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Obesity is the most frequent nutritional disorder found in an affluent society. It is a threat to life but the excess mortality can be reduced by weight reduction. Obesity affects many aspects of physical wellbeing and causes much unhappiness. Obesity, that is excess fat, results from excess food. It can only be reversed by a deficiency of food, that is by starvation. With starvation, partial or total, fat will always be lost. This can easily be shown in hospital where patients can be under close supervision. When the patient is living at home, however, and has free access to food, such steady loss of fat is rarely seen. The probable reason for this is that it is not generally realized how easy it is to undo rigorous dieting.

See T. R. E. Pilkington, p. 201 of this issue.

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JOURNAL OF BIOSOCIAL SCIENCE

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