W. Germany. We believe the price to be \$3.11 each.

### Fat But Nice

TIME, AUGUST 7, 1972

ON the time-honored principle that female nudity is an asset to any sales campaign, the West German subsidiary of Japanese Fuji Film wanted a naked woman to adorn one of their five ads in *Stern*, West Germany's second largest illustrated weekly (circ. 1,600,000). Admen Günther-Jürgen Bahr and Claus Harden of Düsseldorf winced. Nudes are so common in German magazines that Fuji's ad would look like any other page in *Stern*. How to get the reader to look twice? Bahr and Harden's answer: a nude with a difference—"fat but nice." They assigned the job of finding a model to Hamburg Photographer Christian von Alvensleben. After weeks of searching, a friend introduced him to Gerd Tinglum, 20, a Norwegian art student who came to Germany four years ago as an *au pair* girl. She agreed to pose "for the fun of it"—and for the \$186 fee.

Gerd is the antithesis of a pin-up girl: 5 ft. 3 in., 161 lbs., with measurements of 45-39-43. But never mind. Fan letters have been pouring into Fuji's Düsseldorf office at the rate of 20 a day asking for reprints of the ad, which shows Gerd on an Ibiza beach over the caption, "Take a picture of your sunshine in the sunshine." A German air force squadron at Sobernheim has requested 30 blowups, and Fuji's ad agency has printed 10,000 posters, which it is selling for \$3.11 apiece. A record company has asked Gerd to make a 45 r.p.m. single, explaining that it does not matter whether she can sing, as long as her picture appears on the jacket. Photographer Alvensleben believes the ad has been so successful because of Gerd's "awfully human appeal. People who have complexes—and who doesn't?—look at the ad and feel reassured."

### PRESIDENT'S MESSAGE

Bill Fabrey

Last month I wrote on the topic "NAAFA Men: Who Are They, and Why Aren't There More of Them?" So far I haven't heard from many of you about this but the few who did comment seemed to agree that it was time for such plain and honest talk about the whole problem. How about some comments from more of you about the subject!

### EX-MEMBERS

While the majority of you seem to renew your membership in NAAFA when it expires, too many drop out after only one year. Now, there are a lot of good reasons for being frustrated with your membership in NAAFA! However, without growth, we cannot solve any of our problems. Please renew when your notice arrives. Give us another year of your support, even if you become impatient with us.

Copies of this Newsletter are going to all ex-members of NAAFA, along with an invitation to come to the 1972 Convention. We hope that some of our former members will regain their interest in what NAAFA is trying to do.

### CONVENTION

This will be our 3rd National Convention. Some thought we would never make it to the first one. Each year the Convention gets better and better; this will be the first one to include a dinner as well. We have tried to keep all the costs down, but serving any meal in New York City becomes an expensive proposition.

I'm sorry that not all members can travel to New York; nor can each member afford the expense of the dinner. Other, cheaper meetings are, of course, held throughout the year by the local chapter. And, future conventions in other cities are a good possibility, but only in cities which have a large NAAFA membership, or are accessible to a large number of members.

### STORIES ABOUT MEMBERS

One of the things still missing from the Newsletter is a story each month about typical NAAFA members. We would like you to write us your story, and if possible, send us any good picture of yourself. Or, write to us about someone else you know!

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"THE NATURE OF A PIG"

By Rex T. Reed

Editor's note: Mr. Reed is a loyal NAAFA member who lives in Wichita, Kansas. He has written many letters to our office expressing his views on a variety of topics, often with a humorous flavor. Since he has had a farm background, and since we agree with him that the "pig" image that is often foisted onto fat people is detrimental and unfair, we reproduce his comments below. In his letter, he had been discussing different insults which fat people receive..

"... As to PIG, well, if I were called a lion I would get mad. A lion is not a strong, brave hunter. He is a carrion eater, a coward, and makes his wife do all the work. A pig, however, is by nature a clean mammal who will stand up for no nonsense. You can make a pet of a pig but never a whipping post. And top of that, snakes can't hurt them. So where is the insult?

"If that is true," you say, "Then why do all the pigs in a yard collect in a mud hole?" To which I answer with another question: "If you had sensitive skin and were fenced in a yard with only a mud hole to keep cool, where would you be?"

I'LL BET YOU WON'T BE STANDING OFF TO ONE SIDE!

If given a chance, a pig will take a shower any time..."

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RECENT PUBLICITY

Many NAAFA members are interested in hearing about the ways in which NAAFA gets public recognition. For that reason, we summarize each month the important areas of publicity.

After the recent front-page article about NAAFA in the LOS ANGELES TIMES, we were mentioned by the comedian Allen Sherman, who read portions of the article on the Steve Allen show. Many other radio and magazine interviews took place in the days to follow, proving that publicity in newspapers tends to create further publicity of its own accord. Most people must see something in print before they are willing to acknowledge that it really exists.

Other recent items are worth mentioning. We are now mentioned briefly in the World Almanac, 1972 edition, p. 261. More important, a good description of NAAFA appears in the 6th, and also now in the 7th edition of the ENCYCLOPEDIA OF ASSOCIATIONS.

Recent radio interviews included WNBC-New York: The Big Wilson show; WSB-Atlanta: Kim Peterson; WKAT-Miami; and several others.

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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.

A NEW AREA OF DISCRIMINATION

The Regis Philbin show on KABC, in Los Angeles, called me recently. They wanted a phone interview for their Hot Line Show, which is a show where listeners can call and comment. And so, at 8:15 PM on Sunday, Aug. 13, I was called by Mr. Philbin.

Things were going well; a couple of listeners called in -- one to say he thought fat women were much more beautiful than thin ones; and one to ask what NAAFA is doing about the clothing problems of fat people. Then a landlady called and revealed the most unusual form of anti-fat discrimination I have ever come across...

She began by saying she thought it was a shame that fat people were discriminated against. Some of her friends were just wonderful and they were fat. However, as a landlady she never rents her apartments to fat people! "Most of them are furnished and fat people are too hard on the furniture," she said. Regis Philbin was incredulous, and didn't want to believe her. But she persisted, saying that it was completely true and it wasn't only the furniture. "The floors sagged, even the doorframes were damaged, and the various plumbing fixtures in the bathroom are ruined by fat people." I told her that I was flabbergasted. Never had I heard such comments. Mr. Philbin said she must be the "meanest woman in the world."

Within NAAFA we have had many interviews and many comments from the sidelines, some on the air and some off. But I'm sure you'll agree this has got to be the last straw in discrimination.

----Joyce Fabrey

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CLASSIFIED ADS

NON-COMMERCIAL ADS: \$.10/word, minimum 10 words; department number available for \$2/issue.

COMMERCIAL ADS: \$.25/word, minimum 10 words; department number available for \$4/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 things.

DEADLINE: All ads received (with payment) by the 25th of each month will be printed by the 7th of the following month, normally.

NEEDED - Volunteer to be trained to periodically run Addressograph machine and help NAAFA office print envelopes, etc. Contact NAAFA office.

WANTED - Volunteer with typing skills to occasionally come to NAAFA office to give typing assistance.

EMPLOYMENT - Small Manhattan-based company has openings for clerical personnel. Light typing/filing/bookkeeping. Will train. Not prejudiced against "overweight" applicants. Reply to NAAFA, Dept. A.

FOR SALE - A-line dress, size 48. Off-white, ribbed Fortrel Stretch-mit, cowl neckline, short sleeves. A MEERA BROOKE from Lane Bryant, all tags still attached. Originally \$35.00, now \$20.00 postage-paid. Inquire NAAFA, Dept. B.

WANTED: PEN PALS - See next Newsletter.