Understanding the Issues of Mankind

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I watch with stunned feelings the following issues faced by mankind on our planet earth: a) Increase of disease load in last century, like diabetes, obesity, heart problems, metabolic syndrome, depression, Alzheimer and cancers...

b) Man made radiation has increased our exposure to it by almost 25% in the past century or so.

c) Population explosion on this planet; from few millions about 2000 years ago, to about one billion 200 years ago, to just over 2 billion in 1950, to seven billion in 2011, projected to rise to ten billion in few decades.

Here are my suggestions of possible response to the above issues as follows:

1. We humans are most intelligent on this planet. We must try connecting the dots and start having some plans to intelligently face this and correct our course. I am convinced that the disease conditions are caused by our modern sedentary life style, excessive intake of calories with high intake of starch, sugars and fructose, Vit D deficiencies, genetically modified foods, artificially fattened animals and poultry with corn and bovine growth hormones, and intake of chemicals via excessive use of fertilizers, pesticides and preservatives and byproduct waste of industries reaching our drinking water.

2. Our experience with radiation is only about 100 years old. Yet we are dealing with ionizing radiation of nuclear energy so very casually despite the fact that we all know of proven association of radiation with cancers. We seem to disregard the disastrous outcome of nuclear exposures in wars and accidents compared with its limited use in energy generation, medical diagnostics and irradiation.

3. For population increase I do not have any specific answers because it is an emotive issue. However, we all know this is already causing stress on all our needs and resources aside from conflicts and wars due to that. This issue is differently perceived by nations. In Western world the population has either negative growth or is increasing very slowly. In developing world the increase is very fast. Some countries are taking measures to slow it by family planning but attitudes differ vastly. Best example is Pakistan and Bangladesh, which were one country only about 40 years ago. Pakistan is one of the fastest increasing populations, whereas Bangladesh (formerly East Pakistan) has slowed down their increase very successfully by inculcating right attitude particularly amongst women who practice family planning.

Then there are other issues that have been identified of late. They are:

- Global warming and green house gases causing wild climate changes. This issue needs to have a global consensus, as to how do we address this. Every country has to agree to the right methods practiced together to succeed.
- Industrial waste being discharged into rives causing chemicals and mercury build-up in sea foods making them unfit for human consumption. Many pundits are predicting the wars for drinking water. Despite the fact that two thirds of planet surface is water, the potable water is scarce and we need to find ways to make more available to us.
- Monarchies and dictatorships disappearing giving way to democracies, hence liberating populations with or without experience of governance and economy like in China and former USSR. Again the UNO needs to have a plan to train the new nations on how to govern themselves equitably to avoid further wars and destruction.
- US bill of rights is the hall mark of aspiration for all suppressed people in the world. But it also being misused in the shape of too much freedom with very little responsibility. Unless the freedom is exercised with
In the shape of too much freedom with very little responsibility. Unless the freedom is exercised with responsibility and moderation it will go awry and become the enemy of itself.

These topics need to be discussed by all concerned and intelligentsias; and a definition of moderation in all respect ought to be spelt out.

We all need to think through and definitely change our life styles to avoid diseases and cancers. First step would be to eat right, raw and natural as our ancestors did. Personally cancers weigh heavy on my mind because of personal losses in family. I also suggest we reconsider our relationship with nuclear energy. Going through the medical literature and history, I am convinced that most of these diseases are preventable and even reversible.

It is important to preserve and promote health and well being of mankind and our progeny. This may allow us to enjoy blessings of benefits of recent innovations of past two centuries and affluence that we enjoy because of it. I believe if we did not act wisely now, we may endanger the life on this planet by ongoing deterioration of health, invitation to diseases, scarcity of resources, wars due to it and/or a nuclear accident. This sounds apocalyptic but we all know that this is not only a distinct possibility but some of this is already happening. With possibility of such disastrous outcome, we need to approach all this with comprehensive strategy to avoid reaching a point of no return.

At a central level like that United Nations, all countries need to practice its charter and assist each other to avoid mutual suspicion and problems arising from that.