

## NUTRITION

# Reducing by Bookkeeping

► **FAT PEOPLE** trying to lose weight need to keep books. This suggestion comes from Dr. Norman Jolliffe, director of the bureau of nutrition of New York City's Department of Public Health. At the meeting of the Institute of Food Technologists he gave the following advice to the reducers:

"The path is not smooth. You have to convince yourself of some astonishing facts, and then translate these facts into action. These are the hard facts:

"1. You become obese by maintaining a high intake of calories in connection with a low expenditure of same—a fine situation in the case of money but a bad one in the case of calories.

"2. You have to maintain a constant "calorie deficit" to lose weight—trick diets to get thin are fine if you don't revert, after you win through, to the one you were using before you went on it. (Most of us do.)

"3. You have to re-educate yourself in a

dietary sense. It isn't any particular food that you need to avoid; what you need to do is to keep books. Learn the calorie values of the foods you are accustomed to eating and when the total mounts up toward the total amount needed to maintain your present weight—lay down the fork or spoon."

To be called "fat" in our day is offensive. But, Dr. Jolliffe pointed out, a few decades ago the word for most people did not have this connotation. In fact, the phrase "fat and healthy" was felt to be almost a redundancy. If you were fat, of course you were healthy.

Then the insurance companies began to take a look at what their actuarial experts had been uncovering and the medical profession to lend an ear to the diabetes specialists and the homely humor that attended the fat man began to give way to sympathy for the "obese."

Science News Letter, July 25, 1953

## PSYCHOLOGY

# Anger Sign of Neurosis

► **THE PERSON** who reacts to the stresses of our complex modern world with anger, fright, sadness, discouragement or shame is showing neurotic symptoms, Dr. Hardin M. Ritchey, a staff member of the Silver Hill Foundation, a hospital for mental and nervous diseases at New Canaan, Conn., has told the American Medical Association.

"Such people must resort to emotional behavior in order to protect themselves," he said. "These symptoms, however, are warning signals of maladjustment. For such individuals, psychotherapeutic reeducation can be a boon."

Such reeducation, he explained, is "based on the idea that man is not completely at the mercy of his environment, and unconscious; that to a reasonable degree he can control the process of shaping his life. It is a method of relatively short, intensive therapy (treatment) that is within the financial reach of everyone."

The actual process of reeducation, he said, follows these fundamental principles of treatment: 1. emotional release through talks with the physician; 2. reestablishment of the patient's confidence in his mental and physical self by showing him that his symptoms are due to a belief of inability to meet the problems of life and not to basic inadequacies; 3. an appeal to the patient's intelligence to help him understand his emotional life; 4. impartation of knowledge of body functioning; 5. provision of new interests; 6. explanation of positive thinking; 7. encouragement of spiritual orientation.

"We have found," Dr. Ritchey said, "that

this method of rehabilitation provides the psychiatric patient with valuable physical, emotional, intellectual and idealistic equipment for handling his conflicts, guilts and frustrations. It has been our experience that in the ensuing years he finds continued satisfaction in his increasing ability to express his native energies in a manner that is acceptable to the society in which he lives."

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## PUBLIC SAFETY

## How to Guard Against Accidents From Boating

► **MANY OF** the drownings and other water accidents during the summer involve boating, canoeing and sailing, and the handling of small craft. Only about half of the drownings are swimming accidents.

Pat Murphy, assistant director of Safety Services of the American National Red Cross, discussing summer safety over the CBS Radio network as a guest of Watson Davis, director of SCIENCE SERVICE, pointed out: "Most of these accidents are due to the fact that people venture out in small craft without knowing how to swim and without having any knowledge of skills of operating small craft or of personal safety skills."

Here are a few rules about small craft safety:

1. Don't overload your boat.

2. When entering, leaving or changing places in a boat or canoe, keep the weight

low and well centered. Don't stand up in a boat or canoe. In a canoe, kneel or sit on the bottom instead of on seats.

3. If you're using a motor, match the motor to the boat. Get expert advice on this.

4. Most important of all, remember that any wooden boat or other boats with good air tanks will float when overturned or even when filled with water. Don't give up the ship. Use it as a life preserver.

5. Learn how to handle the craft before you take to the waters. Many Red Cross chapters offer courses in boating, canoeing and sailing.

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