

## OBESITY

The Fastest Way To Health by Dr. Frank McCoy

This chapter will interest many who are conscious of carrying around too much weight—who are stuffy, short of breath, sleepy, and uncomfortable, and who have been told by a physician that they should reduce their avoirdupois. I hope that many others will benefit from the advice given, who believe they are healthy because they are rotund, whose friends say they look so well, and who think that health can be measured on the scales.

It is a significant fact that fat does not mean health, and really has no connection with physical soundness. Often the obese individual will have good assimilative power when really suffering from a hidden disease, partially caused by that very fact. The proper weight for the best mental and physical vigor is often far below that of the patient's ideal, and can only be determined after careful examination, using every hygienic and dietetic method in an attempt to discover the normal. Excess weight is always a decided disadvantage to the patient who is also experiencing some other ailment at the same time. It is folly to attempt to arrange a table of normal weights for certain heights, etc., as there are as many types of individuals as there are shapes of heads and faces.

With a great deal of experience in handling cases of obesity, I find it is often possible to guess approximately the best weight for a patient, but so many factors must be taken into consideration that such an estimate must

always be subject to change. Often fat will form only at certain parts of the body where the circulation is poor, or when sufficient exercise is not used for that part, so that especial attention must be given to that section in the process of weight reduction, without attempting to reduce the parts which are normal.

There are, no doubt, two general types of obese patients:—

1. The one who comes from a family of fat people, who seems to gain weight from almost every food eaten. These people usually have the habit of inactivity also, which is as hard to cure as the tendency to retain weight from their food. In these cases the weight may be easily reduced if the patient will develop the mental ideal of a symmetrical body, and do everything to attain that ideal. They must be impressed with the fact that the proper kind and amount of food must be eaten and sufficient exercise taken. Often the actual bodily requirements are very slight, and the patient can have perfect health and normal weight on a very small portion of the proper tissue-building food.

2. The second class of fat subject, with no natural tendency to obesity, has gained weight through overeating of starch and sugar and fats; that is, eating large amounts of candy, rich gravy, pastry, etc. In such cases weight is only caused by gross indiscretion in diet, and gorging with those foods which are weight-producing. While those with a predisposition to obesity must train hard to reduce, this second class have only to stop their dietetic errors to return easily to the normal.

**TREATMENT.** In either case the permanent cure depends upon the regulation of the diet so as to use only the amount of food necessary for the repair and building up of the normal tissues of the body, and no excess should be

taken above this requirement. The quickest and most infallible method of reducing the weight to the normal is the use of the fasting cure in some form. Fasting with small amounts of water and the juice of citrus fruit is perhaps the best procedure for the average case. As will be seen in the cases given below, the weight will be reduced from one-half pound to two pounds daily, and with marked improvement in all the physical functions.

An apparent increase in energy will be noted, which is caused by the body being free from the burden of encumbrance. The mind power will be strengthened, and ordinary occupation may be pursued with increased vigor. Deep breathing exercises should be taken at this time, which will produce more complete oxygenation of the fatty deposits and increase the amount of reduction to a large extent. Physical culture exercises should not be used during the fasting period, as too much muscular tissue will be used up which will not be replaced until proteid food is again taken. Drink enough water to keep the urine from becoming too heavy, as this puts an unnecessary burden upon the kidneys.

More loss of weight will take place if the amount of water is kept to the minimum of tolerance. Friction rubs and sponge or shower baths will keep the skin stimulated to eliminate freely. Massage is helpful, and certain electrical treatments will aid the blood's circulation and materially help in the reduction. Heavy vibration over the fattest parts will break down the fat cells and assist in producing a more symmetrical reduction. The bowels are to be kept open by enemas twice daily, of plain warm water. No laxatives are necessary or advisable. The fast may be continued from one to several weeks, according to the needs of the patient, but those attempting the reduction treatment at home without competent supervision may rest assured that two or three weeks of fast-

ing will not be too long for perfect safety, and this length of fast may be broken without danger if the instructions given in the cases below are followed to the letter.

The diet following the fasting period must be selected carefully, and the foods which are especially weight-producing must be entirely eliminated until a condition near the normal is reached. If the proper amount of proteid and green leafy vegetables are used, the body will be supplied with all the elements essential for the perfect growth of the necessary cells and tissues.

The body may be well sustained for years without any sugars, starches, or fats, if enough proteid is used, together with those non-starchy vegetables containing the essential organic salts and vitamins. The energy which would be derived from the carbohydrates and fats can be taken from proteids as easily. Some of the longest-lived, most active and energetic carnivorous animals and birds never touch an ounce of carbohydrate food, and man can adapt himself to a properly balanced carnivorous (meat) diet if it is necessary, without any harm, and often with great benefit. After a sufficient period of time, the carbohydrates and fats may be slowly introduced into the daily rations, when it will be found that there has often been a permanent cure of the tendency to assimilate too much of these weight producers.

After the fast, physical culture exercises and increased walking should be introduced, and the deep breathing exercises continued. A protruding abdomen can only be reduced and strengthened by vigorous exercise of the abdominal muscles, so do not expect to have a flat abdomen or perfect symmetry of any part of the body if you do not take sufficient exercise to have a definite effect upon those parts which need more strength and a better circulation. Massage and vibration should be continued as long as possible.

Have the ideal of a beautiful body constantly in mind and take pride in making that ideal come true. Visualize beauty of form and look at pictures of well formed men and women, such as are shown in the Physical Culture Magazine, and other publications which encourage physical beauty.

You will find this suggestion really of very valuable help to you in holding yourself to the task in hand. Try to go to a gymnasium at regular intervals and be helped by the inspiration such as the contact with athletic men and women will give you. Your age can never be a handicap to you, for you may develop a beautiful body at any age, and those who have never taken up physical culture seriously will have a surprise in store for them when they find that their bodies may be made a truly fitting Temple of the Soul.

CASE 60. Woman, 67 years of age. Weight 208 pounds. Had started to develop arthritis deformans, which is a form of rheumatism, enlarging the joints and twisting them out of their natural shape. Her ankles hurt when she walked, and her legs were swollen with dropsical enlargement.

A fast was advised, and she was recommended to take the juice of one orange every two hours, with a glass of water each time. This was continued for thirty days, during which time her weight was actually reduced to 168 pounds. On a diet comparatively free from weight-producing foods she has gradually reduced during the last eight years, until on the day this article is written her weight is 136 pounds. The deformity of the joints was checked from further development, and she now has the appearance of a woman twenty or thirty years younger than she really is—being at the present time seventy-five years of age. Her skin is as firm and pink as that of a young girl, and she is in excellent health.

CASE 61. Male, 35 years of age. Professional concert singer, and one of America's leading tenor soloists. Weight 229 pounds. Careful examination of this patient disclosed no organic disease. He had been greatly troubled with abscesses forming in his ears which had to be lanced from time to time, and his throat bothered him continually on account of enlarged tonsils, which constantly interfered with his singing voice.

He was advised to take a glass of orange juice three times daily, with the addition of a glass of plain water, and to drink no other liquids or take any other food of any kind. One enema daily was taken during the length of the fast, and two cold water baths daily. This fast was continued for fifteen days, by which time the weight had been reduced to 198 pounds. This weight has been retained for some time upon the following diet:—

Breakfast—1 Coddled egg.

2 Pieces hard, thin, brown toast.

Dish of prunes.

Lunch— Choice of one of the following raw fruits:  
Peaches, pears, grapes, or 1 glass of orange juice.

1 Glass water.

Dinner— Choice of one of the following: Lean beef, mutton, chicken, turkey, Belgian hare, fish.

Choice of one of the following cooked non-starchy vegetables:

Summer squash	Celery
Small green string beans	Swiss Chard
Spinach	Asparagus
Egg plant	Oyster plant
Beet tops	Turnip tops
Kale	Mustard greens
Cucumbers	Chayotes
French artichokes	Parsley
Zucchini or Italian squash	Lettuce

Choice of one of the following raw or salad vegetables:

Watercress  
Asparagus  
Cucumbers  
Spinach  
Tomatoes

Celery  
Parsley  
Lettuce  
Endive

He is now following this diet regime, and is slowly reducing his weight until it becomes normal, which I think in his case will be about 175 pounds. The tonsils have been reduced to normal size, his voice is clearer than it has ever been, and there has been no sign of any trouble in his ears since the date of the fast—nor will there be if he continues to live in accordance with the instructions given him.