

**STAY ALIVE LONGER!**

# Wrong Diet Can Weigh You Down

**By LELORD KORDEL**  
**Installment Fourteen**  
 Sam Morris was eating his second desert. It was a huge wedge of apple pie and after the first bite he looked around the table and asked, "Where's the butter?" "I put it away when I cleared the table, Sam," his wife said. "Who wants butter with dessert?" "I do," said Sam plaintively. "You know I always like butter on my pie, Ella. Makes it richer." "That's the trouble with you, Sam," she said, "too much rich food. You don't see me eating dessert the way you do. If I don't have it every meal you make a fuss. You'd just better remember what the doctor told you!"

Sam didn't like to remember that the doctor hadn't listened to Sam's excuses. He had been blunt and unsympathetic. "It's not your glands, Sam," the doctor said. "And you didn't inherit your fat. All you inherited was the family appetite. You just eat too much. Nothing else wrong with you—yet. But there soon will be if you don't get rid of that potbelly."

There are more excuses for obesity than there are reasons for it. Did you ever hear a fat person say, "I'm fat because I'm a glutton?" Never! "My whole family is fat," he'll tell you, "and I inherited it. I really have an appetite like a bird." The answer is that, of course, is "Sure—a vulture or an ostrich!"

At the age of thirty or forty, the body's energy requirements slow down, and you need fewer calories to maintain your weight. As the average man gets older, however, and his physical activity decreases, his eating habits stay exactly the same—or even increase.

If you are a chairwarmer, 1,900 calories a day will hold your weight. If you get around a bit, 2,400 calories a day will allow your weight to remain the same. You can remain lean on 3,000 calories a day if you're a hard, active worker.

**THE U.S. — LAND OF FATTIES**  
 Anyone who is as much as fifteen pounds heavier than the optimum weight for his particular physique is considered overweight. There are 25,000,000 overweight in the United States, and 5,000,000 seriously obese.

The overweights dig their own graves with their teeth—workmen and executives alike. Your vulnerability increases with your pounds. Studies of fifty thousand overweights by the Metropolitan Life Insurance Company showed that the mortality among them was 50 percent higher, especially when they were also suffering from cardiovascular-renal diseases, diabetes, and diseases of the liver and gall bladder.

Your chances for living go down as your weight goes up. Generally speaking, people who are 15 percent overweight have a death rate 22 percent higher than persons of normal weight. Those who are 15 to 24 percent overweight have a 44 percent higher death rate. And the ones whose weight is 25 per cent higher than normal have a death rate 75 percent higher.

If you're overweight at thirty it isn't good; at forty, it's a definite danger signal. Studies by life insurance companies show that the overweight develop diabetes, heart disease and other life-shortening conditions earlier, and die younger, than those whose weight is normal.

The American Journal of Public Health says that America's problem is that of an overdeveloped country. Our obesity is related to our national prosperity, just as malnutrition is to poverty in the underdeveloped lands.

Each man kills himself in his

own fashion. But the overweight victim of a wrong diet definitely lessens his hold on life. One American out of every 4 is overweight, because of overeating—or eating the wrong foods.

Fat puts a strain on the heart. For every ten pounds of extra fat you have, there must be a half mile of blood vessels to serve it. The heart must work to pump blood into these fatty areas.

The late Dr. Edward Spalding gave one of his patients, Arman H. Best, a good object lesson in the folly of being overweight. At the start of Best's checkup, Dr. Spalding handed him a pair of bowling balls and said, "Carry these around with you until you leave the office." When Best became exhausted and complained, the doctor said, "What are you kicking about? You carry more excess weight than that around with you twenty-four hours a day. Ridiculous, isn't it?"

That was the inspiration for Best's losing fifty pounds during the next two and a half years.

**DO YOU EAT TOO MUCH?**  
 Dr. Frederick J. Stare, professor of nutrition at Harvard University, says that excessive caloric intake is the most widespread nutritional problem in the United States. Americans generally eat far too much rich, belt-stretching foods which are low in vitamins and minerals.

Doing violent exercise won't melt off those pounds. You would have to walk 36 miles, bend over 2,500 times, or play 216 holes of golf to lose one little obnoxious pound of fat.

When and how did you put on your weight? Was it when you quit chasing blondes and started sitting down to hearty meals with those beefy fellows at the club? No matter how you gained it, you'll have to lose it with knowledge—of what you're eating and what it's doing to your body.

Why do you overeat? The reason for it often has little to do with actual hunger. Is your eating a habit? The stuffing habit that you formed when you were a growing boy? Or do you eat too much because you are emotionally disturbed? As insight into the problems responsible for overweight is necessary to achieve a cure. First, you must understand the reason you eat too much. Then you can be helped to lose weight.

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**Agricultural**

(Continued from page 9)  
 of Agriculture and Mr. N.W. Black, Experimental Farm, Charlottetown.

**KINGS COUNTY**  
 The Legion Hall in Morell is the location for the Morell and District Club Meeting. President

## Rains Flood Areas In N.S.

**PARSBORO, N. S. (CP)**—About 75 homes were isolated in the western district of this northern Nova Scotia community Monday as heavy rains caused flooding along the marshy shores of Minas basin.

A 20-foot gap split open on a road at the outskirts of town after the highway was pounded by rising tides on one side and undermined by floodwaters on the other.

One resident estimated 400 persons were marooned in the Riverside area, but the 75 homes could be reached by boat. Upwards of five inches of rain have fallen here since early Sunday.

A section of the main Halifax Moncton highway was washed out seven miles north of here.

**COTTAGES FLOODED**  
 A few miles north of the west-coast waters had covered a nest of summer cottages in the Southampton area.

Highway work crews said they expected several bridges on secondary roads were washed out, but the roads were inaccessible.

**RED STUDENT SPIES**  
**PANMUNJOM** Korean (AP)—The United Nations command in South Korea Friday charged that more than 1,000 prospective spies are training in three espionage schools in Communist North Korea. Maj-Gen. William S. Bidie said the student agents are being trained to infiltrate into South Korea. Bidie made his charges at a meeting of the joint military armistice commission called by the UN command.

from the book, "Live to Enjoy the Money You Make," by Lelord Kordel. Published by World.

**Tomorrow: Danger! Curves Ahead—unless you redesign your eating in accordance with 20th century living! How to use your head and lose weight!**

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**CANADIAN CLUB MEETING**  
**CHARLOTTETOWN HOTEL**  
 Wednesday, October 28th at 6:30 p.m.  
 Guest speaker—Ambassador Richard B. Wigglesworth  
 Limited number of memberships available.  
**A. J. HASLAM,**  
 Hon. Sec. Treas.

**ATTENTION**  
 All schoolboy curlers are asked to secure application forms for the 1959-60 curling season. Forms to be obtained from members of the executive.  
 Dues—\$2.00.  
 High School Students Saturday Morning 9:30 — 11:30  
 College Students Monday and Thursday 1:00 — 2:00

Merlin MacDonald will introduce the speakers of the evening: George MacNeill, P.E.I. Department of Agriculture; Marshal Peters of the P.E.I. Federation and W.S. McMurtry an Agricultural Engineer.

**Hector Matheson**, President of the Montague and District Club will chair the Meeting in the Legion hall, Montague. Other speakers are: W.E. Stiers, P.E.I. Department; Colin MacDonald, S.P. Island Federation and S.E. Eagles, Fieldman, Production Service, Canada Department of Agriculture.

The United Church Hall in Souris is the scene of the Eastern Kings Artificial Breeding Club Meeting. The President, Aubrey Atkin, Bay Fortune will introduce the speakers: D.D. MacLean, P.E.I. Department; George C. MacDonald, P.E.I. Federation of Agriculture and Dr. J.W.C. Nicholson, Research Officer, Experimental Farm, Charlottetown.

These meetings are being held to bring pertinent information concerning cattle management. It is hoped that cattle owners and those interested in cattle raising will attend these meetings. The development of a healthy and profitable cattle industry in this province is the means to better living. Let us avail ourselves of the opportunity to use the key to success.

**CLUB NEWS**  
**Summerville 4-H Maple Leaf** Club met in Alberry Plains School on October 16, 1959. Acting chairman was Leonard Hynes who led in repeating of the 4-H Pledge. Eighteen members answered the roll call.

It was moved by Merrill Cronin and seconded by Maureen Cronin that each member answer the roll call by giving the name of a part of the cow. An amendment to that motion was moved by Gerry Doyle and seconded by Wayne Boudreault that each member name a part of the cow and where it is located. Motion carried.

A discussion was held on a program for the annual credit union meeting on October 26. It was announced that some club members would partake in presenting a program.

Arrangements were made for our annual meeting in November. It was moved by George Power and seconded by Anthony Praugh that Gerry Doyle, Merrill Cronin and Mary Hynes be on the nominating committee. Motion carried.

It was moved by Maureen Cronin and seconded by Earl Cronin that George Power and Merrill Cronin be on the program committee. Motion defeated. It was moved by George Power and seconded by Gerry Doyle that Edward Walsh, Francis Magennis, and Andrew Doyle, Money also was given to some members who took their calves into the Fair. A letter from the Dept. of Agriculture was read by Father Murphy. Mary Hynes—Secretary

The re-organization of the Hazelbrook 4-H Calf Club was held November 20, 1959, at the home of Elmer Myers. There were twelve members and six adults present.

The meetings for the coming winter are to be held on the fourth Thursday of each month, starting in November at the home of Russell Driscoll.

The possibility of Senior and Junior classes of calves in the club. Each member expressed his views on the matter with a number of members against the idea. The meeting was adjourned until November 13 at seven-thirty (7.30 p.m.) Gerald Cho on President; Mary MacAulay—Secretary.

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The Souris Yaks of Souris Line Road held its monthly meeting on October 11 at eight o'clock. The Local Leader, Father John Cash, was present. There were twelve present. The meeting was an open discussion. During the discussion the project of soil sampling was talked about, and papers on this project were given out.

Some of the members gave a speech on their own topic. Several important pointers on Public Speaking were given. For the next meeting everyone is to have a speech prepared.

The club broke into groups and went through some Parliamentary Procedure. Booklets called, "The Socialist Parliamentarian" were distributed among the members. The group also discussed

the possibility of Senior and Junior classes of calves in the club. Each member expressed his views on the matter with a number of members against the idea. The meeting was adjourned until November 13 at seven-thirty (7.30 p.m.) Gerald Cho on President; Mary MacAulay—Secretary.

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