

THIS SLIMMING BUSINESS



JOHN YUDKIN



A PENGUIN HANDBOOK 3'6

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ILLUSTRATED BY HEATHER STANDRING

PENGUIN BOOKS

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John Yudkin was Professor of Physiology at Queen Elizabeth College until 1954, when he became Professor of Nutrition and Dietetics in the University of London. There are not many men, therefore, who are better qualified to give authoritative advice about slimming and draw the lines between fact, fashion, and fad.

Although a good deal of nonsense is printed in some women's magazines about slimming, Professor Yudkin shows in this readable and often entertaining handbook that the effort involved in carrying extra weight can be harmful and may lead to a number of ailments, some fatal. For other than merely fashionable reasons, therefore, it is wise to watch your weight - without being too impressed by the so-called average weight tables - and, if necessary, take sensible steps to reduce it.

This Slimming Business is not heavy reading. Light verses by Ogden Nash help the author's easy style to keep the weight well down.

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