

Smile!

Here is the final note on **nutrition and health**. It's a relief to know the truth after all those conflicting medical studies ...

- The Japanese eat very little fat and suffer fewer heart attacks than British and Americans.
- However, the French eat a lot of fat and also suffer fewer heart attacks than British and Americans.
- Meanwhile, the Japanese drink very little red wine and suffer fewer heart attacks than British and Americans,
- While the Italians drink excessive amounts of red wine and also suffer fewer heart attacks than the British and Americans.

Conclusion: Eat and drink what you like. Apparently, speaking English is what kills you.