

Pilon, Janet

Subject: FW: Fridays council meeting

From: Sarah Warry-Poljanski

Sent: Wednesday, July 15, 2020 2:53 PM

To: clerk@hamilton.ca

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Good morning,

As we are all aware, this Friday, council will hold a vote to determine the implementation of a by law regarding the mandatory use of face masks within public areas.

As many know, I am against such a move as it is an infringement on my rights including my human rights. However, since we are fearing for the lives of not only ours and our family's, but that of society, I propose we extend the by law to also now include the removal of all processed foods from stores and impliment a fine for those selling them and those buying them. Also, it is well documented that smoking decreases and depresses the immune system, as does excessive alcohol use. Again, as we face such a public health crisis, the general public's well being now is the focus. With this, it's reasonable to say we should enforce a ban on smoking , not only in public places, but the ban of sales and purchase of all inhaled nicotine products. In regards to alcohol, a limit should be placed in the same regrad, and consumption of all alcohol products during this time should be limited.

Again, this is for the safety of the general public and we need to think of the whole during this crisis. I am sure that people in the city, as well as those in city hall and council, will support these measures as we understand the need for protection during this time.

Please consider implementing these measures into Fridays vote as we need to do as much as possible to protect those around us. Even if it means giving up stuff in our own lives.

Please contact me for further information and to let me know whether you support the above.

Please review the following articles and documents supporting the above information.

<https://time.com/2941167/fast-food-may-hurt-immune-system/>

<https://www.hsph.harvard.edu/nutritionsource/nutrition-and-immunity/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4074336/>

<https://blog.bioticsresearch.com/does-sugar-weaken-the-immune-system>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5352117/>

Thank you
Sarah Warry