

War and planetary viability are the biggest family medicine issues globally

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Abstract

The world is currently in a critical state under the fist of psychopathic dictators who are killing ordinary, innocent people in huge numbers and stealing their land and resources, and we are all facing a very real climate catastrophe. Additionally those with vested financial interests in the status quo are actively seeking to prevent change while they selfishly and maliciously grab the remaining global resources for themselves.

Their fake news and propaganda (endless lies) are the tools used to confuse and divert the minds of concerned citizens who are increasingly marginalised and robbed of the basics of life.

At the same time global human fertility rates have been declining since 1950 and while an overpopulated planet may benefit from this infertility, long-term, it will cause additional problems for the viability of the human race. Pharmaceuticals and chemicals are also contributing to the problem not just for humans but also our animal and plant food stocks are being chemically manipulated for maximum return which is not necessarily making them viable longterm.

Keywords: family medicine, war, dictatorships, genocide, planetary viability

Introduction

It is time for all decent thinking humans on the planet to involve themselves in what is happening in our world as humanity itself is under threat.

While humans generally have shown themselves unworthy of the position of top predator on the planet, most of the damage and injustice is committed by a few. I believe that humans en masse are capable of making unselfish decisions that benefit all – and not just benefit all humans but all life forms on the planet which are increasingly becoming extinct and/or their habitats and food sources destroyed. All other life forms can live without humans but humans cannot live without them.

Destroyed ecosystems, flood, famine, fire and drought and dictatorial warmongers are the greatest and increasing threat to the viability of life on earth. The situation is urgent as the world increasingly falls under cruel and ruthless autocracies with leaders either incapable of recognising their own evil and worthlessness or, one must assume, are quite consciously seeking to destroy the only known life in the universe and purely for self-serving psychotic reasons.

War and genocide

All the wars on the planet as I write, are being conducted by these megalomaniacs – spending their country's resources, and reputations on genocide. Look at all the dictators - those old, and those 'in-training'. They all murder and torture groups within their society and they all have no conscience about killing the innocent members of other society; they are deliberately targeting women and children, and even babies in humidicribs. Huge populations within and without their countries are deliberately starved, fleeing children are shot in the head, hospital patients are bombed and burned alive, citizens denied shelter, water and healthcare, and are marched from one end of the country while where they are coming from and where they are sent to, is razed to the ground.

Homes, schools, hospitals, water and food resources are destroyed by dictators' 'scorched earth policies'. Their crimes last for millennia.

We have to acknowledge the truth and address it if life itself is to survive on this planet.

No longer can we look aside or irresponsibly leave it to another generation – there will be no other generations.

Our planetary viability is caused by the same issues.

This is the truth. We need to address that truth and do whatever we can to get rid of the malfeasant and try to save the viability of life on the only living planet we know of.

Both climate inaction and poisonous dictators come down to political ineptitude and political corruption.

Democracies are the closest we have to good government but increasingly they are being taken over by the would be dictators in consort with the weakness of their fellow party members, the bigots and the racists, the haters and the hit men, the feeble minded and the easily excitable, as well as by the criminals. Their voters seem to be more driven by prejudice and revenge as politicians seek to encourage the worst behaviour of populations (let's laugh at the disabled person! - really?) and they deliberately divide society by playing to the mentality of the worst members of society. Politics has become a negative divisional tool of unfit men and if a good man or woman arises, politically or in society, they will not stop until that person is torn to shreds and tainted with ridicule and false accusations (like the late Navalny in Russia, and Greta Thunberg).

We give lip service to the lies of the murderous regimes on our nightly news. We should all be courageous enough to speak the truth and call out evil and ignorance as and when it appears.

Truth will counter the endless lies of monetary focused social media and the sponsored and/or national political liars.

Our task as responsible, professional, intelligent and fair minded people is to recognise the desperate reality of our times and collectively rescue the planet and its life forms from the evil and stupidity which abounds. Working with family doctors has shown them to be some of the most balanced and decent people among us. While we all have enough to do I am trying to make the argument for extending the reach of primary care to all the aspects of family life, including human and planetary viability and respect for all people, and to be advocates for peace.

War and peace

Currently there are terrible wars and ongoing conflict in many countries including but not limited to the Ukraine, the Sudan, Palestine, Myanmar, and provinces of China to name but a few. Most, if not all of these are manufactured wars to better the financial and political aims of the dictators or would be dictators of the aggressive countries involved. Lies and propaganda abound. Scorched earth policies and genocide are also being conducted by the aggressors to ensure no one rises to claim justice.

In all our wars not one life is more important than another. We need to change hearts and minds, not kill.

Looking at the regional conflicts in the Middle East there are many interwoven issues. In Palestine, for example, war did not 'start' with the Hamas attack on Israel - it goes way, way back. Hamas was born of and finally retaliated against the 70 or so years of disrespect, aggression, small murders and land stealing by Israeli settlers.

That however goes back to the end of World War 2 and the Nazi atrocities against the Jews. Basically 'Israel' was other people's land given to them by the colonisers of Middle East countries, (European countries). If there

was to be proper reparation Germany should have given the Jews a homeland after the murder of an estimated 6 million. Between 1896 and 1948, hundreds of thousands of Jews resettled from Europe to what was then British-controlled Palestine, including large numbers forced out of Europe during the Holocaust.

The Jewish residents accepted the deal. The Palestinians, who saw the plan as an extension of a long-running Jewish attempt to push them out of their land, fought it. The Arab states of Egypt, Jordan, Iraq, and Syria all later declared war on Israel, as well (albeit not to defend the Palestinians).

Israeli forces defeated the Palestinian militias and Arab armies in a vicious conflict that turned 700,000 Palestinian civilians into refugees. The UN partition promised 56 percent of British Palestine for the Jewish state; by the end of the war, Israel possessed 77 percent; everything except the West Bank and the eastern quarter of Jerusalem (controlled by Jordan), as well as the Gaza Strip (controlled by Egypt).

Prior to that we have the Ottoman Empire, the 'Crusades' and the occupation of great swathes of the Middle East by the Holy Roman Empire.

The current appalling despots and dictators are part of ongoing conflicts across the globe starting long ago when one early man picked up a large rock and bashed it over the head of another man. We all have a cruel and aggressive history but it does not make serial genocide right.

Scorched earth policy

The scorched earth policy that Putin used to destroy elements of the Syrian people is now being echoed in the Ukraine and it is not the first time in history that Russia has committed genocide in Ukraine and starved the population to death.

There is nothing wise or glorious in these wars; they are wanton evil. Now with modern armaments it is not a matter of conquering land, it is a matter of destroying earthly places for all time. These are acts of insanity; blind acts by the mentality of dictators/the criminally insane, to make others suffer for their own perceived mental suffering or needs or losses.

Not all people are evil and brutal but we all seem to be disempowered in the face of unconscionable evil.

The corrupt politician is no different to the dictator – they all have the same common goal – personal wealth and power at any cost (to others and the land) and the spoils to be gained from their own planet in their own lifetime.

Greed

You would have thought that with the earth in a state of imminent collapse, with many humans now destined to becoming the fossils of millennia hence, that we would have a common interest in the viability of our species and earthly home.

The last decade has been very lucrative for the world's super-rich residents.

Wealth of global top 1% grew by \$42 trillion over past decade. (Oxfam)
<https://edition.cnn.com/2024/07/25/economy/wealth-tax-super-rich-oxfam-report/index.html>

The top 1% has seen its wealth soar by \$42 trillion over the past decade, according to a new analysis by Oxfam International. That's nearly 34 times more than the bottom 50% of global population.

"Inequality has reached obscene levels, and until now governments have failed to protect people and the planet from its catastrophic effects," said Max Lawson, Oxfam International's head of inequality policy. "The richest one percent of humanity continues to fill their pockets while the rest are left to scarp for crumbs."

Additionally this same evil, greedy class are stifling change to practices that are destroying the planet itself. It is how wealthy people become wealthy; they capitalise on the misfortunes of others and they rape earthly resources that should be there for all human and other life forms forever.

Sadly the greedy are consolidating their wealth while the ordinary person is increasingly homeless and hungry, and they cannot let go of their spoils even in the face of mass death.

We must not forget the HUGE business of war itself – the biggest business on the planet. This is both a reason to START a war and NOT END a war and it is playing out in the current genocide of Palestinians.

There are victims in all camps of course – the soldiers used as pawns by the political leaders along with the total breakdown of human society, Aid workers, UN peacekeepers, doctors, journalists - all targeted. Schools, and hospitals are destroyed and fleeing children are deliberately shot. This is what humans have become.

Evil

Apart from defensive armies it is ordinary people who suffer the deliberate evil of war. They are those who evil leaders see as expendable and the despots' tools of genocide are just as evil— e.g. the forced sterilisation of the women of Tibet, and the Uighurs, the rape of women and children in conflicts, (rape is one of the 'spoils of war' handed out to soldiers). The survivors of wars are the future of any country, hence the primitive act of rape is not only to cause maximum degradation, but to spread the sperm of the invaders' society to ensure the invaded population cannot rise again. How low can we go? There seems to be no limit to the evil in the mad dictator rule book.

Currently humans are the lowest life forms in the known universe. We have all, in many ways, carelessly defiled our planet and seas with filth, faeces and poisons and caused extinction of other life forms. Those we don't eat and imprison without respect for their lives lived in factory farms, we hunt for sport - the thrill of the kill.

Killing people is murder - in every situation. Most of us are totally sick of these primitive, rubbish humans in our midst and their unenlightened responses to everything. The planet is dying in front of our eyes yet they are still throwing rocks at each other and castigating those who don't want to throw rocks at innocent people. It is the decent, the innocent and the powerless who die.

Our genetic heritage is filled with the worst of human traits.

Wars are started by evil men, not good men. Sometimes good men fight back if they have the capacity and mental resolve.

The other great killer that none bothers about is mass starvation and destitution. The Sudan is suffering massive famine and societal destruction – almost unnoticed. Perhaps someone can 'like' the Sudanese online and draw some attention away from their own vapid pursuits that those not under siege occupy themselves with. Cities around the world are filled with homeless people and homeless families. Refugees die in vain trying to find a home, land to stand upon...

I am writing this to appeal to the good and sane men and women in our midst and one such large group is family doctors – who can be found in every 'village' in our world. I also believe in the decency of ordinary humanity; that with the right education, people can rise above the selfishness and carelessness espoused by the evil classes. Young people want a planet to stay alive in; we all want to find fish in the seas and oceans of our world – not just to eat but because they belong there and have always belonged there. We want to see birds fly free in our skies, watch children pick flowers in Spring (and spread their seeds for them), as has always happened. We want to walk through mighty forests and see timid animals learn to trust us. We want this world to be with us forever, even if we are not here.

Those populations who have really suffered don't want innocent people slaughtered in their name - they don't want babies left decomposing in humidicribs - all they want is for such evil to never happen again to anyone. We are all guilty - those who start these wars for self-serving reasons and those who fail to stop them.

In man's war against man, it never ends. The winner will be the one who says enough innocent people have died, and I will not perpetuate this insanity.

War is the biggest family medicine issue on the globe. It not only causes mass deaths, permanent physical disability, interruption to public health measures eg vaccination of children, and trauma and mental health issues that continue for generations. Through mass destruction of homes, hospitals, schools and infrastructure it also affects quality of life of survivors for generations and leads to epochs of war when individuals try to seek justice.

Sadly we need at this time for all good men to fight for peace and justice, to fight for our right to live in a healthy and safe planet, with clean air, food and water. We need to dispense wisdom, advocate and fight back when and where we have to.

People are happy to follow true leaders in society; only ignorant brutes follow ignorant brutes.

The scale of the current swarm of brutal dictators is shocking and it has happened as they have no respect for human life and decency. Those not killed directly by them are being starved, suffering thirst and left to die of treatable disease. Journalists are being targeted and murdered for speaking the truth. These acts should belong to the primitive past of this world - rather the dictators develop more cruel ambitions every day. Not one of the aggressors is concerned about the needs of their own people either who are seen as 'cannon fodder' or collateral damage – it is personal ambition only and that entails a race to the moral bottom.

When young people speak about climate change across the world they are ridiculed by the right wing press who are financially benefiting from the destruction of the planet and they know the young are right but they don't care. Again evil rules and money rules. What great things these miscreants aspire to.

Every man, woman and child, every doctor and teacher, every non-corrupt politician has to now stand up for the very future of our species and all species and our planetary home. We have to come together as the dictatorial classes divide to rule, within and without 'their' countries. This is not an appeal – this is the truth that we all live. I still hold out hope that several of these dictators will find their humanity and become a great man instead.

The future of the planet needs to be taken out of the hands of mad men and indeed politicians and put in the hands of appropriate people who respect land, air and water, and the sanctity of each human being.

Peace and planetary respect is good 'preventive medicine' not just for humans but the entire planet.

Rather than the words of the dictators and dickheads I follow with words of decent and kind and wise humans from around our world:

The Revised (Modern) Hippocratic Oath

"I swear to fulfil, to the best of my ability and judgment, this covenant:

I will respect the hard-won scientific gains of those physicians in whose steps I walk, and gladly share such knowledge as is mine with those who are to follow.

I will apply, for the benefit of the sick, all measures [that] are required, avoiding those twin traps of overtreatment and therapeutic nihilism.

I will remember that there is art to medicine as well as science, and that warmth, sympathy, and understanding may outweigh the surgeon's knife or the chemist's drug. I will not be ashamed to say "I know not," nor will I fail to call in my colleagues when the skills of another are needed for a patient's recovery.

I will respect the privacy of my patients, for their problems are not disclosed to me that the world may know.

Most especially must I tread with care in matters of life and death. If it is given me to save a life, all thanks. But it may also be within my power to take a life; this awesome responsibility must be faced with great humbleness and awareness of my own frailty.

Above all, I must not play at God.

I will remember that I do not treat a fever chart, a cancerous growth, but a sick human being, whose illness may affect the person's family and economic stability. My responsibility includes these related problems, if I am to care adequately for the sick.

I will prevent disease whenever I can, for prevention is preferable to cure.

I will remember that I remain a member of society, with special obligations to all my fellow human beings, those sound of mind and body as well as the infirm.

If I do not violate this oath, may I enjoy life and art, respected while I live and remembered with affection thereafter.

May I always act so as to preserve the finest traditions of my calling and may I long experience the joy of healing those who seek my help."

Words of philosophers and thinkers

"The only thing necessary for the triumph of evil is for good men to do nothing." – Edmund Burke

Noam Chomsky: 'Wanton killing of innocent civilians is terrorism, not a war against terrorism.'

"Peace cannot be kept by force; it can only be achieved by understanding." – Albert Einstein.

"I object to violence because when it appears to do good, the good is only temporary; the evil it does is permanent." – Mahatma Gandhi.

War is only a cowardly escape from the problems of peace." – Thomas Mann

War is over... if you want it." – John Lennon.

"War is a defeat for humanity." – Pope John Paul II.

"An eye for an eye only ends up making the whole world blind." – Mahatma Gandhi.

"Peace begins with a smile." – Mother Teresa

War what is it good for - absolutely nothing . Edwin Starr

Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal." – Martin Luther King Jr. King

"If we don't end war, war will end us." – H.G. Wells.