WHAT TO EAT and WHY

C. Houston Goudiss Warns of the Dangers of Overweight
Nationally Known Food Authority Describes the Right and Wrong Methods of Reducing

THERE was a time when overweight was indulgently tolerated and even respected. It was believed that width and wisdom went together and that fat people had the best dispositions. Surgeon generals were regarded as an index to the health of a man and if one had plenty to eat and did not have to work, he was considered to be in the best possible physical condition. But this is no longer the case and to-day the term 'fat' means nothing but excess of the flesh.

Overweight reduces the heart. Fat reduces the capacity of the heart, interferes with its action, and lessens its strength. An over-fed heart works harder and is more apt to break down than a lean one. Fat obstructs the heart and causes angina pectoris. In addition, it is believed that fat people are more liable to a heart attack.

Overweight cripples the lungs. Fat reduces the lung capacity and makes it more difficult for the lungs to breathe. It is difficult for the fat person to breathe and he is more likely to get pneumonia.

Overweight causes the body to overheat. Fat reduces the efficiency of the muscles and makes it more difficult for the body to dispose of the heat generated by the muscles. This is why fat people are more likely to suffer from heat stroke.

Overweight weakens the kidneys. Fat reduces the efficiency of the kidneys and makes it more difficult for the kidneys to remove waste products from the body. This is why fat people are more likely to suffer from kidney disease.

Overweight increases the risk of diabetes. Fat reduces the efficiency of the pancreas and makes it more difficult for the body to maintain a normal blood sugar level. This is why fat people are more likely to suffer from diabetes.

Overweight increases the risk of cancer. Fat reduces the efficiency of the immune system and makes it more difficult for the body to defend itself against cancer. This is why fat people are more likely to suffer from cancer.

Overweight increases the risk of heart disease. Fat reduces the efficiency of the heart and makes it more difficult for the heart to pump blood. This is why fat people are more likely to suffer from heart disease.

Overweight increases the risk of stroke. Fat reduces the efficiency of the blood vessels and makes it more difficult for the blood to flow. This is why fat people are more likely to suffer from stroke.

Overweight increases the risk of circulatory disease. Fat reduces the efficiency of the blood vessels and makes it more difficult for the blood to flow. This is why fat people are more likely to suffer from circulatory disease.

Overweight increases the risk of arthritis. Fat reduces the efficiency of the joints and makes it more difficult for the joints to move. This is why fat people are more likely to suffer from arthritis.

Overweight increases the risk of gout. Fat reduces the efficiency of the kidneys and makes it more difficult for the body to dispose of uric acid. This is why fat people are more likely to suffer from gout.

Overweight increases the risk of hypertension. Fat reduces the efficiency of the blood vessels and makes it more difficult for the blood to flow. This is why fat people are more likely to suffer from hypertension.

Overweight increases the risk of obesity. Fat reduces the efficiency of the body and makes it more difficult for the body to burn calories. This is why fat people are more likely to suffer from obesity.

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