

How can governments help people conserve their health and avoid premature death?

At the beginning government should increase taxes on tobacco and alcoholic drinks. The money could be used on subsidizing sport and researches into a cure for lung cancer. Also all advertising of alcohol should be banned and compensation paid to families whose member died of cirrhosis of a liver.

Government should also see the importance of animal fats in diet. Foods that are blamed as the cause of the heart disease should be more expensive. Food labels should clearly state the sugar content of the food and content of fat. TV advertising of sweets to children should be enforced.

Government should control the advertising of healthy food and in the schools students would learn something about healthy life style that would extend our lives.