

## Re: Are we protected from Junk Food Corporations?

**Source:** <http://sci.tech-archive.net/Archive/sci.med.nutrition/2004-09/0186.html>

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**From:** MikeL (*MikeL\_at\_elnnet.com*)

**Date:** 09/03/04

Date: 2 Sep 2004 19:29:11 -0500

On Thu, 2 Sep 2004 19:33:50 +0200, "Lictor"  
<ghostmlNOSPAM-REMOVE@online.fr> wrote:

>"MikeL" <MikeL@elnnet.com> wrote in message  
>news:3rd8j0lened2a1l0ob8aaho88bmbbm10p0@4ax.com...  
>> Well maybe we should ban televisions since many parents use them as  
>> babysitter. You certainly can reduce your child's exposure to this  
>> propaganda by creating a life other than watching TV 10 hours a day.  
>  
>Well, the problem is that things are not always that easy.  
>For instance, I always had the TV in my bedroom as a kid. So, I could pick  
>whatever I wanted to watch, and whenever I wanted to. If I wanted to watch  
>to watch rated movies, I could. Not because my parents where careless, but  
>because they thought I was mature enough to enjoy the freedom. So, I saw  
>plenty of movies on TV, including some I was not supposed to see as a kid,  
>like Clockwork Orange. But this never prevented me from moving around. I was  
>an avid biker as a kid, as that was how I would go to school daily. I was  
>also a good walker, taking a 40km walk with my dad was always a pleasant  
>thing to do. As an adult, I watch TV from time to time, but I can do without  
>it. Mostly, I will watch when there is something really good on it, mostly  
>serials (Sopranos, Six Feet Under). I don't bother with movies, I just go to  
>the cinema or rent them. I watch it for around 1 hour a day.  
>On the other hand, my girlfriend was educated like you. She was only allowed  
>to watch a part of the evening movie with her parents, and then, off to bed.  
>As an adult, she doesn't watch TV a lot more than I do, but when she does,  
>she is completely hypnotized. Like being in trance; you can talk to her and  
>she won't even notice. Or she will stop in the middle of a sentence, and  
>never finish it.  
>So, sometimes, direct solutions lead to weird results. Having unlimited and  
>self-regulated access to TV meant for me that it was just another tool to  
>access information. It lost any kind of magical value it could have had to  
>me. On the other hand, it has remained a magical and fascinating item to my  
>girlfriend.  
>

Well I had a TV in my room as well although no cable and I think I

lost the TV around age 9. However my parents did not really monitor or set restrictions on what I watched or how much I watched. Basically because they did not need to because other than Saturday morning cartoons and a few primetime shows I did not watch TV.

I was riding my bicycle around the neighborhood sometimes 5 miles to an arcade or just playing in backyards. I truly feel sorry for kids today that live in these cookie cutter houses that were built on a corn field. They are these tiny self contained subdivisions where the only way out is onto a 4 lane highway. There is nowhere to walk to or ride a bike too. These neighborhoods are also just plain with no trees or hideouts etc where a kid can explore. I loved climbing trees up 30 feet in my backyard. It was good exercise as well.

I choose to live in an older more established neighborhood where you can walk downtown or go for a run or walk. Watching a ton of TV is simply a symptom of having nothing to do. But if you live in one of these subdivisions what is their to do? Just a square backyard with nothing but highly manicured grass. Even in some older established neighborhoods older houses are being torn down and million dollar 5000 sq ft monstrosities are being built. Tearing down all the trees and removing most of the lawn as well.

Unfortunately we have a generation of parents that are just plain self indulgent and selfish. They move out to the fringes in these subdivision houses because you get a big plain box for a house but you get more square footage. People tear down smaller houses that are unique and have character but smaller to put up big plain boxes completely without character. There is no serious thought given to urban planning or its consequences..