

# NAAFA 'XTRA

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NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC.

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Nancy Summer, Editor

No. 4 1982

## Throws her weight around with 2M suit

Los Angeles (UPI)—A model featured in a magazine for heavyset women has filed a \$2 million libel suit charging that Hustler magazine printed her picture without authorization in an article entitled "Save The Whales."

Sandy Bobbe filed the suit Friday charging that her photograph was printed in the June 1980 issue in a layout she claimed was designed to ridicule Big Beautiful Woman magazine, a publication aimed at improving the self-image of heavyset women.

Daily News (NY) 2/15/82



## WILLIAM RASPBERRY

### Weight Levels Off, No Matter How Much We Diet or Exercise

NEWSDAY 6/1/82

IT IS SO SIMPLE the way the doctors explain it: Take in more calories than you burn and you gain weight; burn more than you take in and you lose weight.

That, they tell us, is why the miracle diet plans never work. There's no magic to it. Weight loss is simply a matter of taking in less or burning more, or both.

The doctors are wrong. I've known it for a long time. Still it is reassuring to see someone else say so in print, as William Bennett and Joel Gurin have done in American Health magazine.

For a rough model for how the doctors say it works, think of a balloon with a small leak. If you blow more air into the balloon than escapes through the leak, you will have a fat balloon.

But if you can stop feeling guilty long enough to think, you will see why the analogy, like the theory behind it, is wrong. Keep blowing in more air than

leaks out and the balloon gets bigger and bigger until it bursts. Your fat friends, on the other hand, overeat by about the same amount every day and yet they don't keep getting bigger.

What seems to be the case, according to Bennett and Gurin, is that each of us has a "setpoint" for body fat, a level of fatness that our bodies try to maintain.

"You might secretly believe that your weight would balloon up to an infinite number of pounds if you let yourself go," they write. "In fact, at some point — your setpoint — you would level off."

The key, apparently, is that the body is able to adjust the efficiency with which it burns fat, getting by on very little when intake is reduced and turning into a veritable fat-guzzler when intake is up. This is what makes dieting so frustrating and so futile.

The theory squares with what the overweight among us have always known but were afraid to admit: Fat people don't have to eat very much to

remain fat, and skinny people can eat like pigs and still look like gazelles.

I wouldn't be telling you all this if there were nothing to be done, if you were stuck for all time with your cursed setpoint. You can change it, the authors insist, with exercise. But again, it isn't as the doctors tell us. It has nothing to do with mathematical formulae — run nine times around the block if you want to eat a potato.

"The effects of jogging, rapid walking, or any regular endurance exercise are long-lasting," say Bennett and Gurin. "An active body is automatically 'set' by exercise to be leaner than an inactive one."

But again, no miracles. You might lower your setpoint a few notches by regular exercise, but you are not going to turn your naturally plump body into a svelte one.

Rotundity may be an unfortunate condition, considering the American notion that slimness is attractive. But it isn't evidence of a moral flaw.

## She's plump enough for him

DEAR DR. BROTHERS: I thought you, as a psychologist, might be interested in my study of fat and thin girlfriends. I've been doing this for six years — I mean making comparative notes about all the girls I take out and get serious about.

I used to wonder why I found plump girls more fun to be with and easier to laugh with and enjoy. Now that I've dated a lot of thin girls too, I think I've noticed a real difference.

Thin girls are much more uptight about everything, about food, about work, about sex and about how they spend time generally. I'm stopping this research on both fat and thin because this June I'm marrying a girl who is pleasantly round. — N.O.

DEAR N.O.: I'm sure your future bride will be relieved to

America's  
foremost  
psychologist  
— every  
Monday to  
Friday in  
THE POST



know you're no longer making a comparative study. You might be interested to learn, however, that a number of studies made in Great Britain and in this country confirm some of your theories. They found thin women tended to be more secretive and more discriminating in forming friendships. They were not apt to show their feelings as readily as were the plumper women.

"Pleasingly plump" girls, it was

found, thoroughly enjoyed their physical comfort (including food), a warm social life and lots of affection and approval. The extremely overweight were much more likely to be emotionally troubled.

You may initially have been attracted by plump girls rather than very lean ones because your mother, or someone you loved in your childhood, was plump. We all tend to want to repeat pleasant experiences.

**FAT  
Can Be  
Beautiful**

NY Post 4/29/82

**Dr. Joyce Brothers**

# Action on diet pills

Baltimore Sun 5/21/81

## State charges Ohio firm with deceptive promotion of product

By Ann Cooper

NEWSDAY, MONDAY, JUNE 7, 1982

The Maryland attorney general's consumer protection division yesterday charged that an Ohio mail order firm's weight loss products were promoted with false, misleading, exaggerated and deceptive claims in ads that have run in *The Sunday Sun* and the *Sunday News American*.

The division alleged that Consumer Publishing Company of Canton, Ohio, misled or deceived readers with promises that its products would burn away fat—even if a user ate strawberries with whipped cream or "lobster, dripping with butter." The effect of the full-page ads, charged the division, was to make readers think they could lose weight by taking diet pills, without changing their eating or exercise habits.

### Of consuming interest

The division is asking that the firm stop advertising the allegedly false and misleading claims and send refunds to Marylanders who ordered the company's weight loss products since the ads began appearing in 1979. Diet products the company has advertised in Maryland are Dyna-slim WL tablet, Thera-trim diet tablet, Anti-calorie pill and Maxi-slim 1000 capsule.

Consumer Publishing sold these products through four different divisions. According to a consumer protection official, about 2,500 Marylanders placed orders, averaging \$10 each, with one of the divisions.

Richard Suarez, president of Consumer Publishing, said yesterday that most of those products have been promoted in newspapers and magazines all over the country. He said his company recently made some changes in its ads after signing an agreement with the U.S. Postal Service. The changes included more explanation that the weight reduction "plan" promoted in the ads actually involves dieting as well as taking pills.

Assistant Attorney General Deborah K. Hines said the Consumer Protection Division did not feel the Postal Service agreement went far enough in addressing allegedly misleading claims. That agreement also did not call for refunds to consumers, she said. A hearing on the attorney general's charges, before an examiner appointed by the Consumer Protection Division, is scheduled for June 25.

Mr. Suarez said all of the diet products sold by Consumer Publishing contain phenylpropanolamine hydrochloride (PPA), a drug found in many nonprescription diet pill products currently on the market. PPA is also used as a nasal decongestant.

In 1979, a panel reviewing the safety and effectiveness of nonprescription drugs reported to the federal Food and Drug Administration that PPA was a safe and effective appetite suppressant in diet pills. FDA has not yet taken a position on that report, but until it does PPA can be used as a nonprescription appetite suppressant in doses of no more than 75 milligrams per tablet.

When an attorney for Consumer Publishing met with Maryland officials about the firm's diet products, he pointed out that similar products are sold in drugstores all over the state, according to Mr. Suarez.

"They want to ignore [the report to FDA], go after us and not say one thing to the drugstores in Maryland who are selling the exact same thing," said Mr. Suarez.

However, the charges announced yesterday address the ads run by Consumer Publishing, rather than the PPA tablets themselves. The overall effect of the ads, according to the charges, implies that "the tablets are the major component in the weight reduction plans" even though their effect "is at best only minor compared to other factors such as motivation of the user, restriction of caloric intake, exercise, and modification of eating habits."

Mr. Suarez denied that the ads did not tell consumers they had to cut their caloric intake. He said when the company fills an order for tablets, it also sends a booklet with instructions for a diet of 1,000 calories a day, to be followed while taking the appetite suppressant drugs.

An FDA spokesman said his agency is expected to decide soon whether PPA is safe and effective as a diet pill. Since it received the 1979 report, studies in Australia have indicated that the drug may cause increased blood pressure when taken at doses higher than 75 milligrams. If the FDA decides PPA is safe and effective, it could write rules requiring manufacturers to clearly state that the pills themselves don't take off weight unless the person taking them cuts calories and increases exercise.

### DR. LAWRENCE LAMB

**DEAR DR. LAMB:** I am writing to ask you about the Cambridge Plan diet. It is really popular in our area. It is a powder you mix in water and is supposed to have 100 percent of the vitamins and minerals you need each day. You drink this three times a day and do not eat anything. It has more than 300 calories for the whole day. The amazing thing is that those taking it feel so well.

I know from reading your column that you advise everyone to simply cut down, but I am interested to know if this particular diet is any good. They even advocate your taking it when you are eating regularly. It is hard to ignore the evidence all around you. A lot of doctors here are recommending it also to those who need to lose weight, but I would like your opinion.

**DEAR READER:** My professional opinion is that no diet is safe that is a starvation or semi-starvation diet. I was reading your letter just after finishing reading a report of two women who were on the Cambridge Plan who landed in the hospital with serious problems. By the time my column appears there may be others. Despite the "all the vitamins and minerals you need" in the powder, one woman had near-fatal low levels of potassium.

Both of these two women were taking other medicines. One was taking a diuretic which meant her potassium requirements were increased. Certainly anyone taking medicines should not be on such diets.

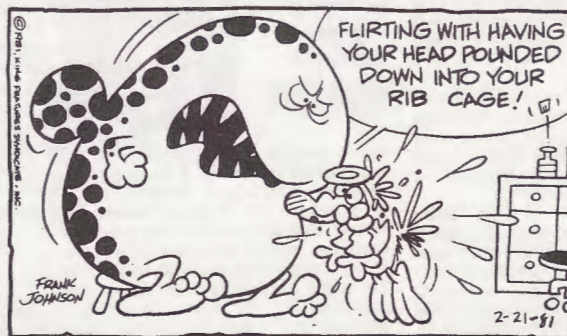
There is no such thing as a balanced starvation diet. The first requirement of a balanced diet is that it provide enough calories for your body's needs. Serious calorie depletion results in bodily changes of starvation.

The National Society of Bariatricians, those physicians who specialize in weight reduction, has already made public criticisms of the Cambridge Plan.

There will always be another diet plan. And many of them will be effective in enabling a person to lose weight, and sometimes their health or even their life. The trick is learning to eat sensibly and exercise sensibly.

**FAT PEOPLE  
UNITE---  
YOU HAVE  
NOTHING TO  
LOSE!**

### BONER'S ARK



This article appeared on the Associated Press Wire Service and was carried by many newspapers across the country and in several foreign countries during November 1981.

# Fat power

## Heavy people band together to battle bias

By KILEY ARMSTRONG  
The Associated Press

NEW YORK — Call them huggably pudgy or robustly rotund, but not stupid, sloppy or weak-willed. These exiles from svelte society say the only weight fat people have to lose is the burden of stereotypes.

About 1,500 people have joined the National Association to Aid Fat Americans, a group begun in 1969 by a slim, bespectacled engineer who says fat people deserve more respect.

The group, based in Queens, works for equal employment opportunity and other civil rights, sets up discussion groups and social events and runs a dating service. But its ultimate goal, founder Bill Fabrey said, is "self esteem, to feel like worthy people whether or not we're fat."

Most members would prefer to be thin, but have given up a losing battle and learned to accept their fat. "We do nothing to promote or discourage weight loss," Fabrey said.

One member, Nancy Summer, said, "All my life I was told I was a failure, a loser because my body didn't function right. But I know now that I'm not a weirdo, a moral deficient because I'm not able to lose weight and keep it off."

Summer, an elegantly dressed executive for a toy company who weighs "somewhere over 300 pounds," said she went through a childhood of taunts and punishment for being fat, thoughts of suicide and a brief "masquerade as a thin person."

"I spent the first 30 years of my life trying to fit what society said I should be," she said. "Now, I'll try to change society."

Her unsuccessful attempts to lose weight included a four-month fast, membership in Weight Watchers and a staple in her ear. The staple was supposed to interrupt whatever it is that triggers hunger.

"If you told fat people they could lose weight by cutting their throats, they'd do it," she said.

The group concedes that some people can keep off lost weight with strict dieting. But Fabrey said some NAAFA members can gain weight on as little as 600 calories a day, and that staying fat may be less harmful to some people's health than stressful anxiety about weight and the yo-yo fluctuations of dieting.

Besides, said Summer, sometimes fat people are told they are ill when they aren't. A fat person who is warned about high blood pressure should "find out what size cuff they're using" on the instrument, she said.

"If they try to put a small cuff on a large arm, they're going to get a high reading. That isn't always the case, but it happens."

Sometimes, fat people who join NAAFA lose weight unintentionally when they start to respect themselves and think about other things besides their weight, said Fabrey.

He said fat people are sometimes afraid to join the organization because "they don't want anything to do with the word fat. Society has taken a simple descriptive word and given it a derogatory meaning. NAAFA believes the word fat should be returned to its proper perspective.

"The word overweight does not make sense," he said, "since NAAFA believes there is no such thing as an ideal weight for everyone."

Susan Hoey, a restaurant manager who wears a size 24½ dress, said that when she first joined NAAFA, "I was paranoid about myself. I had so much hatred and anger. If a man put his arm around me, I'd tighten up, thinking, 'My God, he's touching a lump of fat.'"

So she was astounded to learn that NAAFA has thin members called "Fat Admirers" who find fat people aesthetically pleasing.

"When Nancy invited me to a NAAFA dance, I said, 'You're going to tell me there's a man out there who wants to dance with a fat girl?' But I sat down with a drink and there were three men standing around me," said Hoey. "I thought I'd died and gone to heaven."

Fabrey, who recently married Summer, said he has always found fat women more attractive than thin women. "A lot of people who admire thin think fat is repulsive. I don't think thin is repulsive, I just view it as another type of human being."

About 40 percent of the members of the NAAFA are men, and most of them are the thin "Fat Admirers." Marvin Grosswirth, a writer, and other members said fat men do not face the romantic rejection that fat women do.

"I've discovered that women ... take less store in (other people's) physical attributes than men do; they realize size and shape has nothing to do with the real person," Grosswirth said.

News American 5/14/81

## DEAR ABBY

By ABIGAIL VAN BUREN  
SYNDICATED COLUMNIST

**DEAR ABBY:** When I was married I weighed 115. (I'm 5-4.) Fourteen years (and three children) later, I weigh 136. I've tried diets, and taking it off isn't bad, it's keeping it off that's hard for me.

I'm neat and clean and dress well. I know my husband is not ashamed of me because he keeps telling me he likes me just the way I am.

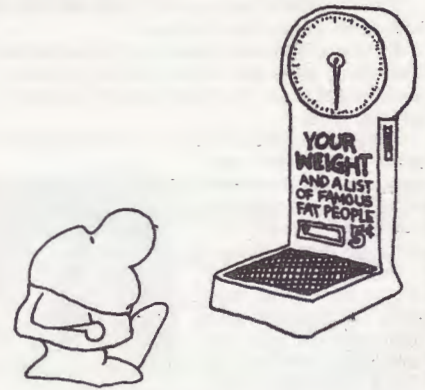
My sister, who lives on black coffee and cigarettes to keep her weight down, tells me that ALL men want their wives to be thin. She says my husband says he likes me just the way I am because he doesn't want to hurt my feelings.

I'm in perfect health. Dieting makes me irritable and nervous, but I would make an effort to lose weight if I thought my husband really wanted me to. Abby, do you think all men like their women thin?

— Plump in Pawtucket

**DEAR PLUMP:** No: Your sister can't speak for your husband or any other man. Some men like their women plump. But the bottom line is how YOU like yourself.

ZIGGY



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News American 4/28/81

## DEAR ABBY

By ABIGAIL VAN BUREN  
SYNDICATED COLUMNIST

### Tell fathead you'll see him later

**DEAR ABBY:** A month ago I met a gentleman in a nightclub. I gave him my phone number and the next day he called me for a date. We went out and had a wonderful time just talking and getting to know each other. I told him I had recently lost 40 pounds and planned to shed another 25.

I didn't hear from him for a month. Then I received this letter:

"Hi. You are probably wondering why I haven't called you, so I might as well tell you the truth. First, let me say I think you are a nice, cute girl and a wonderful person to talk to or I wouldn't have taken you out. I like you and I think you like me, but before I take you out again you must lose 25 pounds!

"I am very picky about girls. They have to be TRIM! When you've slimmed down, call me. Take care."

Since receiving this letter I have lost more weight — for myself, not for him. Abby, please tell me, do you think this gentleman was trying to do a fat girl a favor? Or was he just showing himself for what he is — a conceited creep? What should I do?

— Fat Chance

**DEAR CHANCE:** Revenge is sweet (and zero calories), so indulge yourself. Slim down, but don't call him. Arrange to run into him "accidentally," and if he asks why you haven't called, tell him you are "picky" about men. You prefer men who judge a woman by her character and personality, not her weight.

**ERMA BOMBECK**

I don't know of anyone who is more concerned with their image than bankers.

For years, they were paragons of conservatism in three-piece suits and metal-rimmed glasses who were tucked away in rooms behind a desk with nothing on it.

You got the feeling they had steamed creases in their underwear and were married to women who did not wear lipstick.

Now, all of them want to be my friend.

They invite you to drop by and have coffee with them, call them by their first name, and tell them when their pens are out of ink. Somehow I never considered being a friend a criterion for letting someone hold my money. I've got friends I wouldn't trust with my home phone number.

As a professional new checking account customer (I open a new account at a new bank every time my checkbook doesn't balance), I was cheered recently to see an ad for a bank in New Jersey that shows three "portly" men in bathing suits standing in the surf. The ad was inspired. It said, "Instead of a friendly oanker, personal banker or hungry banker, maybe you just need a 'chubby' banker."

It continued, "Here at First National State, we really know how to throw our weight around New Jersey's banking community. Pound for pound,



we've got more experience under (and over) our belts than anybody.

"Sure, our competitors claim to be hungry, but we prove it every day over lunch. And while some banks say they offer men of broad experience, we can offer broad men of experience.

"So if your business is out of shape, call the bankers who are out of shape: Men whose motto has always been, 'Let's discuss that over lunch.'"

Chubby is an image I relate to and like. A chubby banker isn't out jogging, he's watching my Christmas savings account. A chubby banker takes time for lunch and is in a happy mood to consider my personal loan. A chubby banker is worrying where his next Danish is coming from and doesn't have time to worry about my mortgage payment. I'm going to write down their slogan, "Our First Concern is Lunch!" Now, there are three men who can truly laugh at themselves—all the way to the bank. /II



A work by Gaston Lachaise,

New York Times Magazine 7/82

NEWSDAY, SATURDAY, JULY 3, 1982

**DEAR ABBY**

**DEAR ABBY:** The physical attraction I once felt for my husband is waning fast. The reason? He's fat and doesn't seem to care.

He knows how I feel. Should I find someone else, or pretend he's someone else?

—Cooled Off In Coos Bay

**DEAR COOLED:** What else does he have going for him? If he's worth keeping, pretend he's Robert Redford, Burt Reynolds and Paul Newman rolled into one. If that doesn't work, pretend he's Orson Welles and love him to pieces. /II

**HOW DARE YOU PRESUME I'D RATHER BE THIN**

Many thanks to all the NAAFA members who submit articles to NAAFA's library. Articles for this issue were submitted by: Doug Corwin, Robert Kassell, Marie Limmer, Lynn McCarron, Nancy Summer and the NAAFA files.

There are over 50,000 articles in the library on fat, famous fat people, fat health, fat humor, diets and fashion. You can help us by clipping articles from your local papers and sending them to the office. Please write your name, the paper's name and the date of publication on the back of the article. Thanks!

**DEAR MEG**  
**She's fat & she's proud**

**DEAR MEG:** I'm fat and I'm proud of it! But your letter from "Brokenhearted" sure brought back the memories.

When I was 17 my parents made me feel ugly, too, and everyone at school laughed at me behind my back and called me names.

I'm 28 now, married, happy and not letting anyone get me down.

A wonderful organization has helped me get here. It is the National Assn. To Aid Fat Americans.

Meg, please print something about this wonderful crowd.

—BIG AND BEAUTIFUL

**DEAR BEAUTIFUL:** The NAAFA is a national organization with 25 chapters (and more coming) throughout the country.

Its purpose is to help fat people get better employment, lessen social pressures against them and, in general, make them feel better about themselves.

Subscribers receive a newsletter and a list of pen-pals. For more info, send a self-addressed, stamped envelope to: NAAFA, P.O. Box 43, Bellerose, New York 11426.

I would like to add a PS: Socially, I'm sure the NAAFA is a super service. But all the help in the world won't prevent the rising rate of heart disease in our overweight population.

Obesity is life-threatening. Accepting it and not doing anything about it is, in my view, a real copout.

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**Report says some fat essential to all women**

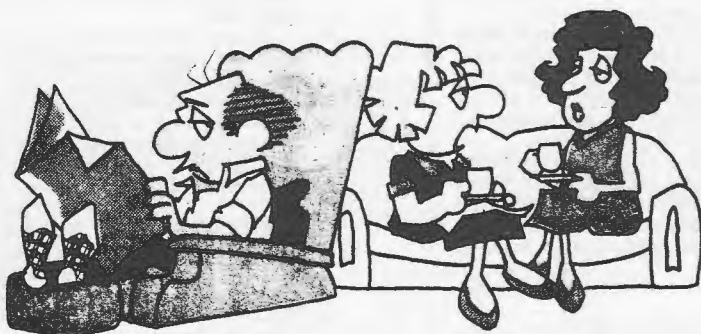
Knight News Service

It has been said that a woman can never be too rich or too thin, but the latter is probably untrue. According to a review of the subject by a Harvard School of Public Health scientist, female sexual maturation does not occur in the absence of sufficient body fat and the menstrual cycle ceases when an adult woman of child-bearing age is so markedly underweight as to have lost about a third of this fat.

Writing in *Federation Proceedings* published by the Federation of American Societies for Experimental Biology, Dr. Rose Frisch says that body fat is thought to supply some of the estrogen essential for reproduction and that the quality of the hormone produced from this fat also seems to have a bearing on fertility. Said another way, that may mean that if a woman is too lean, her estrogen will not be potent enough to permit her to conceive.

New York Post 6/1/82

Baltimore Sun 3/8/81



"THE LAST TIME LEROY WENT ON A DIET ALL HE LOST WAS HIS SENSE OF HUMOR."

King Features Syndicate 2/15/81

**FAT PRIDE**