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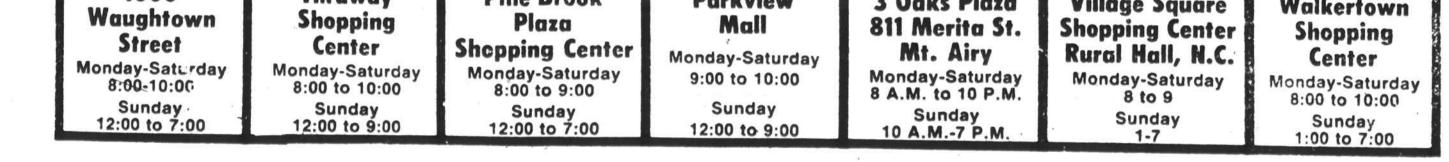
without consulting a doctor can be dangerous, especially if pills are in-

Consumer Tips

volved. Losing weight requires that fewer calories be taken in than are burned up in exercise and normal activities, & maintaining weight loss requires that these quantities be kept in balance. Anyone seriously interested in losing weight can get good advice from a doctor. Usually, he will prescribe a restricted but healthy diet, often advising a daily program of moderate exercise.

wer is the key to a stopsmoking resolution. Products such as pills, gum, cigarettes made from substances that contain no nicotine, or devices that reduce the amounts of nicotine and tars that are ingested, help temporarily at best. The smoker who wants to become a former smoker must do it the hard way, perhaps with the aid of a stopsmoking clinic that is supervised by professionals. Many impose a small fee or none at all.

'Secret' Formulas Only a small portion of a huge health fraud industry are self-improvement quacks. There are cancer quacks, arthritis quacks, diabetes quacks, and quack psychiatrists. to name only a few.



Walkertown