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Federal Trade Commission  
Project No. Po94513  
Office of the Secretary  
Room H-113 (Annex W)  
600 Pennsylvania Avenue  
Washington, DC 20580

Dear Reader:

Having worked with young adults my whole life, and I am 90 years old, 6 feet, 1 inch and 166 pounds, I see one quiet horror every day in the world of the young. Magic involvement, musical monotony, celebrity enthusiasms, Internet involvement and addiction. No. None of the listed. What I see are fat young people. If the pattern continues that will produce even fatter adults than the present ones.

Have you ever seen a very old fat man or woman? Of course not. They're dead.

You need to take leadership in this new problem. It won't solve itself and it won't get solved if we do not identify the forces and the behaviors that lead to this new American disorder. What's to be done? On the family level, and what they purchase it's easy. First name names of negative corporations and food services groups who contribute to the condition. ( I dare you to have the guts to do this!). Then, list the ten or fifteen most fattening foods/drinks. Third, encourage the question of size of portions. Bigger and better is an American misconception. Fourth, enthusiastically emphasize the best in various dietary areas.

The results; some reduction in the overall size of people, and greater longevity.

Respectfully,