

My Electric Helper

By Suzy Hopkins

Beware this gadget - the remote control for the TV. It is a great energy saver for the user. You can change channels, adjust the volume, even mute the sound completely, sparing you the commercials (my favorite button) or turn off the set. All this can be accomplished without the user moving anything but their fingers. So, if a person sits for hours, snacking on potato chips, buttered popcorn, ice cream or anything else they will get fatter and fatter just because they burn no calories. I think it has been a major factor in the obesity problem in America.