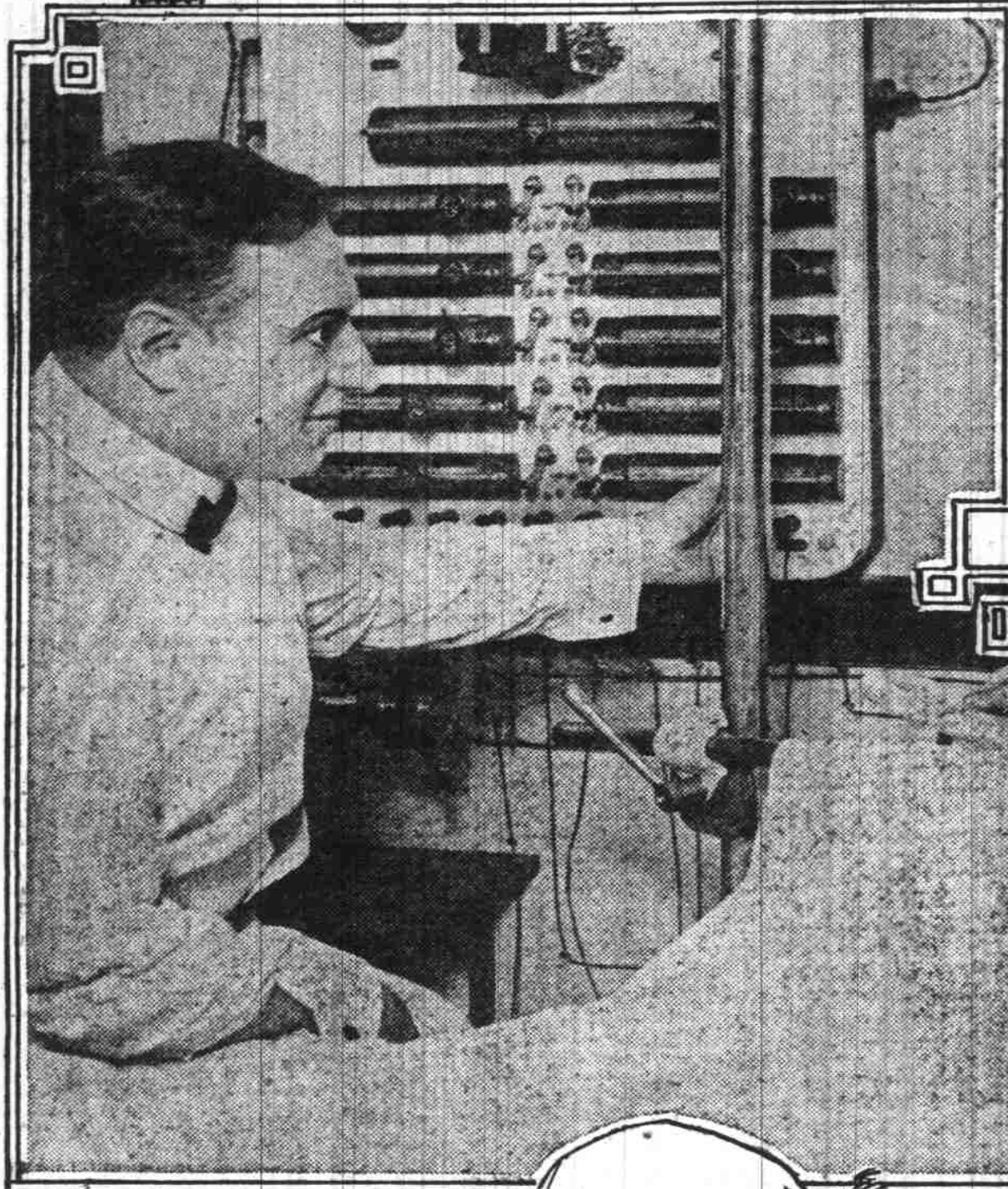


Reducing in an Easy Chair

Science Has Found a Remarkable Obesity Cure That Does Away With Starvation and All Other Forms of Physical Torture



Reducing Obesity of Bust and Shoulders.



Undergoing a General Treatment for Fatness. The Muscles of the Body Contract Sixty Times a Minute.

AN ENTIRELY new method for treating obesity—that of reclining in an “electric chair” while the whole muscular system is exercised to fatigue—is attracting the attention of American physicians. The treatment originated in the mind of Dr. Nagelschmidt of Berlin, and only six of the chairs are in use on this side of the Atlantic. The patient does not feel the fatigue because the will power has not been brought into play. The Nagelschmidt system for taking off fat bids fair to become quite popular among the stout “idle rich” who would become the counterpart of the Greek athlete or the “perfect thirty-six,” but who have not the nerve or grit to go through the tortures of reducing. It would seem more pleasant to take an afternoon nap in a Nagelschmidt chair than to chase around golf links or go through the physical tortures of a gymnasium—and then only with uncertain results.

Strenuous Work Made Easy.

The Nagelschmidt chair is inclined to a comfortable position, and is fitted with very large contact surfaces insulated from each other. It is equipped with electrodes which fit the curves of the body perfectly, and a switchboard distributes the peculiar current, produced by the motor interrupter located at the side, to these several electrodes by means of various rheostats and the metronome.

Any part of the body can be treated and reduced, while the balance of the system remains unaffected. After placing the patient on the fat-reducing chair the current is passed through in the desired direction. All the muscles of the body, so far as they are included in the circuit, are contracted regularly with great energy. At each contraction the lower trunk muscles may raise weights of from forty to fifty pounds besides their own weight.

All the muscles appear to be engaged in strenuous work—a thing which the patient would not be able to accomplish by voluntary exertion without the most profound fatigue. If the apparatus is adjusted properly, according to its maker, there will be after the session not only no-fatigue but the

patient will even observe an increased desire for physical exercise.

The patient should not be subjected at the very beginning to a full hour's treatment with maximum energy, says Dr. Nagelschmidt, but during the first few sessions the available muscular energy should be carefully estimated, and, beginning with fifteen-minute sessions, the normal session, length of sixty minutes, should be attained gradually. In some extreme cases, in which the fat is present in unusual quantities, it may be necessary to start the patient with two treatments a day, one morning and evening.

The regular treatment consists of a series of twenty-five sessions, covering a period of four weeks. In the great majority of cases, say physicians who are using the chair, the one series has produced the desired effect. When a second series is necessary a period of from one to four weeks is allowed to elapse between the two.

Lose Fat, Gain Strength.

Because, as they say, it reduces fat as well as develops the muscles, and at the same time does not cause mind fatigue or a strain on the heart, those physicians using the Nagelschmidt system contend it is the only logical cure for excess weight. With a majority of the muscles of the body contracting sixty times per minute, or 3,600 times per session, they say it stands to reason that a great amount of muscular work is being done, which necessarily results in a correspondingly increased metabolism.

Thus, “the female patient before you,” said Dr. Nagelschmidt in a lecture before the Berlin Medical Society, “without changing her diet, has in the last six sessions had her weight reduced from 206 pounds and 4 ounces to 202 pounds and 2 ounces, or an average reduction of about 12 ounces per session.” This reduction, he said, could not



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Drs. Bergonie, Nagelschmidt, and Veith all report efficient fat-reducing treatment without observing any special diet, but add that where a suitable diet was combined with the treatments the weight reduction was far greater. All operators agree that the weight re-

duction becomes less at the later sessions. It should be borne in mind, they say, that the loss of weight ascertainable by weighing is smaller than the amount of fat removed, since new muscle tissue has also been formed. This, they contend, is shown by the fact that very often, while the loss in

weight may be comparatively small, the clothing will become very loose-fitting. For instance, in a typical case, after three sessions there was a loss in weight of a little more than two pounds and a reduction in girth of three and one-half inches. In another case, after six sessions, the weight was reduced three pounds and two ounces and the girth measurement four-inches.

The Nagelschmidt current is constant, without fluctuations, and also by the peculiar form of its current-curve suppresses almost entirely the unpleasant feeling of ordinary faradization. Stronger currents than heretofore may thus be employed without discomfort to the patient.

The woman shown on this page in the act of undergoing the Nagelschmidt treatment for obesity had tried various methods for years in an effort to “get back to normal,” as she put it.

“I first tried the method of rolling on the floor,” she declared, “but found this irksome. Then I turned my attention to physical culture. Pulling weights, punching the bag, brisk walks and runs—yes, and many other things that were actually torture for me—failed to bring the desired effect.

No Will Power Needed.

“Next I tried dieting. My intentions were the very best, but after a few days my will power ceased to stand by me in the crisis. Little by little I went back to eating the food I knew would keep me fat.

“Now I am reducing in weight without exercising my will power in the least, and without the tortures of physical culture or the discomfort of dieting. Really, I look forward to a treatment with pleasure. I can recline easily and comfortably in the ‘electric chair,’ and, if I care so, read a book or newspaper while I lose weight. Or I can lay back and plan my shopping trip or a hundred other things.

“After exercising in a gymnasium I always felt weak and tired. Not so now. I get out of the chair feeling refreshed—even more so than before I take the treatment. It is wonderful.”

For Health: Make Sleep a Business

MANY people have poor health because they do not know how to make sleep a business. They think that the all-important question is how many hours to sleep, whether it should be eight or nine. The truth of the matter is that, the hours count for little compared with the way you rest. There are men and women who only take five hours' sleep and are well. Others must have seven hours regularly, which is the average for strong men and women. There are those who sleep eight hours and could use nine. Many of these who take many hours of rest are little refreshed by it. It is because they are sleeping and not resting.

As Dr. Bernhard Hollander, an English authority on nervous disorders, explains, “the primary cause of sleep is a need of rest on the part of the brain cells from the exercise of their functions. Waste products accumulate during the day, and a rehabilitation period is necessary to restore the brain to its normal condition. During sleep the brain has a diminished

blood supply, and if from any cause the circulation increases in activity wakefulness is the result.

“Sleep, besides being disturbed by dreams, may be defective in other respects. It may be too short it may be too prolonged. It may not be deep enough, and it may be unrefreshing.”

You know people who get to sleep with difficulty. Others fall asleep naturally, but at the end of a few hours they are awake and cannot get to sleep again. Others sleep; but with an agitated brain, the yare disturbed by dreams and nightmares of which they have little memory. Again there are those that sleep the night through, but complain they are so little refreshed by it that they are drowsy and lethargic during the day.

In mental overwork the brain cells, being in use, are apt to remain alive after work has been abandoned. In this case sleep is prevented. Worry has a like effect on the cerebral cells, and if anything worse.



Jumping the Rope and Many Other Such Violent Exercises Are Used by Corpulent Women in the Hope of Reducing—but With Little Effect.