

FIGHT FAT AFTER FORTY

Thule, a Finnish insurance society, has recently published a study of its mortality tables for the last 50 years, and in this report they say that in more than 50 per cent of the cases malnutrition was considered a principal factor in bringing about death. Many who had organic diseases would have lived years or even decades longer than they did had they eaten more carefully, principally had they tried harder to avoid obesity.

These statements are taken from an article on obesity by Prof. Von Wendt of Helsingfors, which appeared in The World's Health. Some of the trouble in the cases referred to in the Finnish report were due to eating too little food and other causes of undernourishment. Most of them were due to eating too much food. Von Wendt says: "Obesity, which almost inevitably leads to a shortening of life, is a sign of prolonged irregularity of diet, where it is not a symptom of a chronic disease."

The common belief is that people should put on flesh slowly as they increase in years. The fact is, that it is not wise to increase in weight after 30 years of age. There are people who are unwilling to add a year of age for each twelve months after they pass 30. He says, if they are wise, they will be four times as obstinate about adding weight year by year after 40.

The women especially will be interested in what he has to say about fat pads. "When a woman recognizes

the first mass of fat laid down on the abdominal wall, or shoulders, or neck, or breast, or in any other place in her body, if she is wise she will admit that it is a forerunner of trouble and she will get to work without delay to get rid of it. The way to get rid of it is to regulate the diet and exercise."

- Among Von Wendt's rules for eating and drinking are these:
1. Chew your food well.
 2. Stop eating in time. Don't overload your stomach.
 3. Avoid drinking too much at meal times.
 4. Begin and end the day with a light drink; take as little liquid food as possible.
 5. With the exception of the early morning drink, never drink unless you are thirsty.
 6. Drink sparingly during heavy work or tiring exercises.

The first act on arising in the morning is to drink copiously of water containing fruit juice or vegetable juice. Begin the first meal with fruit or fresh vegetables. Begin and end the second meal in the same way. Drink freely of water containing fruit or vegetable juice about two hours before the principal meal.

He advises abstemiousness in eating. The foods which are to be eaten in small quantities only are those which make the uric acid. These are breads, all forms of pastry, all forms of cereals, meats and eggs.

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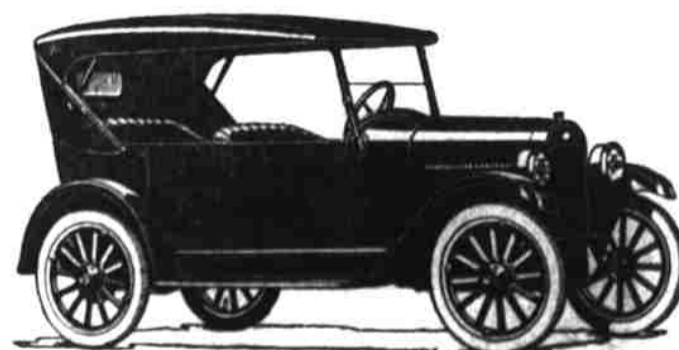
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