



Doctor in the Kitchen®

by Laurence M. Hursh, M.D. -
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STREAKING FOR WEIGHT CONTROL?

"Streaking for weight control?" It seems an odd thought. But there are, I suppose, aspects of the new fad of running around nude that

relate to weight control. For it's true that running of any kind will use up calories. And obviously, the better your figure is, the more popular your streaking might be.

But kidding aside, this is one of the times of year when people think more about their weight. Once we climb into swim suits or trunks, or all the lighter and more revealing wear of the late spring and summer seasons, our physiques become dominant to our appearance.

No more can fine tailoring or costume accents favor you as much. You are now wearing less. Your figure will speak for itself.

What To Do

If you are overweight, what will you do about it?

If it's only a few pounds you have to lose—say, ten pounds—you can do it easily on your own. I say "easily" because the procedure is fairly simple. But no weight-reducing regimen really comes easily—because the

root problem of weight control actually is personal discipline.

But you should be able to accomplish a reasonable loss of weight without the help of your physician. The trick is, strictly, to be totally honest with yourself about what you have been eating, and then to eat less.

I don't advise eating differently. I suggest you eat less. In other words, smaller portions of everything. It should help if you broil more meats instead of frying. And if you are very big on salad dressing, take it easier than in the past when pouring it on.

You can, of course, cut down all the so-called visible fats—for instance, trimming fat from meat. And you can make sure you eat fewer sweets. Overdoing candy, cookies, rich cakes with icings, sweet rolls or sugar in your coffee would be ridiculous if you want to lose weight. But otherwise, enjoy the foods you like and just eat less of everything without cutting out any specific food.

I have one other suggestion, besides stepping up your exercise. It is that you space your meals somewhat evenly during each day. Do not, if it has been your habit, continue to eat little for breakfast, then a light lunch, and finally a fairly heavy dinner. That is a pattern too often found among overweight people. Animal studies suggest there is a greater tendency to store fat in our bodies if we consume most of our daily food in one meal.

Lancaster Co. Farmers Assoc. Names Chairmen

The Lancaster County Farmers Association held its spring dinner meeting at the Good 'N Plenty Restaurant near Lancaster recently.

Donald Herahey of RD2, Manheim, president of the Association, presided over the business meeting. Mrs. Paul McPherson, York County Farmers Association, presented a program showing the real image of today's farmer.

Among those heading the various departments are: National Legislative, Ivan Yost, Christiana; Advisory Council, Noah Wenger, Quarryville; FMBAS, John Myer, Quarryville; Regional Director, Thomas Moran, Oxford.

Among those on the Board of Directors are: Nathan Stoltzfus, RD2, Gap; Carlton Groff, RD1, Kirkwood; James A. Hess, RD2, Quarryville; John Myer, RD2, Quarryville; Robert Wagner, RD2, Quarryville.

Among those attending the meeting from the Little Britain area were Mr. and Mrs. James R. Wood, Mr.

and Mrs. Lillard Daye, Mrs. Jease Wood, Mr. and Mrs. Robert Wagner, and Mr. and Mrs. William Guhl.




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