

# Fat City

Americans are fat. According to doctors and public health officials, more people than ever are over-eating and gaining excess weight. Some physicians have cited this present propensity for over-eating as a widespread loss of self-control. Clearly, obesity is a biting problem.

Doctors have astutely categorized the varying degrees of flabbiness: those who are fifteen or more pounds above their desirable weight are tactfully labeled "overweight"; those more than thirty pounds overweight are called obese; those more than one hundred pounds overweight are called trucks.

The undesirable aspects of heaviness are numerous: susceptibility to heart disease, high blood pressure, diabetes, and tight shorts. There is little doubt that a lighter person will have many advantages over a heavier one. He will look and feel better, live longer, and be able to ridicule fat people. It is easy to see why "heavy" is "out".

## Fat farm

Since there is a great desire among "fatties" to become slim, trim, and lithesome once more, "weight-reducing" centers have multiplied like rabbit colonies. These veritable paradises (as Jack La-Lane tells us) utilize various methods for removing excess "flab" from their customers. The equipment is usually of a standard nature. There is the steam bath; the "loser" is placed in a metal cabinet. The dial is set at either rare, medium, or well-done. After the machine is turned on, the matron leaves and returns soon after the heat level has reached "messy".

Another modern marvel is the belt massager. The unsuspecting client is placed on a platform and girded with a wide belt. A button is pressed; the belt rapidly oscillates, savagely tossing and throwing its occupant. Most locations that have belt massagers in use also provide a lost-and-found nearby.

The true monster of weight reducing machines, however, is the roller machine. The victim is seated on a cylinder covered with small, rotating rollers. When turned on, the machine revolves, savagely bruising its rider. The effect is comparable to being stoned with billiard balls.

The tough regime always seems to pay off, however; at any rate, a little pain in the muscles is more tolerable than in the ego.