

WOMEN WHO ARE SLIM tend to be the most secretive, the least inclined to wear their hearts on their sleeves, and to be the most discriminating in forming relationships. Those of **medium** build tend to be energetic, frank, outgoing, and to enjoy the excitement of risk and chance. **"Pleasingly plump"** girls, it was found, tend to be characterized by love of physical comfort (including food), enjoyment of socializing with others, and a deep need for affection and approval. The **obese** or extremely overweight women are more likely to be troubled with inner conflicts, frustration and anxiety.

2. True. A team of Harvard University investigators, who have completed a study of the subject, succinctly sum up the situation as follows: "For the last several decades, fashions have been tailored for the very tall, narrow-hipped, rather wide shouldered female who is holding another man in his arms. He doesn't want a muscular woman, but one who is soft. It's called Desire of the Flesh, not Desire of the Bone. Men like women to be rounded and zotting."

Hal Linden says he thinks plumper women are more relaxed, and so more appealing because they're less competitive. If a thinner woman puts on weight, she's a nervous wreck until she loses it. Her personality suffers. But if a plumper woman gains a few pounds, it's not noticeable and, consequently, she doesn't dissolve into a neurotic episode. "As a high school student, Linden fell for a girl who was on the hefty side. 'It was because of her face,' he explained. 'She was beautiful. Also, Linden decided, 'plumper women are warmer. They give off more body heat.'"



Hal Linden cuddles pleasingly plump Mary Jo Catlett and Margret Coleman, who appear with him in "The Pajama Game."

Joy to the Rounder Woman!

By Anita Summer

instructed when a man needs to be consoled or comforted. They must have a full head. My wife always had a ready sympathetic ear.

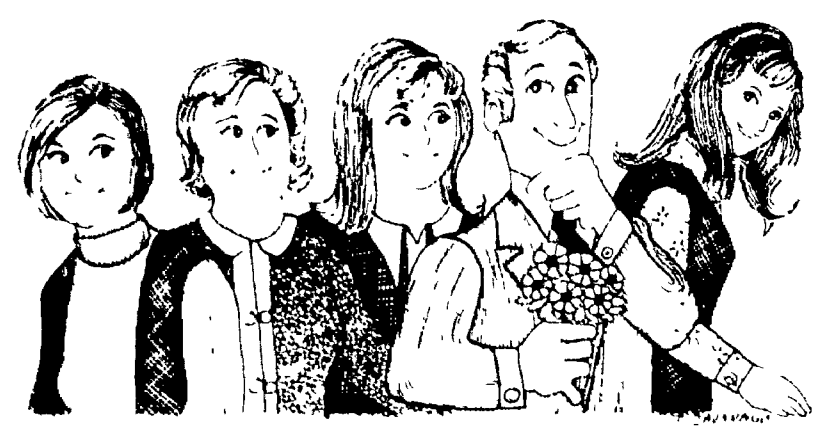
Said Richard Adler: "Men have always enjoyed chubby women. Paintings by Titian, Rembrandt, etc., depict a

males with rounded bellies and behinds. The first thing that strikes you about Mary Jo and Margret is not their weight, but their lovely features, peaches-and-cream complexions, and expressions. They remind you of a Renoir. A man doesn't want to feel

BY

Are Plump Girls More Affectionate Than Slim Ones?

By John E. Gibson



True or False: Women who are heavier than average tend to be more feminine. (See number 4)

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for affection and approval. The **obese** or extremely overweight women are more likely to be troubled with inner conflicts, frustration and anxiety.

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figure. Women who are short, stout, or wide-hipped with narrow shoulders have difficulty dressing a la mode. Also, women with more ample endowments are not only at a disadvantage but often feel compelled to take steps to make their figures conform to current ideals.

3. False. As evidenced by National Science Foundation studies of overweight individuals, which showed that people who give the scales a "bad time" actually tend to be quite amenable in most cases, willing to compromise when necessary, quick to adapt to social situations, and usually open to suggestion.

4. True. University studies have shown that women who are heavier than average make significantly higher femininity scores on psychological tests and personality questionnaires. They have also been found to have "greater emotional reactivity" to be more acutely sensitive to the feelings of others.

5. False. Psychological studies have shown that men of this temperament tend very definitely to prefer more generously proportioned women, those whose physical endowments are on the impressive side.

6. False. Psychologist Hans E. Eysenck, who has conducted extensive studies in this area, finds that the majority of men find they are those whom personality tests show to be reserved rather than demonstrative, controlled rather than impulsive; tend very definitely to shy

Continued on page 23

Are The Foods You Are Eating Today STARVING YOUR BRAIN?

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How the same ORDINARY FOOD also refuels the entire body—to help you get into splendid youth condition from head to toe.

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Behind those statements stands the work of such physicians as Dr. Abram Hoffer and Dr. Joseph Tobin, Nobel Prize winner Dr. Linus Pauling, famed nutrition expert Judge Tom R. Blaine, and other researchers of equal stature. The entire book is the dedicated work of Judge Blaine, who has winnowed thousands of cases to help you see the nutrition cause of your own problems—and how a simple, pleasant way of eating may quickly help you banish troubles like these:

Are you depressed, nervous, unhappy? Read a doctor's story about a woman with marriage troubles who had been deeply depressed and miserable all her life. She got *rid* of her misery—thanks to simple changes in nutrition and a vitamin you can buy in any drugstore (page 12).

Does any member of your family suffer from schizophrenia?

Read a letter from a young man who *conquered schizophrenia*—not through psychiatry—but through simple changes in nutrition. This letter also reveals significant *food traps* for schizophrenics. Even if you are not schizophrenic, avoiding these same *food traps* may make a priceless difference to your health and peace of mind. (page 104)

Do you suffer from gastro-intestinal sluggishness?

This (and scores of other common symptoms) can be a *warning* of blood-sugar deficiency. Read about a simple food supplement that is known by several names. *Get it by any name!* See how it aids the entire gastro-intestinal tonus. (page 156)

Extra added bonus—
Have you had, or are you threatened by heart failure or stroke?

See why your present meals may contain a heart mistake, food that nobody ever warned you about before. And why you may be avoiding a delicious type of food that should not bother your heart in the least! (page 126)

Why Did It Take So Long To Discover The Importance Of The Natural Brain-Food Diet In Both Mental And Physical Health?

Because, as you will see in Judge Blaine's fascinating book, blood-sugar deficiency is the GREAT MASQUERADER. Your own doctor

FIVE MINUTES THAT CAN CHANGE YOUR LIFE

The moment you receive Judge Blaine's easy-to-read book, turn to pages 37 and 38. In five minutes or less, read the MASTER FOOD LIST for "brain-food," "nutrition!" Meats! Seafoods! Vegetables! Dairy products! Desserts! Drinks! The list will delight you—and so will the delicious, hearty meals you eat—plus special snacks between meals and at bedtime!

Also in this important book, FOOD SECRETS that brought a full recovery from symptoms of arthritis and senility—pectal FOOD SECRETS that make old age wait—FOOD SECRETS that help your eyes, help teeth and gums, help the skin to be firm and youthful—FOOD SECRETS that strengthen the entire system of adrenal glands—plus all the especially important FOOD SECRETS (so easy to follow!) that help to strengthen and tonic YOUR MIND, no matter how many years you have suffered!

Try it at our risk, today!

will confirm that people have been treated for years for other conditions (such as ulcers, arthritis, every kind of indigestion, exhaustion, blurred vision, paranoid delusion) before it was discovered that *blood-sugar deficiency* may be the possible cause of all these diseases—and many more! (Of course, we suggest that you consult with your own doctor if you suffer from any of these serious ailments.)

Of course, there still are diehard medical men who go on treating symptoms instead of the basic causes of illness and debility. There still are drug companies who do not like to hear that the best medicine, in some cases, is *food alone*. There still are psychiatrists charging \$50 an hour, for years of treatment—when a month of proper "brain-food" diet, costing no more than your ordinary diet, may do the job. (And a simple test, described in this book, can tell you unmistakably if you suffer from low blood sugar, rather than, for example, *high* blood sugar, where these rules do not apply.)

So it took courage to write this book—the courage of a dedicated jurist and health researcher who says that **WRONG NUTRITION** dooms millions to misery, and that the *right kind of "brain-food" nutrition can often lift such people onto a high new plane of mental balance, efficiency, and the kind of physical well-being that money cannot buy.*

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