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SATISFACTION GUARANTEED

Obese Patients Admit To Being High-Strung

(Editor's note: Following is the third of four dispatches on over-weight.)

By PATRICIA McCORMICK (UPI Correspondent)

New York—(UPI)—More than half the obese patients in a study from Endocrine Clinic of Boston City Hospital admitted that they were "inwardly" nervous or high-strung.

They said that food relieved them of tension and gave them pleasure.

One homemaker said her husband's activities kept him from home frequently. She filled in some of the time by going to movies-alone.

But when she returned home she felt so lonely that she usually ate "even though I was not really hungry," she said.

"It allayed some of my nervousness and gave me something to do," Felt Sorry

As her weight went up, she felt all the more sorry for herself and ate more. Eventually, she was a good, round weight—300 pounds.

Another patient, an overweight teen-ager, sorry about being unpopular, became a people-hater. She secluded herself at every opportunity and treated herself to her sole remaining pleasure; eating.

The more she ate, the less chance she had of becoming popular. She became fatter and fatter.

The tension-type eaters are just one of several types of obese personalities.

There are the social types, the night-raiders, and the garbage-pail personalities. To tension eaters, food is a tension chaser and source of pleasure. When they are bored, food symbolizes the love and affection they need, desire and cannot find.

Social eaters eat to be sociable. They won't turn down a morsel at a cocktail party, a bridge game, dinner or week-end gatherings.

The night-raider becomes gluttonous nocturnally. During the day, he or she eats like a bird. But after the last meal of the day, the night-raider's hidden personality comes out. Trips to the kitchen are frequently for a piece of pie, a half-dozen cookies, a scrambled egg, and toast.

A true night-raider consumes more than one-fourth of his total calories after the last meal.

Can't Leave Scrap The garbage-pail type can't leave a scrap on the plate. Usually, she is the lady of the house.

She eats the left-overs that aren't suitable for stashing away in the refrigerator. Day after day, this is the way with the garbage-pail type.

She pays no attention to the calorie cost of living. Neither do the other "types" who suddenly find themselves with more padding than will fit into their clothes.

(Next: Even the "lean" have troubles.)

Crabgrass Control Methods Given

Beltsville, Md. — (Science Service) — There is still time to wage war against crabgrass, one of the lawn owner's worst enemies.

Crabgrass germinates in May and must be controlled now if you want to get rid of it, Dr. Layton L. Klingman said. He is studying lawn weed control at the U. S. Department of Agriculture's Agricultural Research Center here. The home owner can tell if he has the troublesome weed by simply looking at thin spots on his lawn to see if broad-leaved seedlings are showing.

If crabgrass is found, two or three treatments of various herbicides, given at seven-to-ten-day intervals are usually required to kill it. Chemicals suggested by Dr. Klingman as effective in fighting crabgrass are disodium monomethyl arsonate (DMA), and its closely related compounds, and phenyl mercuric acetate (PMA).

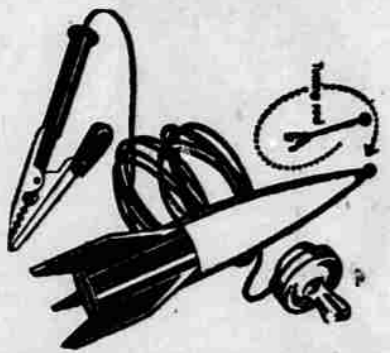
Treatment should be started as soon as possible, the USDA researcher said. Follow carefully the instructions received with the herbicide, he urged.

Dandelion, buckhorn and other weeds in the plantain family can be controlled with 2,4-D or 2,4,4 plus Silvex. Silvex is particularly useful in controlling chickweed, Dr. Klingman said.

Mowing and watering can also control crabgrass and other weeds. Since close mowing means more light gets down into the turf to help germinating crabgrass seeds grow, never mow your lawn shorter than one and one-half inches, Dr. Klingman warned.

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