

The Editor at *Nature*  
Porters South,  
4 Crinan St, London N1 9XW  
UK

Dear Editor:

Enclosed are three copies of my article entitled "Nature and nurture in diabetes epidemic", which I am submitting for consideration for publication as a "Brief Communication" in *Nature*.

As I mentioned in the first paragraph of the article, the more that modern life of mankind is separated from the original life-style, it may unexpectedly damage the health of people. This article faithfully describes Japan's longitudinal change in diet and life-style in line with the increase in obesity and diabetes for the past half century. Japan's experience should serve as a real and striking warning signal for the global diabetes epidemic, particularly in developing countries. The primary prevention of diabetes, I am convinced, should exist in the context of our culture and history, which is likely to draw the interest of a wide audience, not confined to medical and health professionals.

Neither the entire paper nor any part of its content has been published by another journal. The paper is not being submitted to any other journal. There is no conflict of any kind of interest in this article. This article has less than 500 words in text, and seven references as your guideline. On the other hand, it has two figures. Although I think both figures are crucial, I am ready to reduce this to one figure pending your guidelines.

We hope that you will consider the paper favorably and find it acceptable for publication in the journal.

Sincerely yours,

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