

CITY LIFE

Cakes should carry warning labels

Newflash: we're fat. Our kids are fat. Even our cats, dogs and goldfish are fat. This battle-of-the-bulge thing is getting tiresome.

Fact: It's no longer news, if it ever was, that scarfing down entire bags of Doritos while watching television will make you fat and eating salad and exercising will make you lose weight.

Fact: people choose to ignore these facts. Why? Because we are babies and we need someone to look after us. We cannot take responsibility for our own eating habits.

And because all this extra weight is costing the Canadian economy \$3 billion a year, I think it's time for the government to intervene.

Here's some more news. "Obese adults have nearly twice the chronic health troubles of people of normal weight - more than heavy drinkers or daily smokers."

Obviously drastic measures need to be taken. Allan Rock, are you taking notes?

First off, we need to start putting

warnings on bags of chips, chocolate bars, cheese, cakes, pies and all other fatty foods. Forget nutrition information. It's simply not enough.

When I buy a pack of cigarettes I have to look at a picture of decaying teeth, a human brain with a stroke, a baby or some other equally frightening image. Fatty foods should have similar labels.

Obesity is linked to such health problems as heart disease, diabetes, hypertension and certain types of cancer. So why not put pictures of cancer and diseased hearts on packages of fattening foods with captions that read:

"Overeating causes cancer (or) heart disease," or even "Eating this food can kill you?"

My cigarette packages sometimes come with a picture of a woman smoking, her child watching and a caption that reads, "Children see, children do." Let's put a warning with a picture of a fat mom stuffing her face and a fat kid looking on. The same caption will do.

Speaking of kids, we all know that obesity among children is a growing



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concern. It's time to implement an age law. Nobody under the age of 18 should be allowed to buy anything fried, fatty, sugary or with too many carbohydrates.

Why not? We have age laws for alcohol and cigarettes. Obesity causes more problems than each of those. Children should not be allowed to order french fries in a restaurant, not even with a parent present. Said parent is obviously not responsible enough to make such a decision.

Also, anyone caught buying fattening foods for minors should be fined and perhaps imprisoned.

And anyone who is already obese should be ticketed if caught eating anything with more than 6 grams of fat or too many calories in the street. We have seat-belt and bike-helmet laws, the argument for which is often, "Well, you could kill yourself." Yes, but isn't that my decision? "Not if it costs the system money it isn't."

How is my proposed law any different? We all have a responsibility to maintain a healthy weight for the good of the masses. Police officers would have to carry around some sort of simple fat- and calorie-measuring device; if we can come up with something to measure blood-alcohol levels, it shouldn't be that difficult.

There should also be a cutoff point. When a person has had too much to drink, it is up to the bartender or waiter to decide when to cut said person off. Otherwise, if some sort of accident occurs, the bartender or waiter might be held responsible.

We could have the same rules in restaurants. Serving staff should be obliged to tell an obviously overweight

person that they have already had enough brownies with vanilla ice cream and chocolate sauce and refuse to serve it. After all, if that person has a heart attack, is not the server partly responsible?

Of course, we could just outlaw fattening foods altogether but I'm sure there's some good reason not to do that the same way we can't just outlaw cigarettes. So I think my proposed ideas make a great deal of sense.

With almost half the adults in this country measuring in at "too darn heavy" it just seems like the right thing to do. We are obviously not fit to govern ourselves and the government is there to care for us, isn't it?

I call on the government to do its job Help us.

In fact, I am going to spoon some icing straight out of the can and into my mouth right now. I might even eat the entire can. I wish somebody would stop me. Oh jeez! Why doesn't somebody stop me? Mmmmm. Icing...

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