

## Eat, Drink and Be Merry

It's year 2250. The world is at peace. Hunger and (most) illnesses have been eradicated. Life expectancy around the world is 125 years for biological males and 137 years for biological females. Do you know why men die sooner? Yeah. Women tend to live healthier lives. I would say conservative rather than exciting lives, but long productive lives nonetheless. Of course there are people who are older than 137. My mother is 145 for example. She is in good health, of sound mind and memory.



My mum is always conscientious about her health now, but there was a time when she wasn't. When I was young, I remember her protesting and being angry with our food printer. I loved the food printer. It would print my favourite meals every time I asked. However, it was tough for mum. You see, when she had me she became overweight, just like my grandma did. My grandma died very young and I never met her. She never had GeneVault.

GeneVault was created some time ago to help people live better lives. GeneVault only requires a small tissue sample to analyse our DNA and provide advice on the best health, dietary and lifestyle habits. By the time I was born, GeneVault was used everywhere. With the participation of corporations and universities, it had improved its services through interfaces with house appliances and other devices at work and public places: it was a much more advanced version of what was known at the time as the Internet of Things. People could get immediate advice from GeneVault, whenever, wherever.

But it was still up to people to act on the advice, until Artificial General Intelligences (AGI) were integrated into the GeneVault core system. Then GeneVault was allowed to access and control our household devices, acting for our benefit without asking. I guess that is what my mum didn't like. Because she was slightly overweight the food printer would give her bland, small portions of food. My mother was good at exercising and keeping an active life style but she loved her food. This didn't last long though. Seeing how other people's lives were improved helped her immensely but also made her feel alien.

My dad for example. He was not allowed near alcohol or to listen to loud music because of his mental health issues. He told me he was once arrested when he bought a bottle of beer in the black market. He used to drink a lot but one day GeneVault reported him. He wasn't resentful after rehab; he understood it was for his own good. Hmmm, on second thoughts, maybe he was resentful. He changed. He became dejected and unmotivated. I never saw him smile again. Anyway, my mum soon accepted that with GeneVault we would be able to live longer, better lives. She, at her 137 years, is proof of that.

Why did people adopt GeneVault? And how it will continue evolving? History will tell but for me GeneVault has already proved the best idea ever: we love our bodies and so does GeneVault; the AI protects them as public goods.

I have to go now. I have to run my daily 5K or I will not be allowed to eat dinner!

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