

Research in the area of energy balance and related problems has been both costly and inefficient. A major problem is our inability to identify the diverse subtypes of the obese and to standardize basic investigative procedures. Our usual approach is to compare small groups of inadequately characterized obese subjects with a control group of normal subjects and to hope that the experiment will be blessed with the all-important significance at $p = 0.05$. If the aim were to compare horses and cows, it would be quite possible to include in the experimental group a few Percherons, burros, and jackasses, along with the Morgans and thoroughbreds and to emerge with the statistical conclusion that there really is no difference. Even if we cannot yet classify the overweight, I believe that it is now essential to refine methods of characterizing our subjects.

aus: E.A.H.Sims: Energy Balance in Human
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