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For the Week Ending OCTOBER 16

What Makes A Person Want To Switch Sexes?

'Because We Can't Alter Our Minds, We Alter Our Bodies,' Say Transsexuals

By Daniel St. Albin Greene

THE LONELY drive up from North Carolina hadn't been so bad until Jerry Vale's voice came over the radio: *Daddy, slow down some/ 'cause you're makin' me run/ Daddy, don't you walk so fast.** The rest of the trip, Peter recalls, was blurred by tears.

Peter is about to leave everything: his wife, two daughters, civic reputation (he's a Lions Club officer and was

Correspondents Don Frederick in Grand Junction, Colo., Hilary Kaye in Los Angeles, and Wendy Haskell Meyer in Houston assisted in reporting this story.

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like women. Transvestites, but not necessarily homosexuals. Some brought their wives or girl friends. The evening's lecture was on how to speak like a woman.

Not all of these "cross dressers," however, are satisfied just to wear feminine finery and assume female mannerisms. Many men and women have long harbored deep-seated ambivalences — even disgust—about their sex. They're often described as persons with the mind of one sex "trapped" in the body of the other sex. They are not transvestites; they're "transsexuals." The ultimate manifestation of this inexplicable syndrome is a compulsion to alter the body to conform to the mind.

Sex transformation: A half-century ago, it was little more than a science-fiction notion. Today it's a proliferating reality, available to anybody—male or female—with enough determination and money. And it's a controversial sub-

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Bente Bergaard

High-Fiber Diets: Fad Vs. Facts

By Patrick Young
FROM NEW ORLEANS

THE APPLAUSE dies. The lights dim. The speaker flashes the ready smile of a supersalesman and sets forth on his rapid-fire, 40-minute slide show and soliloquy. "It's a challenging thought that most of the diseases filling the hospitals of North America are potentially preventable," says Dr. Denis P. Burkitt of England's Medical Research Council.

It's an attention-getting line. But then Burkitt—the slender, silver-haired father of America's newest food fad, the high-fiber diet—is a proven attention getter. Witty, urbane, peppering his talks with one-liners and punctuating them with poking motions of his long surgeon's fingers, this guru of grain and other high-fiber foods is out to change the eating habits of the Western world.

Burkitt's message is roughage. Eat it, he insists, if you hope to prevent a host of ailments that plague industrialized man, from hemorrhoids to heart disease.

"I am not saying that a lack of fiber is the cause of any disease," he says. "I am saying that the lack of fiber is one cause of many diseases."

Fiber, or roughage, is the structural material that supports and protects a plant's cells, and its chemical composition varies from plant to plant. High-fiber foods include bran, whole grains, oatmeal, brown rice, beans, peas, soybeans, and squash.

Burkitt, who enshrined his name in medical annals with the discovery of a cancer now called Burkitt's lymphoma, became interested in dietary fiber in 1960 after a talk with Surgeon-Capt. T. L. Cleave of the British navy, a pioneer in fiber research. Burkitt spent much of the 1960s working on the problem in Africa, gathering information from more than 150 hospitals.

Two years ago Burkitt published an article on his fiber hypothesis in the Journal of the American Medical Association. Though he had previously written about his theory,

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"It's tearing my heart out," he says in a soft voice that pleads for understanding. "But there's no other way out."

I nod—knowing full well that I can never fully understand. For while my mind is sympathizing with another fallible man, my eyes are seeing a woman—from frosted bouffant hair down to pleated skirt and panty hose. The name tag over one budding breast reads, "Hello, my name is Joan."

Peter ("Joan") is a "preoperative TS"—a transsexual. He has made up his mind to become, in body as well as mind, the woman he appeared to be the other night at the monthly meeting of the National Alliance for Heterosexual Male Feminism.

Most of the members meeting at the Unitarian church outside Washington, D.C., were middle-class men with a compulsion to dress and act

like women. Transvestites, but not necessarily homosexuals. Some brought their wives or girl friends. The evening's lecture was on how to speak like a woman.

Not all of these "cross dressers," however, are satisfied just to wear feminine finery and assume female mannerisms. Many men and women have long harbored deep-seated ambivalences—even disgust—about their sex. They're often described as persons with the mind of one sex "trapped" in the body of the other sex. They are not transvestites; they're "transsexuals." The ultimate manifestation of this inexplicable syndrome is a compulsion to alter the body to conform to the mind.

Sex transformation: A half-century ago, it was little more than a science-fiction notion. Today it's a proliferating reality, available to anybody—male or female—with enough determination and money. And it's a controversial subject for sexploitation articles and medical symposia.

Yet the tantalizing question lingers: What's it like—*really* like—to cross that magical line separating man from woman?

The only people who know are those who've done it, and not many of them want anybody to find out. They're teachers and students, doctors and sociopaths, hookers and preachers, athletes and strippers, executives and bums. A few are relatives of prominent show-business and political figures. One woman is on the faculty

of a major medical school. Another is a retired Navy commander who fathered seven children.

With a few conspicuous exceptions, several thousand American transsexuals have started new lives and faded into obscurity. But The Observer located 14 of them in seven states, and they revealed some of the mundane realities of a human experience most of us can barely imagine.

Not-so-mundane realities raised by transsexuals will keep lawyers, legislators, sexologists, and moralists arguing for a long time.

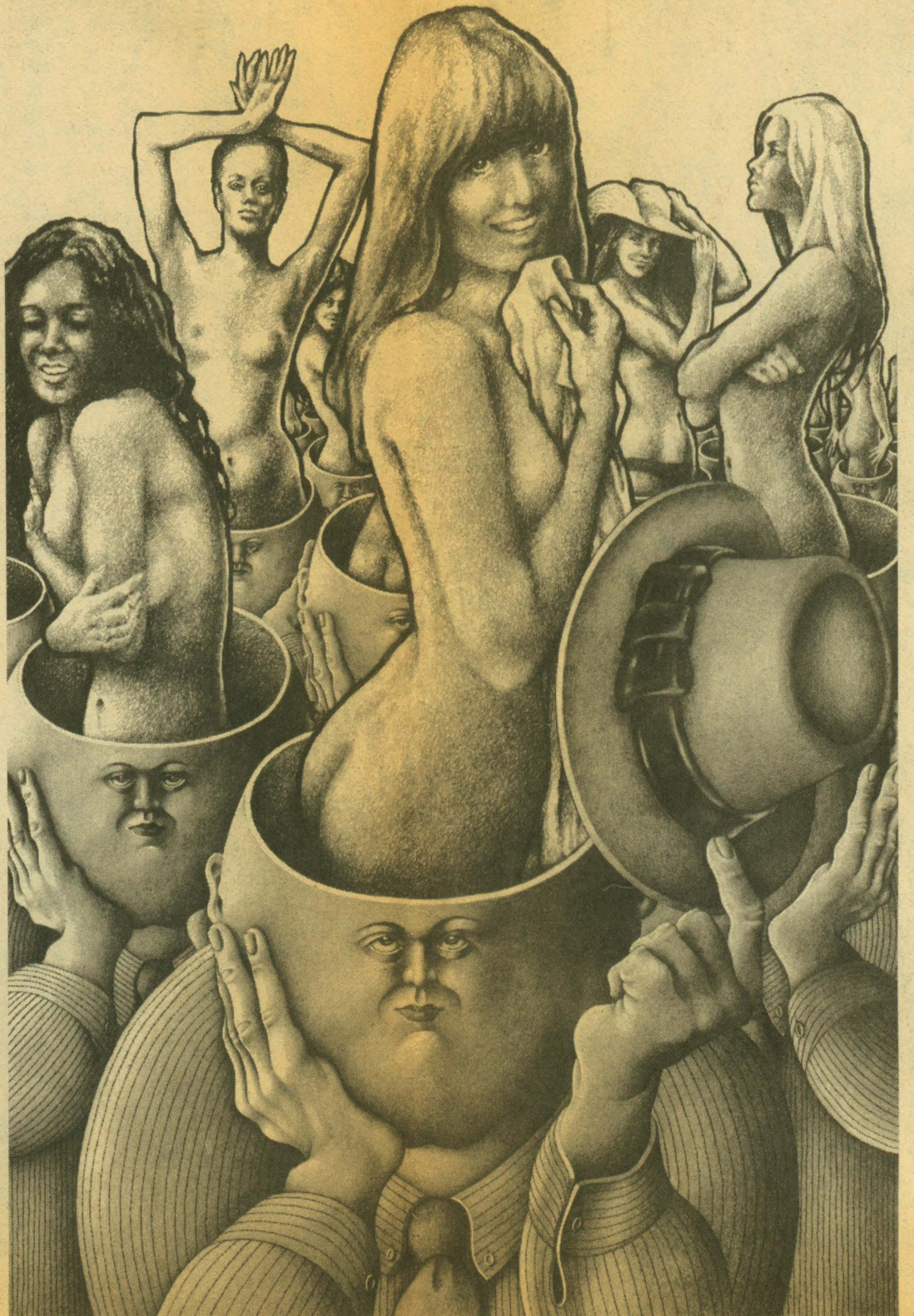
Can a family survive when a parent changes his or her sex? "None of [my children] are psychic wrecks," argues "Mrs." Paula Grossman, who

changed from a man to a woman five years ago. She still lives with her wife of 27 years and two daughters, who continue to call Paula Grossman "dad."

Is a transsexual entitled to the same job, or tenure, he or she had as a member of the other sex? Doris Richards achieved tenure and wide popularity as a high-school girls' gym teacher in Emeryville, Calif. She returned from sick leave last summer as Steve Dain. The school board last week suspended Dain.

Does a male athlete become a female athlete by undergoing a sex change like that of tennis player Dr. Renee Richards? Or does she, as Dr.

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Sente Moggaard

Beware Bankruptcy 'Bargains'

By Morton C. Paulson

MANY PEOPLE probably would expect that a bankruptcy sale automatically means bargains. Especially when the sale is supervised by a Federal court.

Not so. In fact, a bankruptcy sale may be a signal to buyers to be extra cautious. Consider the South Park Ranch, which is located 55 miles west of Colorado Springs, Colo., and is being sold nationally in five-acre tracts.

Since February, newspaper ads across the country have announced the ranch's liquidation "on a first-

Land First Sold For \$595 Is On 'Sale' for \$800 Up

try-voiced female took my name, address, and phone number, and said the information would be forthcoming.

A few days later another woman called me and said: "We have an agent of the bankruptcy trustee who is available in the Virginia-Maryland

"Now, I'm not here to sell you anything," the man insisted. "All I can do is take your application to buy."

Only if the application were accepted by the bankruptcy judge, Russell B. Seymour of the U.S. District Court in Los Angeles, could we become ranch owners. The judge (whose name was mentioned no less than 11 times) had okayed everything—the liquidation plan, the contracts, the sales literature—said the salesman.

Could we see the property before making a commitment? Nope. "You decide how much you can invest" the

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IN THE UNITED STATES DISTRICT COURT

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SOUTH PARK LAND & LIVESTOCK COMPANY } BANKRUPTCY,
aka SOUTH PARK RANCH } NO. 74-11136RF
Debtor }

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COLORADO RANCH
TO BE SOLD