Stewardesses' 'Jet-Tummy'

Girdles Off, They Let Down Easily

LONDON (UPI)—Stewardesses on high-altitude trans-Atlantic flights are being plagued by what they call "jet tummy" that swells them up like balloons.

It's painful, the girls say, and sometimes it takes up to 24 hours before their waistlines get back to normal.

"It starts when we are in the air and the swelling often lasts for the whole day," explained an Irish stewardess.

"Some girls can't bear the pain and I have known some to slip off tight girdles in the galley in the back of the plane halfway between London and New York," she said.

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ACCORDING to a Dublin doctor, loosening clothes is just what the girls ought to do to ease the trouble.

The doctor said the pain and swelling were caused by gasses in the stomach expanding by as much as 50 per cent, depending on the pressure in the plane cabin.

"There are no serious after effects" the doctor noted. "I guess most of the trouble comes because hostesses feel almost as uncomfortable with their girdles off."