

'You're the Top'

Rock Hudson joins Ethel Merman in a duet of 'You're the Top' from the 1934 Broadway hit "Anything Goes," one of three show-stoppers Merman brings back to life in "Musical Comedy Night." The new series is geared to explore the history of American musical theater and opens on PBS at 8 p.m. Monday, Oct. 1.

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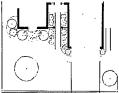


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Tipping the Scales



Worldwide studies probe nutrition

Vièws, opinions and experiences usually are what fill the lines of this column each month. But once a month, I like to relate the latest news about diets, products, medical advances and technology in the world of dieting. Knowing what is going on lends hope to those who suffer the pain of obesity, the struggle with weight loss, and the test of maintenance.

The root cause of anorexis nervosa is being studied by doctors all over the world. (Anorexia is a condition in which the victim suffers an aversion to food.) Commonly believed to be of psychological origin, this theory is now being challenged.

challenged.
Dr. P.D. Edminson of Oslo Norway has found that laboratory animals injected with a chemical extracted from patients with the disorder. An aversion to food lasted for weeks. Implication: perhaps it so fehemical origin in the body, rather than psychological.

AT THE OPPOSITE end of the scale are those people who have a conditon known as Bulimia, an incurable appetite which leads to obesidty. Counseling

of patients to find the root of the prob-lem is all that seems to help.

Dr. Maurice Prout, a clinical psy-chologist from Philadelphia has identi-fied and treated people with a combi-nation of anorexia and bulima. Buli-marexia patients eat compulsively, then purge themselves to comfort themselves.

The condition is likely to strike wom-

themselves.
The condition is likely to strike women for condition is likely to strike women from 18-39-years old. They are college graduates, intelligent, have well-paying jobs, a stable family life and are slim. They deal with a distorted image of themselves, and feel that their method of weight, control helps copewith depreseion and anxieties.

mentod of weight, control neigh cope with depression and anxieties. All victims of these disorders require constant supervision of a physician and often require hospitalization to prevent death starvation.

CERTAIN DISEASES of aging don't have to occur, according to Dr. Robert Good of the Sloom-Kettering Cancer Center. If people would cut their calo-rie intake to 2800 calories a day and their daily fat intake by one-third, they would more effectively be able to fight

aging diseases such as rheumatoid arthritis.

arthritis.

True or False: Proteins have unique properties that promote weight loss. False. According to the Harvard Medical School, a calorie is a calorie. Proteins don't promote weight loss any better than fats or carbohydrates, as the old theory used to purport.

Joseph Arends, M.D., cardiovascular health expert who practices preventive medicine in Troy shares, some facts and tips with some facts and tips with some facts and tips with los a diet makes it difficult to lose weight. Dr. Arends says. The majority of people do not understand that one ounce or poultry is equal to 50 approximately? 75 calories whether you barbecue it or run it through a warm kitchen. The usual through use the facts warm for the standard of the same shown in the

An interesting fact he shares with us: Raw vegetables are digested more slowly than cooked vegetables. They, therefore, provide greater appetie suppression for a longer period of time turitis. True or False: Proteins have unique

NEW PRODUCTS: Handi Ham by NEW PRODUCTS: Hand Ham by Swift Premium is trimmed with the in-ternal fat eliminated and outer fat re-moved to one-half inch or less. Feath-erweight brand offers Reduced Calorie Custard. It has fewer calories than reg-ular baked custard and is offerd by Chi-cago Dietic supply Co.

eago Dreite Supply Co.

Pepsi-Light has been reformulated from one-half sugar/ one-half suceharin to all succharin. Weight Watchers International has expanded its dietetic line with the addition of six Salad Surprise! Salad dressings, four Gravy Surprise! gravy mixes. The products contain 15 calories per serving.

contain 15 calories per serving.

A linal point to ponder. In some countries, fat is a of political power. This is particularly true in the South Seas. In fact, according to an anthropoligist, it is only in the United States and Western Europe that obesity has a negative connotation. Shall we move?



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