Talks About

Safe and Sure Reducing

simple than we are often led to tary of State, Cordell Hull before these believe. During the course of the started on their peace mission to Beutreatment the patient's strength | nos Aires. Churches, labor groups, club in ninety-nine cases out of one hun- off a world conflict. dred too much food and too little ex- Things look pretty dark just at pres- paprika, 2-3 cup grated cheese . ercise causes obesity."

The above was written by Dr. Elliott P. Joslin of Boston twenty-five the situation in the far east at the boiltherapeutics and materia medica, Jefferson Medical college, Philadelphia.

"Excess of food. Eating is much of are given the serious consideration they 30 minutes in moderate oven. a habit. Thus the patient may be ac- deserve and worked out around the concustomed to eat before retiring, or to ference table, the only place they will take fruit between meals, or to enjoy two portions of des- ever be settled.

food may have been contracted when the individual took more exercise. The duties active or business life shortened or les-

Dr. Barton ercise, but not for meals."

"Lack of exercise. Lack of exercise is fully as common a cause of overweight as increasing the amount of food eaten. Two individuals may exercise and eat alike, yet one sleep an hour longer than the other. The one who sleeps the hour longer naturally chooses a reclining chair and the other selects an upright chair. One is quiet while the other makes frequent movements even in the simplest conversation-always on the move-thus using up the food eaten and preventing gain in weight. Gain in weight usually takes place at that time in life when one is most apt to decrease the amount of exercise."

Old Words Still Apply.

You can thus see that while these words from Doctor Joslin are now about twenty-five years old they apply exactly today as to the cause of nearly every case of overweight-too much food or too little exercise, or both.

In the treatment of overweight the same reason for trying to reduce the weight-pride in one's appearancewas the biggest factor twenty-five years ago in getting these individuals to eat less food and take more exer-

The recommendation as to diet was that all foods be reduced; that is, the total intake be reduced. Then of the foods eaten starches and fats should be cut down most and proteids (meat, eggs, fish) very little or not at all. Protelds are needed to maintain the strength and structure of the body and also because they increase the rate at which the body processes work. thus further preventing the formation of fat.

Cutting down completely on table salt in the diet at once causes a lowering of the body weight.

Exercise Holds Protein. Exercise helps to hold or maintain protein in the system because exercise develops or builds muscle, just as lack of exercise allows body protein to be gradually lost. For this reason exercise should always be used to reduce weight. It is not generally recognized that muscular work nees up fet and sugar but not protein. In other words exercise favors the loss of the very tissues which it is most desirable to remove in the treatment of obesity.

Exercise should be prescribed along with the diet above montioned (extting down on starches and fats but not on proteids). The exercise should be progressive, regular, and suited to the needs or ability of the patient to take it.

Doctor Jeslin speaks also of the use of thyrold extract which was in use at that time. Thyroid extract should not be used until after cutting down on the food and increasing the exercise has failed to reduce weight after several weeks' trial.

The pituitary extract which is need in these cases when the excess fat is on shoulders, breasts, abdomen and hips, but not on the lower legs or forearms was not in use for reductor weight at that time.

. . . A Patient's First Visit "Every patient who consults a dector is in a state of fear. He is thereby more easily influenced by 'suggestion' and the attitude of the decter, whether encouraging or discouraging, can prefoundly affect the nervous system through the emotions, and thereby practically every chemical action throughout his body may be affected. Herein is the scientific explanation of the fact that the best of tonics is

"But an essential factor in hope is faith. The patient must believe in his doctor, in his knowledge, care, and

"The doctor will have to give good grounds for his faith, and in order to inspire this faith no aspect of the case must be neglected." I am quoting Dr. W. Langdon Brown in the British Lancet.

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bottle. Get Crecmulsion right now. (Adv.)

DR. JAMES W. BARTON United States, of which about half have great there is no time to be lost. Peoalready been secured and were present- ple will have to sacrifice as they did in ed by the National Committee, headed 1914-1918 in war, with their time, their by Mrs. Carrie Chapman Catt, Dr. Mary money and their lives if need be. Will HE treatment of obesity E. Woolley, Mrs. Hannah Clothier Hull it be for War or for Peace? (overweight) is far more and others, to the President and Secre-

Macaroni Spanish

should improve and his cheerful- and special committees are still active Three tablespoons butter, I tablespoon ness be maintained. Obesity is due to too much food and too little and it is hoped that when the next chopped onion, 1 tablespoon chopped world Peace Conference is called in the green pepper, 2 tablespoons chopped near future the overwhelming demand celery, 4 tablespoons flour, 1 cup tomaexercise. Insufficient thyroid juice may of the people of the world will yet stave toes, 1-2 cup water, 3 cups cooked macaroni, 1 teaspoon salt, 1-4 teaspoon

Melt butter, add and brown onion, add 20 ent with Europe in such a turmoil, and pepper, celery and flour. Add tomatoes . and water. Boil 3 minutes. Add macayears ago in Modern Treatment, edited ing point. Now is the time to do all in roni, salt, paprika and half the cheese. by Dr. Hobart A. Hare, professor of our power to see that war is avoided Pour into buttered shallow baking dish and that the causes which provoke wars and cover with remaining cheese. Bake

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