

# What doctors say about Overweight



## There are three wrong ways to Lose Weight

**Through strenuous exercise.** Exercise helps burn up some food that would be stored as fat. Authorities agree, however, that physical activity alone causes relatively little weight loss. Moreover, it places an extra burden on the heart which may already be taxed from overweight. In addition, exercise may increase appetite and cause a person to eat more than he usually would.

**Through quick reducing diets.** Doctors say that practically all "get-thin-quick" diets are likely to do more harm than good. That is because sudden

weight loss may impair health by lowering a person's strength and resistance. Gradual weight reduction—ranging from two to three pounds a week—protects against these hazards.

**Through reducing pills.** Medical science has long condemned the use of self-prescribed drugs to reduce weight. Authorities say these drugs should be used only when recommended by a doctor and then taken exactly as directed. Many of them may affect the heart and blood pressure or cause other serious conditions.

## There is one best way to Lose Weight

The way to accomplish weight reduction is through a diet prescribed and supervised by the doctor. Authorities caution against overweight—especially after age 30—as excess pounds may place a burden on many vital parts of the body, particularly the heart and circulatory system.

The best way for each individual to get weight down and to keep it there, is through his doctor's guidance. This is important because the doctor will determine the cause

of overweight which, in over 95 percent of the cases, is simply due to overeating.

The doctor's help is needed, too, in determining what foods, and how much, may be eaten. He will also recommend regular exercise best suited to the individual.

With the doctor's advice, the hazards of sudden and unwise weight loss may usually be avoided . . . and weight reduction, in cases due to overeating, accomplished *steadily and safely.*

"Cheers for Chubby" is a new cartoon film on the danger, prevention and treatment of overweight. It was produced by Metropolitan, with the cooperation of the Public Health Service of the Federal Security Agency and the American Medical Association. Entertaining and instructive. "Cheers for Chubby" will be shown in theaters this year. Watch for it in your neighborhood.

**Metropolitan Life Insurance Company**

(A MUTUAL COMPANY)

1 MADISON AVENUE, NEW YORK 10, N. Y.

For more information, write for Metropolitan's booklet, 551M, "Overweight and Underweight."

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# COVER GIRL MEETS BETSY McCALL



Our cover girl, four-year-old Peggy McGregor of Westfield, New Jersey, met Betsy McCall at photographer's studio. "Zoom, zoom," says Peggy, "Betsy's going on an airplane to visit her gramma in Chicago"

Time out between pictures for crackers and jam. "We'll have a tea party," announces Peggy, "and Betsy will wear her pink dress to match the jam. Betsy's going to be a buttercup 'cause she eats butter, butter, butter"



RUTH NICHOLS



Peggy isn't a professional model . . . she's an old friend of photographer Ruth Nichols, who first saw her in a baby carriage at the super market. When it was time to go home Peggy said, "Oh, no! I want to stay and play with Betsy for another couple of whiles!"

**YOU'LL FIND DESIGNS FOR BETSY McCALL AND HER DRESSES ON PAGE 152**

BETSY McCALL DRESSES BY CINDERELLA FROCKS