

# Ahimsa

(On Health and Harmless Living)

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Part - 1

## Life Style, Chemical Pollution and Health

World Health Organization (WHO) now considers Diabetes to be an emerging Global Epidemic. Even small children are becoming diabetic in alarmingly large numbers. Developing countries are becoming leading centres of diabetes and India is heading fast to become the diabetic capital of the world. Cancer, Heart Attack, Kidney Failure, Genetic Disorders and Birth Defects, Developmental and Reproductive Disorders, Paralysis and Nervous Breakdown are also leading to large scale suffering and death. Obesity, High Cholesterol, Hypertension (High Blood Pressure), Respiratory Disorders such as Asthma, Bone and Teeth problems, Leucoderma and Allergic Skin disorders have all become rampant. If people aged say sixty and above suffer from serious diseases or even die, nobody would be surprised today. Perhaps they died thirty years too early. Most people in their late thirties have some disease or the other such as diabetes or BP, and perfect health comes in fact as a surprise. Even people in the prime of youth are rarely fully healthy. Everybody seems to be suffering from some problem or the other, small or big – dandruff, hair loss and baldness, premature greying of hair, defects of the eye, teeth and gum problems, digestive disorders (such as indigestion, constipation, loose motion, acidity, gas and ulcer), muscular and joint pains, back ache, head ache, breathlessness, palpitations, sleeplessness, fatigue, something or the other. It has become very difficult to find a perfectly healthy person, even among the youth and children. Most deaths today are also unnatural and premature. Natural death implies gradual weakening and final departure at a ripe old age of at least ninety years. Death at an earlier age due to cancer or heart attack or similar reasons should not be accepted as natural death. These are premature and unnatural deaths,

calling for an explanation, exactly as in the case of a murder. In spite of tremendous advances in medical and allied sciences, defects, diseases, pain, suffering and premature death are wide spread today. Nobody is perfectly healthy. Why? Can we not do anything to prevent disease and suffering?

Health is Wealth. There is no point compromising our health for the sake of anything else. For, without perfect health, there is really no life at all. Nothing else in life is more important than health. To do anything, to achieve anything in life, the first and foremost thing we need is health. Let us all demand, not merely sit back and wish or hope, that we all live a hundred long years without ever going to doctors or taking any medicines. Let us not accept disease, suffering, pain and premature death as normal. Let us demand explanations, let us see that the culprits are punished. This is our right as well as our duty. Suffering from diseases, disabilities and pain, visiting doctors and taking medicines, somehow dragging on, carrying the burden of life, is no life at all. To live means to live well. Perfect health is our fundamental right. Let us all live, live well, and enjoy life. Taking very good care of your health is your right as also your duty. For, when you fall ill, not only you suffer but your near and dear ones suffer too. What right do you have to make your near and dear ones suffer?

Health care does not mean treating patients. Health care is not about discovering better medicines or developing better hospitals and medical instrumentation. Health care does not mean providing medical insurance. Health care does not even mean caring for patients or showing love and affection. If you really care for health, there should no patients in the first place. The focus should be on preventing illness. Prevention is better than cure. Research should focus on the root cause and everything possible must actually be done to prevent diseases, suffering and death. To a large extent, ill-health, pain, suffering and premature death can all be prevented. Nobody knows what causes diabetes or other modern diseases but everybody is trying to make big money out of this! Shame on mankind.

What causes diabetes, heart attack, cancer and all these diseases so

rampant today? Unlike Plague, Cholera, Smallpox and Typhoid which were once dreaded, these modern diseases are not caused by bacteria or other microbial infection. Presumably, all these diseases are caused by chemical pollution. The balance of chemicals in the human body is extremely delicate. Nerves communicate through subtle electrical and chemical signals. Glands get minute chemical signals from the brain and secrete other chemicals called hormones which in turn control all the complex metabological processes in the body. These chemical signals and controls are extremely delicate and complex. Even slightest disturbance of chemicals in the body can cause disease, suffering and death. Microbes cause disease when they attack us in Millions and Billions. Chemicals cause disease and death even in extremely small quantities. Chemical pollution to the extent of PPM (part per Million) can cause disease and death. Many chemicals accumulate in the body and remain unnoticed until they cross a threshold. Once they reach a limit, they start showing up. These are slow poisons. Our body has learned to live with microbes for Millions of years but is completely helpless and defenseless against the onslaught of artificial chemicals. Our body has evolved a fantastic immune system in self defence against microbes but if the same body is poisoned with chemicals, there is no help. There are tens of thousands of chemicals in the human body and the dynamics of chemical reactions is extremely subtle and complex. Scientists may have some idea of what happens when two pure substances react chemically under laboratory conditions but no one really knows what exactly happens when thousands of chemical substances interact in such complex and subtle ways within our body. Our current knowledge of chemistry and biology is far from complete and perfect. Hence it is dangerous and unwise to expose our bodies to artificial chemical substances not found naturally in abundance on the earth's surface. The key to health is to avoid the use of artificial chemical substances. All materials not found naturally in our immediate environment are potentially dangerous. Even if the balance of naturally occurring chemicals is forcibly altered, the consequences could be dangerous to human life. As a general rule, chemicals are

poisons. Chemicals cause diseases. Diseases can be prevented by containing chemical pollution. There is no other way. It is unfortunate that commercial advertisements and vested interests continue to brainwash people into believing that microbes cause diseases and we have to kill microbes with chemical poisons to remain healthy.

Even the microbes affect only the weak and the vulnerable. Chemical pollution in the air we breathe, water we drink and food we eat makes us weak and vulnerable. Thus, even the diseases caused by bacterial, viral or fungal infections are also indirectly caused, or at least promoted by chemical pollution. Modern systems of medicine are based on the dubious assumption that microbes cause diseases and we have to poison them and kill them to cure diseases! Imagine that you have got a minor stomach upset. You go to a qualified medical doctor and he prescribes an anti-biotic that cures your stomach ache but possibly leads to a much bigger disease such as cancer! Most off-the-shelf medicines are extremely dangerous. Many commercial cough syrups contain chemicals that are known to cause brain damage. The so called side-effects are in fact the main effects of chemical based drugs. The cures are often only temporary, symptomatic, partial and reversible. It is alarming to note that chemical drugs are being added even to food stuffs – medicines claimed to reduce cholesterol are added to cooking oils, for example. At least when it comes to food, water and medicines, it is time we stop playing with chemicals.

Everything we can see, touch or feel is a chemical substance. Pure chemical substances are called elements. Elements combine with one another to form compounds. We also often find mixtures of two or more elements and/or compounds. There are 117 chemical elements known today, of which only 94 are found naturally. The human body has about 60 chemical elements in measurable quantities. However, the total number of possible chemical compounds is extremely large. Estimates range from 10 raised to the power of 18 (about the number of sand particles on earth) to 10 raised to the power of 200. This latter number is much larger than the number of particles in the whole universe! Obviously, no one knows enough about all the

chemicals, their complex interplay under various conditions, and the health hazards they pose to us. No one has an exact idea even of all the chemicals naturally found in the human body. More than 2500 different chemicals have been found in measurable quantities in the human body and a very large number of other chemicals are likely to be present in traces. A vast majority of possible chemical compounds cannot even be detected because no tests are known to detect their presence. A few elements and compounds are useful to us, some may be harmless but a vast majority are either already known to be poisonous or have not been explored sufficiently from the point of view of human health and longevity and are therefore potentially dangerous. Playing with chemicals is a risky game. It is unwise to engage in any human activity that can alter the balance of chemicals in the environment even slightly.

An estimated 80,000 chemicals are used commercially in the United States today - in industries, in the agricultural farms, in the hospitals, even at homes and offices. Only a small percentage of these chemicals have been tested for potential health hazards. Even when testing is done, each chemical is tested individually rather than in the combinations that one is exposed to in the real world. In reality, no one is ever exposed to a single chemical, but to a chemical soup, the ingredients of which may interact to cause unpredictable health effects. Testing is limited to one or two suspected health problems, not to the entire range of possible long term effects. In addition to the chemicals intentionally produced and used, toxic chemicals such as dioxins and furans are known to have been created unintentionally through various human activities (such as by burning hazardous waste materials). Many other harmful chemicals may be around but they have not yet been ‘discovered’ simply because we have not yet discovered the tests to detect them. Detecting a chemical is not an easy thing.

Hundreds of the commercial toxic chemicals have been detected within human bodies. Toxic chemicals get into the body through the air we breathe, water we drink, food we eat and even through the

skin. Mothers pass on chemicals to the babies too. Chlorinated pesticides such as DDT and many other toxic chemicals can remain in the body for up to 50 years. The body has no way of throwing out all harmful chemicals. Scientists believe that every human being living anywhere on earth today has at least 700 contaminants in his/her body. Most of these chemicals have not been well studied. Many more could be there but we do not as yet have any means of detecting them.

We often think that one city or region is more polluted than others. Normally we think of air pollution only in terms of dust, smoke or smell. A lot more dangerous is chemical pollution. Toxic gases released into the atmosphere at some place on earth spreads all over the globe at the speed of the wind. DDT has been found in the penguins living so far away in the Antarctica. You may not sense the smoke, dust, soot or smell but the chemical poisons are there in the air you breathe nevertheless. Rains bring some of these harmful chemicals back to the earth's surface, poisoning the soil and the water bodies as well. Any polluting activity carried out by anybody anywhere in the world, whether due to ignorance, or by accident, or war, or natural disaster, or terrorist action, or by policy, or due to poor legal framework, or poor implementation of policies, or for any other reason, will affect all human beings, in fact all life forms. Pollution actually knows no regional or national boundaries – it is truly global. The globe is bathed in a chemical soup today. How can we maintain good health then?

Chemicals can have toxic effects through a variety of mechanisms. Sometimes a chemical directly attacks and damages or kills cells or tissues in the body. Some chemicals attack the genetic material in the nucleus of a cell, causing damage directly to the DNA, which may create an inheritable defect that is passed on to the next generation. This can lead to gene mutations, which can set in motion a sequence of events leading to cancer, birth defects, developmental and reproductive disorders. Chemicals that cause cancer are called carcinogens. Chemicals that cause birth defects are called teratogens.

Chemicals that damage the normal development of the foetus, infant, or child, or damage our reproductive tissues are called developmental/reproductive toxicants. Some chemicals can cause damage through their ability to interfere with normal hormone function. These chemicals are called endocrine disruptors.

Through these various mechanisms, toxic chemicals can cause a long list of health problems. They include, for example, direct damage to the lungs, liver, kidney, bones, blood, brain and other nerves, and the reproductive systems. There are hundreds of adverse health effects that can arise from exposures to chemicals. These potential effects include cancer, high blood pressure, asthma, deficits in attention, memory, learning, and IQ, Parkinson's-like diseases, infertility, shortened lactation, endometriosis, genital malformation, peripheral nerve damage, and dysfunctional immune systems. For example, dioxin is a carcinogen and foetal exposures to dioxin interfere with normal development, including the immune system. Foetal exposure to polychlorinated biphenyls (PCBs) is related to behavioral and cognition problems. DDT exposure has been related to women's inability to produce sufficient breast milk. The immune systems of children in some areas have been found to be incapable of producing enough antibodies to make vaccinations effective. Since these children and their mothers carry large chemical body burdens, a chemical link to this problem is likely. Foetal exposure to mercury causes attention, memory, and learning problems later in life. Brain development is also impaired in foetuses/infants exposed to lead.

Developing or immature tissues are far more susceptible to chemical exposures than adult tissues. Development is a time of special vulnerability. It is a time of very rapid replication and differentiation of cells – the latter being an incredibly complex and vulnerable process. This means that the developing foetus, infant, or child may suffer harmful impacts from relatively small exposures that have no measurable impacts on adults. So, for example, foetal exposures to chemicals in amounts that are safe for adults may result in birth defects or abnormal brain development. It is not only the amount of the

exposure that is important, but the timing of the exposure. Unfortunately, few of the chemicals to which we are regularly exposed to have undergone sufficient testing to fully understand whether or not they might be harmful to a foetus or child. It is safer therefore, to work under the assumption that all chemicals are potentially dangerous.

Hormones play extremely important roles as they help to direct the development of the foetus, infant, and child. Hormones are also important in adults, as they are crucial for normal functioning of many bodily systems. What is amazing about hormones is that they are present and active in only tiny amounts, yet these tiny amounts produce very major effects. Most importantly, exposure to an endocrine disruptor at a low level during a critical time in development can have lifelong impacts. For example, the developing foetus may mistake a foreign chemical for a hormone, and this may, in turn, cause an incorrect 'signal' to be sent to developing tissues. These early mistakes can permanently damage the baby's developing immune, reproductive or nervous systems.

Everyday we are adding more and more chemical poisons to the air, water and soil systems through a variety of human activities. Perhaps the most dangerous thing we are doing everyday is to set fire to garbage including plastics, electronic wastes and other hazardous materials. Things can therefore only get worse with each passing day. Once released, poisonous substances will remain and accumulate - they will not go away on their own nor can we remove them or neutralize them all. There is no known safe way of reducing the body burden of all harmful chemicals. The only way is to prevent pollution in the first place. The globe has been poisoned. We cannot expect to live healthily unless we stop all polluting activities and clean the whole world. You cannot knowingly drink poison and then ask for good health and longevity.

With each new generation we often think that children are becoming smarter and smarter. Teachers all over the world, however, assert that each new batch of students they see are dumber than ever before.

This could not be only because of poor education system etc. It appears that we are all actually becoming duller. This could in reality be due to poisoning with chemicals that affect the brain and the nervous system. Are we all really becoming duller and duller?

Chemical pollution is the cause of all modern diseases. It may be argued that this is still only a conjecture and there is no proof yet. While nobody seems to know the exact cause of diabetes or high blood pressure or heart attack or cancer today, it is clear that the causes lie in subtle disturbance of chemicals in the body and the resulting unnatural changes in the body metabolism. Do we really need a proof to convince ourselves that we may fall ill or even die if we keep taking poison everyday through air, water and food? Don't we all know that in the past people lived longer and more healthily than now? It is not wise to sit and wait for a scientific proof that chemical pollution actually causes all these modern diseases. It is wiser to act now. It is time now for action. Our health is at stake, our life is endangered. We must act now, change our life styles, stop chemical pollution, and we will surely see for ourselves that our all round health, well being and longevity will automatically improve. Is that not a better kind of proof?

Widespread use of artificial materials seems to be the root cause of all modern diseases, death and suffering. Everything you can see, touch or feel is a chemical substance, some natural, many man-made. People have fallen into the trap of commercial advertisements and have started using poisonous substances in large quantities in their daily life. Artificial substances including plastics, PVC, thermocol, artificial leather, rubber and sponge, chemical fertilizers, pesticides, insecticides, drugs, industrial and house-hold cleaning agents, disinfectants, soaps, detergents, cosmetics, paints, etc. are all poisonous. Practically everything that you can buy in a supermarket store is poisonous or packed in poisonous packaging materials. A wide variety of materials used in electrical, electronic, communication and entertainment equipment, computers, mobile phones, and batteries etc. used in such equipment are all hazardous and potentially

dangerous to life. The insulating cover on an electrical wire, the coating inside a fluorescent lamp or the TV screen, the refrigerant used in air conditioners and refrigerators, the colouring agents used in medicines, additives (such as 'taste makers', soda, preservatives, artificial flavours and colours, anti-oxidants, leavening agents and emulsifiers) used in packaged food are all toxic. All packaging materials are hazardous. Many parts of your car, the curtains on your window, the pillows and beds on which you sleep, the glue used to bond the plywood sheets in your furniture, perhaps even the clothes you are wearing, practically every man-made item we use today is full of poisonous chemical substances. It has become a regular practice to chlorinate drinking water all over the world. We must remember that no chemical is one hundred percent pure, especially the commercial grade ones. The impurities in the chemicals we use daily are often much more hazardous than the intended main ingredient. Disease, suffering and premature death is certainly due to these toxic substances slowly poisoning the whole earth system. Look around and count how many of the things you see around you are natural and how many are man-made. Practically all man-made products are toxic. All artificial materials are potential health hazards. If human beings have not been eating, drinking or otherwise living with and using any substance for many thousands of years, it is probably a toxic substance. No one knows enough about the chemistry of all the thousands of artificial materials we use everywhere in our daily lives. It is not wise to immerse ourselves in an ocean of possibly poisonous materials.

It may not be obvious to most people as to why all man-made things are dangerous. We must consider not only the chemicals found in an artifact but also all chemicals that are used or produced during the manufacture, transportation, storage, use, recycling or re-use and disposal, including accidental or intentional burning. A cell phone or a computer or a TV or a car by itself may not be all that dangerous to our health but if any of these are heated, burnt, exposed to radiation or otherwise allowed to react with other chemicals, extremely toxic gases are released. Inhaling such toxic gases can affect our health. These poisonous gases come back to the earth's surface with the

rains and poison the soil and the water bodies as well. Drinking such water and eating food grown in such soil adds poisons into our body. We need to consider the complete life cycle of these man-made products, from research and development through manufacture, transportation, storage and usage to final disposal. If any item is hazardous, or even potentially hazardous in any stage of its life cycle, whether due to misuse or ignorance or terrorism or war or a natural calamity, it puts our life and everybody else's life at risk. Is it not foolish that we allowed cell phones to be produced and used in Millions without thinking about the health hazards and have started thinking of ways of disposing off the used ones safely only now? It is not practically possible to ensure that all hazardous materials are always disposed off in the safest possible way everywhere on the globe. For some reason or the other, things get burnt or otherwise disposed off by the wrong methods, leading to poisoning of the entire earth system. If something cannot be disposed off in a completely and surely safe way, why even manufacture it in the first place? To know if something is a potential health hazard or not, think what would happen if it were to be burnt. When something wears out, think where the worn out part goes and what health hazards it may pose. Think where all the wastes we produce goes. Only those substances which do not release toxic gases or residues even when burnt are safe. A moment's reflection will convince us that almost all man-made things are unsafe. It is wiser not to produce potentially toxic substances in the first place.

In ancient days, human beings were using only natural materials such as wood and mud, stone and bone, leather and feather. All these materials have been used for tens of thousands of years and found to be safe. Metals like iron, copper and gold and few other man-made materials such as ordinary plain glass have also withstood the test of time and are chemically safe. These materials are not poisonous, even when heated or burnt. Modern science and technology and all the manufactured gadgets we use today are hardly a few hundred years old. Electric lamps, fluorescent tubes, CFLs, fans, air conditioners, refrigerators, washing machines, microwave ovens,

mixer-grinders, television and radio sets, music systems, fixed and mobile telephones, computers, cars, ships and aeroplanes, are all very new in the history of mankind. Industrial revolution is just a few generations old. Plastics are of very recent origin. Electricity itself is a very recent invention. Today we use practically every element in the Periodic Table and a very large number of compounds formed by various combinations of these basic chemical substances, not only in industries but also at homes, offices, farms and hospitals. A vast majority of them are potentially hazardous and many have already been shown to be or suspected to be the cause of cancer and other deadly diseases. None have stood the test of time. We have come to use the deadliest poisons routinely in our daily lives. We use lithium, nickel-cadmium, alkali-manganese and lead-acid batteries to power our electrical and electronic gadgets everywhere. Do we know how toxic many of these chemicals are? The PVC insulation widely used on electrical wiring is itself a very dangerous material. A large number of fire accidents keep happening and electrical short circuit is the most common reason attributed to fire accidents. The mineral water bottle, the plastic pouch in which we get milk, the soap box, the comb, the spectacles, the shoes, perhaps even the key chain we use are made up of artificial materials that can release toxic gases when burnt. The whole earth has become a dumping ground for hazardous materials. How then can we remain healthy?

Littering all over is not good. Garbage strewn everywhere looks ugly, smells, and is unhygienic. There seems to be a common myth that the best way to dispose off garbage is to set fire to it. Not only municipal workers but also local communities as well as individuals have started piling up all kinds of hazardous wastes and simply setting fire everywhere, as if by order. Perhaps many think that clearing garbage this way is a great act of social service. You can see garbage burning in a thousand places in any Indian city, town or village everyday. Burning plastics, electronic and other hazardous wastes is leading to an incredible amount of chemical poisoning. There seems to be little hope for even the very survival of human race unless we put an immediate end to this callous practice of offering oblations

of poisonous substances to the Fire God, so to say. The best solution is not to produce any hazardous wastes at all as there is no completely safe method of disposing off dangerous materials. If at all some wastes have to be generated, it is perhaps the safest to bury them deep inside the earth. This prevents stinking, reduces health risks and most importantly, precludes accidental burning.

There is another common myth that after all everything has come from the Earth itself, nothing comes to us from outer space or from other planets or stars, and therefore there is no such thing as natural and artificial materials. There is a big difference between materials naturally found in abundance on the earth's surface and materials we produce artificially. Our body has not learned to live with these artificial materials. There is food, there is also poison in the earth system. Can we equate food with poison? Arsenic, Mercury, Lead are all found in the Earth system but these are not materials we are exposed to in our daily life for Millions of years. Our body has learned to live with, even take advantage of certain materials but it is completely defenceless against others. Also, the interplay between different materials is very subtle and complex. Sodium and Chlorine are both poisonous substances but their combination is the safe common salt which we take with food every day. Water is made up of Hydrogen and Oxygen, Oxygen is useful, in fact essential for our life, but if Oxygen and Hydrogen were to come together, that could be a Hydrogen Bomb with devastating power to destroy whole cities. Just because everything comes from the earth system, it is foolish to argue that everything is natural and safe. Most things you find around yourself at home or in the office today are not natural and safe. You cannot breathe, drink and eat poison everyday and still hope to remain strong and healthy.

Electrical and electronic gadgets contain some of the deadliest chemicals including Mercury, Lead, Cadmium, Hexavalent Chromium, Antimony, Brominated Flame-Retardants, Poly-Vinyl Chloride (PVC), Poly-Chlorinated Biphenyls and a wide variety of other toxic substances. You may not be seriously affected chemically by watching

a TV or listening to a radio but when such electrical and electronic gadgets are recycled or disposed off in landfills or incinerated at the end of their useful life, the poisonous gases that come out can be deadly. The point to note is that most man-made artifacts have a very short life. The plastic carry bags, tea cups and other disposable packaging used daily for food and beverage items have a useful life of only a few minutes. What a waste! Consumer durable goods such as a refrigerator, microwave oven or a car may have a life of only 10 to 15 years. Why have we all become so very short sighted? Can we not think at least a thousand years ahead? We have started using these artifacts and gadgets in very large numbers, their life span is so very short, the materials used are not bio-degradable and there is no safe and easy way of disposing off all these hazardous materials after their life is over. Nature is so wonderful and totally harmless you see, our own body will be buried or cremated after we die and no significant toxic substances will be released. But our cell phone is a potential health hazard to us and to other living creatures in this world, especially if it were to be burnt for some reason. So is practically every man-made gadget, especially the more recent, the more advanced and the more sophisticated products. We have to think very carefully about the pros and cons of using man-made artifacts. Factory made things are all very recent, none of them have stood the test of time. In fact they are all very dangerous, extremely harmful and are a threat to all forms of life on Earth. Industrial revolution is perhaps the most foolish thing that has ever happened on mother earth.

Plastics have become so popular because they are cheap, light-weight, water-proof, easily formed into any shape, can be made transparent or given bright and attractive colours. Today we use plastics everyday for brushing our teeth, combing our hair, in cooking and serving food, for shopping, for writing, for practically everything. Plastics are, however, very bad for our health. Plastics are long chain molecules. Poly-olefin is a generic term for polyethylene (PE) and polypropylene (PP) plastics, made from ethylene and propylene, which are petroleum-based, highly flammable and explosive. The petroleum used to make

these resins can generate dioxins due to the use of chlorine catalysts in the production process. The burning of these plastics generates formaldehyde and acetaldehyde, both suspected carcinogens. Burning PVC releases dioxin, a persistent bio-accumulative toxin, which spreads to agricultural fields, comes back to us in food, milk and dairy products, leads to Cancer etc. Thermocol contains polystyrene. It makes the soil infertile, releases poisonous gases on burning, causing respiratory problems, even death. Other plastics, sometimes argued to be safe, contain harmful additives such as brominated flame retardants, fluorinated hydrocarbon (teflon-like) coatings, metal paints, dyes, other metals, etc. Plastics are not bio-degradable. They have very large volume to weight ratio and so occupy large volumes when dumped after their life is over. Many plastic articles have a very short useful life and we end up creating mountains of these waste materials. For some reason or the other, they will get burnt one fine day, leading to large scale poisoning of the whole earth. Can we not live without plastics?

Just a few years ago we used to get milk from the milk man directly into our kitchen utensil. We used to get vegetables directly into our own baskets from the street-side vendor. We used to bring grocery items in our own reusable cloth or jute bags. There was no concept of packaging at all. Today practically every item is packaged. We use plastic covers, mineral water bottles, shampoo sachets, tetra packs, metal foils, disposable plates, spoons and cups and other packaging materials in large numbers on a daily basis. We produce tonnes of solid wastes and simply burn them. All packaging materials are toxic and potential health hazards. Why package milk or salt or rice at all? This culture of packaging everything, the supermarket culture, has to be given up.

There is no completely safe way of disposing off solid wastes such as PVC, thermocol, sponge, rubber and other plastics. The whole world has become a big garbage bin. Cities have become large, population densities are very high in many modern cities, transportation and labour costs have escalated, land has become an

extremely precious and coveted resource and so it is no longer practicable to segregate and transport hazardous solid wastes and use them as landfill. Tonnes of solid wastes including hazardous materials are being routinely burnt in Indian cities and other parts of the world daily. Some cities appear cleaner because garbage is collected, transported to a remote area and burnt there. In other cities there is no proper system of garbage disposal and local municipalities, gated communities and even individuals pool garbage including hazardous materials and set fire to it anytime, anywhere. Segregation, safe disposal under carefully controlled conditions etc. are simply not practicable ideas. There is widespread ignorance and mere technology or legal frameworks are not sufficient to ensure safe disposal of all hazardous materials every time all over the globe. Fire accidents are real and cannot be winked at. So many happen every day. The media talks only about the loss or damage to life and property. What about the release of hazardous chemicals? Imagine what would happen if a whole city were to go up in smoke due to an accident, war, natural calamity or whatever. All kinds of man-made gadgets including electrical and electronic materials are getting burnt everyday for some reason or the other, poisoning the planet on which we live. Our lives are endangered. Human beings can survive and thrive on planet earth if and only if we completely give up the use of all artificial, potentially hazardous materials. It is not realistic to expect people not to use things that are cheap, readily available and convenient. We must stop producing hazardous items in the first place.

This world has become a dump yard of very large quantities of potentially dangerous substances, all created by the scientific spirit of the modern man. Products of science and technology are in fact the weapons of mass destruction, threatening the very existence of life on planet earth. Look around your house, office or factory and you will see man-made materials everywhere - almost all of them potentially hazardous. Due this unscrupulous use of artificial materials and the resultant pollution of the soil, air and water system, many species of life have become completely extinct and may more are

becoming extinct every day. A time has come when even the survival of the human species on planet earth has become doubtful. Every day an unusually large number of premature and unnatural deaths are taking place all over the world. Most people suffer from some disease or the other. Even young people in their twenties are rarely perfectly healthy. Small babies are now getting affected by diabetes and other diseases. The situation is alarming. It is surprising that neither scientists nor ordinary people have realized how close we are to total or near total destruction. Why are we all still so complacent?

There is a lot of talk these days about global warming and climate change. The direct effects of chemical pollution on human health are a lot more serious, immediate and irreversible. Global warming and climate change can be controlled, even reversed over the next few decades. Chemical pollution can cause widespread death and destruction in just a few years. (Global warming will anyway automatically come down once all or most people die, is it not?) Once the atmosphere is contaminated with poisonous chemicals, there is no way to clean the whole atmosphere. Trees will not do. Trees only reduce Carbon Dioxide and replenish Oxygen. Trees cannot remove poisonous chemicals from the air. Once the water bodies are chemically contaminated, there is no way to get safe drinking water. Filtering or ozonization, UV exposure or reverse osmosis, adsorption or whatever, there is no water purification method that can actually remove all toxic chemicals effectively. Distillation is perhaps the only way to remove almost all chemicals but distilled water is unsafe for drinking. Distilled water is hyper active, it starts absorbing gases from the air and turns acidic in no time. It also absorbs useful nutrients in the body and accelerates death. We cannot drink distilled water. Water pollution therefore signals sure death of human life on planet earth. This has already started happening in a very big way and we are already very late. If we do not put an immediate and unconditional end to all human activities leading to chemical pollution, it appears we have no hope of surviving on planet earth for even a few years from now. We must focus immediately on the direct health hazards of chemical pollution and take action to stop it now. There is no other danger to

human health and life that is more serious and more urgent than chemical pollution.

Our health is not entirely in our own hands, our health is in the hands of six Billion people, including the illiterate, the uneducated, the ignorant, the stupid and the adamant. There is simply no way we can educate and convince all these people, there is no time. It is especially difficult, if not impossible, to convince the so called educated people, the so called scientists, the so called experts, because they think they know better than you, they think they know everything, and they are unwilling even to listen. We cannot sit back and wait for all individuals, local bodies and governments to understand all the complex interplay of factors affecting our health, expecting them to formulate and implement proper policies everywhere and contain chemical pollution. Nor can we wait for new scientific discoveries to come to our rescue. That is unrealistic. There is no time for mere academic discussions, scholarly debates or political lobbying. We have to act now. It is time to take strong and drastic action at a global level immediately. It is already very late but hopefully not too late. We can all survive and live long and healthy provided we act today and change our life styles. If we delay even by a few years, survival of human beings on planet earth is doubtful. Unfortunately, most people do not realize that the dangers of environmental pollution are very real and that the effects will be felt in a substantive measure within just a few years. In fact the effects are already quite visible, only people are not realizing the links. Our days are all numbered. Let us realize the urgency and act today. Tomorrow is too late. Else, the living generations will be guilty of having completely destroyed the entire life system on the Earth.

A murder can be committed by shooting, by poisoning, by drowning or by other means. A murder is a murder, whatever be the method used. Pollution is slow poison. Pollution is therefore an attempt to murder. Any human activity that leads to even the slightest pollution must therefore considered a punishable crime. Murder cannot be permitted for any reason whatever. If somebody attempts to murder you, your first reaction will naturally be to somehow escape and

safeguard your life. If you are really pushed to the corner, you may even hit back, possibly injuring or even killing the assaulter. Pollution is an attempt to murder and if you are creating pollution, understand and accept that others have a right to question you, stop you or even hit back to save their own skin. The same way, if others are causing pollution and affecting your health and life, you have a right to fight back. This is not only your right but your duty too. Fight pollution. Fight people and policies and practices leading to pollution. Prevent this callous mass murder. Stop pollution. At all costs. Because there is nothing that is more important than your health. There is nothing that is more important than your life.

The Universe is believed to have come into its present form with a Big Bang around 15 Billion years ago. The Earth was formed about 4.6 Billion years ago. Life started much later. Human like beings have been living on mother earth for nearly 4.8 Million years now. The modern man has roamed on this planet for more than a hundred thousand years. There has been a gradual and continuous development and progress. However, the human race has seen tremendous 'advancements' in the last few hundred years. Things now change very fast. It is difficult for the living generations even to imagine how our ancestors lived. Most young boys and girls today cannot even imagine how life was in their own parents' early days. We are all proud of the scientific advancement and technological progress we have made in the very recent past. But every coin has two sides. Is it not wise to take a balanced view by looking at all relevant issues in a holistic manner? It is unfortunate that scientists continue to eulogise and sing the greatness of the spirit of science all the time, ignoring and hushing up the dark side of science and technology.

Modern life style has become highly polluting. Travelling by walk or by bicycle or in a horse carriage is non-polluting but travelling in a car or a train or an aircraft is polluting. Motorized vehicles consume non-renewable energy sources such as petroleum. Petroleum has been produced by massive trees submerged deep inside the earth's crust for Millions of years. Once exhausted, there is no way we can replenish this great natural resource. More importantly, motorized vehicles

produce toxic exhaust gases, not just smoke and soot. They cause noise and heat pollution. They also consume oxygen in the atmosphere. We often think that electricity is a clean form of energy. Electric motors do not produce smoke. But there is a lot of damage and danger involved in the production, transmission and distribution of electricity. Hydro-electric power stations require dams to be built across rivers, causing large areas of vegetated land mass to be submerged. This leads to the release of methane and other toxic gases. Forests are destroyed leading to a series of environmental disasters such as floods and drought. Thermal power stations burn coal and are obviously highly polluting. Nuclear power may appear to be clean but nuclear wastes are hazardous and there is always the big threat of exposure to nuclear radiation. As we have seen, the PVC insulation used on electric wires is itself a major health hazard. All electronic equipment, computers and communication devices are made up of highly poisonous substances. Hospitals use a wide variety of toxic materials and also produce dangerous biological wastes. Agriculture has become polluting due to the use of chemical fertilizers and pesticides. Industries are of course highly polluting. Offices and homes have also become polluting in a number of ways. Shopping is polluting because everything is packed in toxic materials such as plastics and we too use plastic bags etc. to carry things. Household goods such as cleaning agents, soaps, detergents, cosmetics, perfumes, mosquito repellents and other insecticides and pesticides are all poisons. Even food items have now become poisonous due to all kinds of additives. Almost all human activities have become polluting. Things were not so even just a few decades back in most parts of the world. Explosive growth of consumerism and large scale commercial exploitation of nature are of very recent origin. We have started destroying the very basis of life. Like the proverbial fool, we seem to be cutting off the very branch on which we are sitting. We need to stop all this. Completely, immediately.

How many times do we take bath in a day? How many times do we go to the toilet? How many times should we eat? Eating thrice a day - breakfast, lunch and dinner, is more than enough. Snacks, cookies,

biscuits, beverages, chewing gum, supari, soanf or whatever between meals is bad for our health. Why serve snacks in every meeting? How many times do we need to drink water in a day? Animals drink water only once a day. Human beings may perhaps need to drink water a few times in a day. Under normal conditions, there is no need to keep a water bottle with us all the time and keep sipping water every now and then. Why supply a mineral water bottle or even a glass of water to everybody in every meeting? Just as we go out to attend calls of nature, can we not go out to drink water if and when we really feel thirsty? Meetings have become part of our daily lives and we need to understand that that meetings can be held without eating or drinking. These so called experts, who cannot even control their own mind, who have such a weak and crumbling mind, who cannot resist simple temptations in life, what great things can they do for others in the world? Most meetings today are unnecessary, wasteful and harmful.

Human beings have taken law - the law of nature, into their hands and have started exploiting nature. Rivers, mountains, forests, minerals, oil and everything in nature existed much before we were born and will continue to be there long after we are gone. Countless Millions of people have come, lived and gone. We have no right to exploit nature. You can drink the water from a river or take bath in it but you cannot do anything else with it. Exploiting nature for our benefit is not right. Nor is it right to destroy nature by dumping wastes. Nature permits us to breathe in fresh, oxygen-rich air that is freely available all around us and breathe out hotter, oxygen-poor, carbon-dioxide-rich air. Nature has adequate resources such as trees to maintain the balance in spite of disturbance caused by human respiration. Nature also permits us to drink water, eat food and produce human wastes such as urine and stools. This is what other animals do too. Nature (or God, or anybody else for that matter) has not given us permission to produce any other kind of waste. Any human activity which produces any kind of unnatural waste materials is bad and unpardonable. We are part of nature and must learn to live with it in harmony. Otherwise we will be punished.

Imagine that you have a visitor. As soon as he enters your beautiful home, he starts spitting, urinating, defecating, littering, digging, poisoning everywhere, vandalizing and spoiling all things throughout. He destroys in no time everything you had painstakingly acquired, built and preserved for so many years. How would you feel? This is exactly how Mother Earth is feeling now. The Earth has been in existence for nearly 5 Billion years now and this unwelcome visitor in the form of the modern man with a scientific spirit has destroyed the whole earth in a matter of a few hundred years. Mother Earth is very angry, her patience and forgiveness have already been tested to their limits and something ghastly can happen anytime. The Big Bang happened within a Millionth of a second and the whole universe as we know today came up in no time. Likewise, something very dangerous is going to happen very soon and the whole of mankind will be destroyed within a very short time. We will not have time even to know or understand what is happening. Sounds like a fantasy movie? The point is, this is a very definite possibility. And a little reflection will convince us of its reality too. The living generations are all ailing and meeting premature death but still are unmindful and complacent. The next generation will suffer far more serious health problems and will perhaps start accepting that everything is not fine. Doctors would be sick too and medicines may not be easily available. Food scarcity has already started showing up. Chemically pure and safe water has already become almost impossible to get. The generation after that will meet with ghastly devastation but it will be too late by then to do anything. It looks very unlikely that human race will survive on planet earth for more than a hundred years from now, unless we wake up today and take strong action to stop all polluting activities without a second thought. A wise man should know that it burns even before putting his hand in the fire. There is one last chance, let us realize our mistakes now and save ourselves from this ghastly ruin. Let us start thinking.

We think it is too hot and we simply switch on the air conditioner. Thermodynamics tells us very clearly that an air-conditioner must necessarily produce more heat (may be outside the room) than the

coolness it produces. Overall an AC only makes it hotter. Is it that it is hot and so we use the AC or is it that because we use the AC it is hot? Average temperatures have significantly increased in many tropical cities over the last few decades. It is now clear that global warming and climate change are the result of modern technology and modern life style. We think medicines cure our illness but if you take into account the complete life cycle starting from research and drug discovery, through manufacture, transportation, administration to final disposal, you will perhaps realize that a good deal of pollution is caused in the whole process, perhaps causing all these disease we are trying to cure. A recent survey in the United States actually showed that after cancer and heart attack, the biggest killer was 'doctors and hospitals'! We think of air pollution only in terms of dust, smoke, soot and smell and we ignore the poisonous gases which can be odourless and colourless. We do not realize that the crystal clear mineral water we drink can be, and often is, contaminated with deadly pesticides. Seeing is not believing. Think. Packaged drinking water may be clean but what do we mean by cleaning? If cleaning is removing the dirt, where did all that dirt go? A mineral water manufacturer must necessarily be producing concentrated dumps of all the dirt and other unwanted substances somewhere. Is this not a potentially bigger danger for our health? We take a packaged food item and dispose off the container. Why do we not realize that the harmful substances in the container will eventually come back to us in the food we take? The plastic packaging materials will poison the air, water and soil system, the grass grown in such a soil will contain the toxic chemicals, the cows which eat such grass will pass on the poisons to us the milk and milk products. It is as if you are drinking milk and eating a bit of the plastic packet too. When it comes to travel, we only think of speed, comfort, convenience and cost. What about pollution? What about road accidents and possible risk to ourselves and to others? We do not think of the tyre unless it goes flat or it is worn out. Do we realize where that worn out part goes? Wear and tear of automobile tyres leads to poisoning of the air with dangerous chemicals including heavy metals known to cause cancer.

Why don't we stop, think, understand all aspects fully before we adapt and accept anything new? Why are we all behaving like uneducated, illiterate people? Is this what we call scientific spirit? The world today is like the blind leading the blind, the ignorant guiding the ignorant. Advice comes from everywhere, including commercial advertisements! Stop, think, before you act. We must learn to think of all aspects, read, ask and learn all about what you are doing, and choose to do something only if we are fully convinced that what we are doing is one hundred percent harmless and non-polluting. Supporting, participating or overlooking any wrongful deed is as bad as committing it ourselves. Practically everything that we are doing today is foolish, harmful and self-destructive. Think.

Environmentally conscious people often debate which of the two alternatives they have on hand is less polluting without realizing that both are polluting to some extent or the other, and there is a third, absolutely non-polluting alternative they never thought of. The question is not whether plastic carry bags are better or paper bags are better. Disposable carry bags are not required in the first place – why not bring home groceries in your own re-usable bag? What is the best way to package milk is not the question to ask. Why package milk? Go to the cow or bring home the cow. There is no better way. Most people in the world today do not even know that there are one hundred percent natural and absolutely harmless soaps, tooth powders, solvents, disinfectants, cleaning agents, cosmetics, hair dyes, perfumes, glues, mosquito repellents, paints, preservatives, pain killers, anaesthetics and a wide range of other medicines. Why not use these safe, time tested, harmless, natural medicines? You can often simply pluck some medicines off your back yard tree or locate them in your kitchen shelf but perhaps you know them not. Beware of commercial products claiming to be herbal, natural, good for your health and what not - in all probability they are sold in some toxic packaging! It is time to change all this. It is possible to do science and technology and research and all that in an absolutely harmless and non-polluting way. A scientist can do science without murdering others. We can travel without causing any kind of pollution. It is possible to live, live

well, and do everything we need to, without causing the slightest amount of pollution. Life means harmless living. Harmless living is possible. This is what all our forefathers did for hundreds of thousands of years. Look at the history of ancient India and you will surely be convinced. Any kind of polluting activity, whether it is in the name of science or technology or research or even to save lives must be opposed. No one has a right to murder. You cannot commit murder for any reason, even to save a life.

Let us now sum up and fix our priorities. The interplay of thousands of chemicals in the human body is simply too complex for us to understand and control fully. Chemical pollution caused by the use of artificial materials is threatening our lives today. Chemical pollution is the cause of most diseases and death today. There is no practicable way of segregation, there is no safe way of disposing off wastes, there is no hope of any miraculous scientific invention or new technology or legal frameworks to save us all from the devastating effects of chemical pollution caused by our modern life style. Six Billion people cannot afford to ask for milk while nobody wants the cow. It is foolish to wait for a scientific proof of the exact cause of every disease. We do not have the time. Of what use is such as proof after all or most human beings die? We do not even have enough time to educate and bring about social reformation and a change in thinking. That takes a long time. This is time for drastic, decisive, firm, fool-proof action at a global level in a mission mode to forcibly change our life styles.

We need to put an immediate end to burning of garbage and waste materials. Municipalities and local governments, gated communities, self-administered institutional areas and common public must all be educated and instructed at the earliest by every possible channel of communication. Most people will not be able to segregate hazardous wastes from safe-for-burning natural wastes and setting fire to anything must therefore be made punishable. Many harmless looking materials are actually quite toxic and dangerous. A rape or a murder affects one life but burning hazardous wastes kills all life forms. The

punishment for setting fire to hazardous wastes must therefore be very severe.

We need to stop manufacturing and using carry bags, whether made up of plastic or paper, irrespective of thickness etc. People must learn to carry their own re-usable cloth or jute bags or baskets and manufacturing, distribution, usage and disposal of carry bags must be made a punishable offense. All street side vendors, shops, supermarkets and shopping malls must be instructed to permit, encourage, in fact require, that their customers bring their own re-usable bags. Shops and malls which do not obey must be de-licensed.

We must put an immediate and unconditional end to packaging of water. Mineral water bottles, packets, sachets etc. must be banned with immediate effect. Drinking water fountains can be set up everywhere so that people can take purified drinking water directly into their mouth without need for any container or packaging. Drinking water dispensers can be used and only washable and re-usable cups such as those made up of stainless steel, glass or porcelain should be used. Disposable cups used for drinking water, beverages, fruit juice etc. should be completely banned. Those who are worried that the re-usable cups have not been washed properly may carry their own cups with them wherever they go. All disposables are harmful and wasteful.

Packaging of milk and other milk products such as curd, lassi, flavoured milk, etc. in plastic and other hazardous containers must be banned. Glass bottles can be used but the cap and seal etc. should also be made of chemically safe materials only. Milk vending machines can be set up everywhere so that people can bring home milk in their own kitchen utensils without need for any kind of packaging. Instead of encouraging factory made milk, local communities, if not individuals, should go back to keeping cows so that fresh, pure, unadulterated, untreated, chemically safe milk becomes available to all. People should be able inspect the cows, how they are treated, the food they are given, etc. to ensure that no hormone treatments and other dangerous techniques to enhance milk production etc. are

resorted to.

All packaged food items must be banned. Food is best prepared at home, not purchased in a shop. People should re-learn to make curd at home, rather than buying it from the market. Grocery items, vegetables, fruits can be and should be sold and used without need for any packaging. Adding artificial colours, flavours and other additives to medicines and food items must all be banned.

Medicines, Soaps, detergents, cosmetics, cleaning agents and a wide variety of products typically sold in a supermarket store can all be packaged in safe, natural, re-usable containers. Dispensers can be used instead of packaging, home delivery can be resorted to. We may have to give up minor conveniences but pollution and murder can not be permitted for reasons as silly as convenience and comfort.

Thermocol has to be completely banned. The dangers of using thermocol have been well understood and there is a cry the world over for imposing a total ban.

All manufactured items that contain any chemical substance that is potentially unsafe (such as when burnt) should clearly be marked 'Poison' by statutory order. Any item containing chemical substances which have not been explored sufficiently from the point of view of potential health hazards must also be marked 'Poison'. It is safer to err by doing more than less. This applies not only to the goods themselves but also to the packaging, the labels or stickers used, the paint or ink used to print these labels, etc. Even the chemical pollution caused during research, development, manufacture, testing, transportation, storage, use, disposal etc. must be considered for this purpose. Every manufacturer must be statutorily required to indicate all the chemical substances the goods and their packaging contain, possible health hazards, etc.

Human metabolome – the chemistry of the human body, must be studied in full detail on similar lines to the human genome project. Body burden studies must be undertaken globally to ascertain the toxic chemicals in the human body and their possible health hazards.

Techniques to de-toxify the air, water and the earth system must be explored. Chemicals used in all kinds of man-made products must be explored in full detail from the point of view of their impact on human health and longevity. Techniques for de-toxification of the human body, especially the non-conventional, traditional, natural and safe methods, including alternative systems of medicines such as Ayurveda, Unani and Siddha, must be explored. An international agency must be created to guide, monitor, control and enforce strict policies for research, development, manufacture, storage, transportation, usage and disposal of all man-made objects and only those items where everything is one hundred percent natural and proved to be chemically safe at all stages must be permitted. And all this must be taken up at a global level in a mission mode and vested interests and regional or national differences must not be allowed to interfere. Let us wake up and act today for a bright tomorrow.

Travel must be minimized, shopping must be restricted, non-essential industries, research and development activities must all be controlled. Instead of giving higher compensation and other incentives for staying in big cities, governments must impose heavy taxation on individuals and business houses in bigger cities and encourage spreading out to smaller towns and villages by providing suitable incentives there. Everybody must be permitted and encouraged to own land and carry on agriculture in a natural way without using chemical pesticides, insecticides, electric pumps, machinery etc.

These are some of the measures we need to take urgently but in the long run we may have to completely give up all human activities that are potentially harmful to nature, to other human beings or to other living creatures. We must go back to time tested, harmless, non-polluting life style practiced by our ancestors thousands of years ago. All hazardous man-made gadgets must be buried and gotten rid off and nothing new must be produced. The dark side of modern science and technology must be explored and exposed. The benefits of modern science and technology are limited to minor conveniences and body comforts while the harmful side effects are devastating

and murderous. We must completely give up the polluting ways of modern science and technology and seek one hundred percent safe, non-polluting, harmless science and technology instead.

Human life is an extraordinarily great gift and we must make best use of it. We can all enjoy life to its fullest but we cannot harm others at any cost. We have no right to commit mass murder for the sake of our convenience, comfort or pleasure. We have no right to produce any waste other than purely natural wastes such as urine and stools. We have no right to use any man-made product or material that can cause chemical pollution. We have no right to do anything that can potentially lead to poisoning of the earth system, no right to travel, no right to go shopping, no right to do scientific research, or do anything in a polluting way. Let us all change our life style today. Now. There is no tomorrow otherwise. This is 'ahimsa'. Ahimsa or non-violence implies causing no harm, injury, pain, torture, disease, suffering, or death to any living creature by any means and for any reason whatever. Pollution is slow poison. Pollution is Murder. Pollution is himsa. Practice ahimsa, Stop Pollution. Take an oath today. Change yourself. Say 'no' to anything that can potentially cause pollution, even if by accident or misuse. Practice ahimsa. This is the message of Mahatma Gandhi. This is the message of Jesus Christ, of Lord Buddha, this is the message of the Vedas and the Upanishads, this is the essence of all religions. This is real science. This is humanity. Practice ahimsa. From now. Let us enjoy life but let our children and future generations enjoy life too.

## Part - 2

### Harmless Living

There are a lot of well meaning people in the world who are trying to follow less polluting life styles. There are many who are also spreading awareness and propagating less polluting life style. The big question is, is it enough to reduce pollution? Is it enough to reduce doing bad things? Most certainly not. Why reduce, why not simply stop? Why do anything that is bad at all?

If you mix pure water and dirty water, pure water becomes dirty but dirty water does not become pure. Any mixture of good and bad must therefore be considered bad. Something is good only if it is one hundred percent good, good for every human being, good for every living creature, in every possible way. Even if something is 99 percent good and one percent bad, it is wise to take it as bad. Why not completely give up what is bad?

If at all anybody wants to do anything, that must be one hundred percent good for all human beings, for living creatures, for all the worlds in every possible way, in the near or distant future. This requires supreme knowledge, extraordinary self-control, superlative skills and super-human wisdom. Most ordinary people, including so called scientists, engineers and other professionals just cannot do things that are all good and no bad. Why then do anything? Why do bad things?

The journey of mankind is a fascinating story in pursuit of happiness. Happiness is a property of the mind, not of the body. Your knee joint or hair or nose can never feel happy or otherwise. The modern man has, however, found it hard to think beyond the body. Electrical and mechanical engineering have given us light, fans, air conditioners, refrigerators, washing machines, microwave ovens and so on – all for the mere convenience and comfort of the body. Cooling the mind is more important than cooling the body, is it not? Civil engineering and architecture only give us houses to protect our bodies from the

vagaries of nature, what about protecting our minds from the onslaught of internal enemies like anger, jealousy or greed? Electronics and Information and Communication technologies have given us gadgets for superficial entertainment and fun mostly at the level of sense organs and superficial perceptual pleasures. Agriculture only provides food for the body. What about food for thought? Medicine cures the disease of the body but who would cure the ignorance of our minds? Happiness is a property of the mind, not of the body. Is it not quite foolish that we try to derive happiness by pleasing and pampering our bodies by seeking sensory pleasures? The recipe for real happiness is somewhere far deeper inside us. Seeking happiness in the external world is like looking for the needle somewhere else where there is more light rather than where it was lost. Forget about the external world, learn to explore the fascinating world within you. You will not repent. There is no need for engineering or technology. There is no need to discover new things. We do not need to do any research. There is no need for us to do anything. Science is not essential. Health is.

We value science and technology because we think they are actually so very useful to us in our daily lives. Technology can save a life. No doubt. But the problem is we see only one side of the coin. Half knowledge is worse than total ignorance. There is also a dark side. There is the other side of the coin, the negative side. The negative side of science and technology is being covered up and ignored. The dark side of science and technology is actually very ugly and quite damaging. The gains are superficial and temporary while the losses are deep and permanent. We can save one life but at the cost of destabilizing the very foundation of life on earth. True, a medicine can cure your illness but do you understand all the harmful side effects and pollution caused in carrying out research in chemistry, biology, bio-technology, chemical engineering, and during manufacture, transportation, administration and disposal of this drug? Your illness was cured but perhaps a million others became sick. A recent survey in the United States actually showed that after cancer and heart attack, the biggest killer was ‘doctors and hospitals!’ The dark side is not

usually very obvious because of its indirect and far reaching effects. All people in the world are becoming weak and vulnerable and suffering from a variety of health problems but it is not easy for you to connect up all this with what exactly you did today as part of your own personal or professional life. There is an urgent need to carefully study, document and highlight the negative side of science and technology. There is some false sense of progress, a false sense of dignity and pride, a false notion of 'standard of living' all over the world. How can we be proud of ignorance? How can we be proud of callousness? How can there be any dignity in murder? Human beings are thinking animals and human development can only be measured in terms of the development of the inner world. Progress and standard of living should be measures in terms of deep, fundamental, comprehensive knowledge, understanding and maturity of thinking, not in terms of material comforts of the external world. There is an urgent need to study, catalogue and publicise the health hazards of all man-made gadgets. Is a computer or a mobile phone or a car more important than clean air, water and food? Compromising on essentials for fancy things cannot be considered very wise. We all can live without the Internet, we all can live without the car, we all can live even without electricity but we cannot survive if we do not have clean air, safe water and good food. We need to give up our fancy for modern science and technology and learn to live simple, non-polluting lives like our fore-fathers. There is no other way.

If you do some good research in computer science, for example, and if you publish your findings, if some one takes it up and actually improves computing machines, if some one actually comes to know of it and puts it to some good use somewhere, somebody somewhere may get some some benefit some day. There are simply too many if-s and but-s in this logic. Surely something will go wrong somewhere, certainly some one will misuse your findings, and no doubt, there will be great damage done. The positive side is hypothetical, conditioned by a hundred if-s and but-s and even if everything goes fine, the benefits will be marginal, cosmetic and superficial. The dark side is sure to be real, far reaching and devastating. A computer may

be useful but the thermocol and plastic used in packaging it are themselves sufficient to cause more damage than needed to balance all the good things. Why develop bombs and then worry that it may get into the wrong hands? Bombs will invariably get into the wrong hands because good people have no need for it after all. Let us understand and accept that anything which is potentially bad is actually bad in reality. Good things, like good habits are so difficult to develop and so much more difficult to maintain, while bad things, like bad habits, are acquired effortlessly in no time and they spread everywhere like wild fire. Anything which can be misused will be misused. Electricity, gas stove or a car can take lives and people are getting killed every day. A cell phone can in principle be a powerful tool against crime but in practice, criminals and terrorists are making better use of it. Negative forces are always more determined, more united and more focused. A cop runs after the thief merely because his boss has asked him to or in the hope of recognition and possibly a promotion whereas the thief runs for his life. Negative forces are always stronger. Let us not live in a hypothetical, idealized world. Let us wake up to the harsh realities of practical life. A true scientist cannot afford to ignore possible misuse and say that it is none of his concerns. In reality all scientific discoveries have been misused and this is the harsh reality of the history of mankind. Benefits are marginal, cosmetic, hypothetical but the dark side is real and ghastly. Science and technology are not good things. Today 'science' is a bad word. Stop all this.

Why did we at all give up time tested, safe, harmless, non-polluting life styles of our ancestors and take this path of modern science and technology in the recent past? After all, our modern life style is only a few hundred years old, nothing at all, compared to the many hundreds of thousands of years human beings have been inhabiting mother earth. Other than the superficial attractions, minor comfort and practical convenience, there seems to be a deeper reason that prompts us all into treading the path of modern science and technology. This is to do with the very nature of the human mind. Unlike other animals, the human mind is ever restless. We just cannot

simply keep quiet and do nothing. We are always uneasy and restless like fish out of water. The biggest punishment is to ask somebody to keep quiet. Human mind is weak, confused and ever restless by its very nature. It is this weaknesses of the human mind, our curiosity and restlessness, that drives all of our academic research and scientific discovery and engineering progress. Curiosity about all kinds of silly, non-essential, trivial things in life drives us into action. The thrill that we get in doing something new and adventurous using our so called intelligence overpowers our ability to logically analyze the pros and cons in a comprehensive, unbiased and balanced manner. Most of whatever work mankind is engaged in today are not at all necessary. Ask why and you will invariably get some silly, hypothetical, exaggerated, unrealistic, highly indirect, trivial justification. It is not at all difficult for anybody to realize that what all we are doing is wrong. We only do not want to look at the negative side. We somehow try to justify our actions by emphasizing the positive side, trivial and hypothetical though that may be. A modern car can never be as safe as the age old horse carriage. Don't we all know this? A hundred thousand road accidents were reported from Indian cities in the year 2006 alone. The horse carriage is most certainly safer, more eco-friendly and less polluting than a motor car and perhaps equally fast when it comes to driving in crowded cities. It can also be easily made quite comfortable. But we just do not want to accept this. Even after realizing that we have come a long way in the wrong path, we do not want to admit this and mend our ways. What else is this if it is not a sign of a weak and crumbling mind? This is a kind of slavery, in fact the worst kind of slavery, slavery to our own mental passions and weaknesses. We listen to our mind and not to our intellect. Too bad.

All this happened because we gave up our time tested system of education, real education, education which told us what is life and how to live. Real education is that which makes us understand the weaknesses of our own mind, real education is what helps us to train and control our own minds. It is a ghastly mistake in the history of mankind that in the recent past we gave up real education and started getting obsessed with the external world. There is no use studying

physics or chemistry or biology or astronomy. There is no need for modern science. There is no need for algebra or trigonometry or calculus. Have you ever used any of these directly in your own life? Just think.

Science is bad because it focuses only on true-false or yes-no and ignores the good-bad and right-wrong questions. Technology is bad because it confuses us into believing that happiness comes from material gadgets. Our fore-fathers focused on training and controlling the mind, instead of getting fancied by the attractions of the external world. The human mind has tremendous capabilities. Our aim in life should be to understand, train and control our own minds. Happiness is inside us and seeking it in the external world cannot be but foolishness. We can do a lot of science and technology and research using only our minds - there is no need for a laboratory or any equipment or computers. Instead of inventing the printing press and the photo-copying machine, why not train our minds to remember things directly? The human mind is capable of perfectly memorizing volumes and volumes and there are time tested methods to teach and train students in such skills. After all only what we have in our finger tips can save us in times of need. The purpose of education is to train and sharpen all the mental faculties, be it logical thinking or correct decision making, or memorizing or calculating. Depending upon technology for everything instead of on our own inner strengths is surely a sign of weakness and lack of self confidence. It is possible to carry out science, make progress, improve our living, without causing any kind of pollution, directly or indirectly. If only we can do this, we still have time to survive and thrive and truly enjoy life. Let us wake up.

A whole lot of our time, effort and money is going today towards automation. Machines can do more work in less time, saving time and money. Machines can give better quality and save tedium and boredom of repetitive work too. So we think. In reality, however, a large portion of these tasks are best done by human beings. Manual work can be of much better quality and more and more people can be employed and kept engaged in harmless, non-polluting activities.

In the amount of time, effort and money this world has spent on research in automatic translation, to take just one example, almost all important works could have been manually translated from any language to any other language of interest. The craze of automation stems from the weakness of the human mind, some strange kind of self-sadistic thrill we get in inventing something better than ourselves, our lack of confidence and trust in ourselves.

There is some false sense of urgency in everything. Why hurry? Today people do not have time to take bath properly, to wash their clothes properly, or to clean their house properly – they have to rush to the office. Why? Whatever you do, do it well. Aim for perfection. Do it slowly. Let it take time. There is no hurry. Anything which is done in a hurry and not done properly should not even be considered as having been done. No salary or compensation need be paid for work not done perfectly. Whatever you do, do it well, do it slowly, enjoy doing it. That is life. Why automate at all? Let people live and work for people. Machines are not our friends, they are our enemies.

The demand for new products does not come from the people in most cases, greed and foolishness are the driving forces behind innovation. Just a few years ago there were no mobile phones and nobody in the world ever asked for it, let alone feel handicapped without it. Nobody asked for the computer before it was invented. Nobody asked for electricity a thousand years ago. There is no need to develop or manufacture anything new. These false notions of progress and development are a consequence of the powerful combination of ignorance, foolishness and greed.

We have come to assume the money is essential and economic development and alleviation of poverty are our priority tasks. An example should clarify why this is all wrong. A few decades ago, we used to use an ink-pen. A bottle of ink used to last many years. One pen per person was sufficient. Then came the ball-point pens and instead of a bottle of ink we had to buy refills. Refills have short life and we were forced to keep buying, using and throwing away refills. Now pen manufacturers intentionally change their design every few

days and no refill fits your pen. Refills also cost almost as much as a pen and so people have naturally got used to buying, using and throwing away entire pens. The pen industry has grown enormously, many people make their living in making or selling pens and we consider all this economic progress. These plastic pens will invariably get burnt one day or the other, leading to poisonous gases, causing diseases and death, thereby ironically proving that the pen is mightier than the sword! It is clear that economic development is an euphemism for unnecessary, wasteful, exploitative and harmful activities. Consumers are forced to buy new products and new versions. A poorer quality product that goes bad soon will force the consumer to buy more things and this artificially created demand in turn drives the wheels of the industry. The industry does not want you to repair or re-use anything. Is this not penny wise, pound foolish? Once money takes topmost priority, everything good will naturally be compromised. What justification can we give for adding harmful colours to medicines? Think. Economic development is not at all necessary. Why exploit nature? Why produces wastes? Why seek money? Whatever we need for living, nature has already provided for it. It is better to be poor than ill. The least developed countries in the world today are in fact the least polluting too. In reality, they are the more advanced human civilizations. Economic development is invariably tied up with polluting, harmful and inhuman life styles.

We use science to develop technology, technology to save money, money to buy technology, money to do scientific research, and so on, and thus science and technology are both closely related to money. We seek money so that we can buy more and more gadgets, the products of science and technology. However, there is no conclusive proof that money or technology or material comforts give us real happiness. Happiness is not mere pleasure or joy, it is much more. Happiness is a state of the mind and can only come from within. Material comforts cannot give lasting happiness. Give up the greed for money. We can make money only by giving less and taking more, which is the very definition of cheating. If human beings have to be humane by definition, we must all give more and take less. It is humane

to love, care, share, help. It is not humane to compete, outsmart or cheat. It is not humane to make money. Are businessmen men? After all, money is a zero sum game and if you gain money somebody else has to lose it. How can we derive happiness by fleecing others and making them unhappy? Man is a social animal and if we have to be happy, others must be happy too. Imagine spending a single day of your life without depending upon any other human being. You will have to make your own tooth paste, your own towel, grow your own food, make your own car without the help of anybody else. Not easy. We live in a society and our happiness is conditional to happiness of everybody else in the society. It is logical, therefore, that we must spend our life for others, not for ourselves. How much of your time, effort and money do you spend for yourself or your near and dear ones as opposed to others completely unrelated to you? Life is all about giving, not taking. Stop going after money and modern technology. Do not squander your health to seek wealth, one fine day you will only waste all that wealth to take care of your deteriorating health. Money is not as important as you think. After all, all good things in life, all essential things in life, are either very cheap or entirely free. Neither real education nor real health care actually require money. Stop worrying about money and wealth. Health is wealth, seek health, not wealth. You think you need money to take care of your health. It is the process of seeking money that spoils your health. Seek health directly. Spend your day not doing things that harm the environment or others, spend your time directly for the good of yourself and everybody else too.

We have lost trust in God too. If man-made things were better, why did He not make them Himself? If soft drinks are better than plain water, God would have surely made oceans only of soft drinks, don't you think so? If a computer is better than a human brain, why did God not make computers himself? If money really required for human beings, why did He not create money when He created the world? Why did He not create plastics? If wheels were better than legs, we should all be rolling on our wheels instead of walking on our legs. The very thought of creating something new of our own

amounts to insulting God, telling Him things like "You stupid fellow! You do not even know how to make a wheel, see I am so much more intelligent than you". If you believe in God, if you believe that He is all-knowing, all-powerful, all-capable as also kind and compassionate it should be easy to understand that we human beings do not have to create anything new or better. He knows what is good for us and what is not, He is capable of making whatever He wants, He is also kind and compassionate and so everything He has given us is good for us and everything that He has not created is bad for us. All man-made things are bad. We must simply learn to live, live with nature, do nothing harmful, just enjoy life.

The negative side of science and technology and modern life style is simply too ugly, foolish, self-defeating and devastating. This is bad, and we will have to accept this. And having done that, we must also summon courage to give up all bad things. If there is a choice between doing partly or wholly bad things and not doing anything at all, we must surely choose the latter. If you cannot do what is entirely good for the whole universe including all human beings and all living creatures in every possible way, it is better not to do anything at all. Stop doing things. Learn to keep quiet. You are doing bad things because your mind is weak and restless. Control your mind. Do nothing.

Do we really have to stop all science, all technology, all industry, all business? Don't you think life itself will come to a grinding halt? This is how many of us may be thinking. Think. Are we living at all today? Is this life? What is life without perfect health? How many of us can stand up and say we are one hundred percent healthy? Even the few healthy people have slow poisons accumulating in their bodies, which may show up any day. This is not life at all. By stopping all polluting activities, we can in fact hope to regain health and life. This is a question of our life and death. We cannot sit back and wait for some new fantastic scientific invention to save our life. We are being murdered. We must take action now. It is now or never. We must stop all human activities, all of science, technology, research, industry,

business, almost all human activities, because all of them have become polluting. Stop everything. Do only that which is one hundred percent non-polluting, cent-per-cent safe and completely natural. Do safe science or no science at all. Develop safe technologies or give up technology.

Many people feel satisfied that they have made marginal changes in their life style and have adapted less polluting ways. Some may prefer to use the bicycle instead of the car. Some may resort to car-pooling or take the public transport bus to reduce pollution. Some may use paper instead of plastic. These small beginnings are of course welcome but such limited, half-hearted attempts will take us nowhere. You cannot survive by drinking less poison, you have to completely give up. Gradual reduction is an impracticable idea. You cannot stop murdering in stages. Stop it in one go. We must put an immediate, unconditional and total stop to all polluting activities at a global level without regard to national or regional interests and policies. Practically all industries, all businesses, all of modern science and technology are polluting by their very nature and we must simply stop all this in one shot. The only way to do this is perhaps to stop producing electricity, stop drilling for petroleum, stop coal mining. Cannot live without the Internet or the cell phone or electricity? Then this is a sure sign of having become slaves of technology instead of using technology for our good. If something is bad for us why not just give up? Stop everything. Initially people will think we are going back to the dark ages. Soon they will realize what a blessing it is and how foolish we all were all these years. This can be done, we can do this. This is the only way we all can survive and live well. Our children, the future generations will be ever grateful to us for having taken such a bold and wise decision. Do not think of reducing pollution. Stop it completely once and for all. Let there be no poison on earth. The problem is very severe and the solution must be severe and drastic too.

We must stop almost all human activities immediately and unconditionally. Most of what we have all been doing are unnecessary, wasteful, harmful. This may still sound too drastic and impracticable

to many. Some would simply ignore all this as irrelevant or sheer madness. They do not understand that they are ignoring the bomb on which they are sitting. Some would think all this is only for environmentalists to worry about, just like stars are for astronomers and animals for zoologists. They do not understand that environment affects all of us irrespective of our interests, education or profession and everybody's life is now endangered. Some would argue that we have already come so far and there is no way of looking back. They do not realize that we all lived simple, natural, harmless, non-polluting lives for hundreds of thousands of years and these last four hundred years or so of human history is but a sad aberration of the most unwise kind. We can simply shake it off our head like a horror dream. Some would argue that this is all fine in theory but it is too drastic and impracticable. They are arguing that disease and death are the only practicable things and health and life are not. Some politicians would exploit these issues for political mileage. They must recall that they need living humans to vote them again to power. Whom will they govern otherwise? Some doctors would be happy to get more patients and hence more money. They do not realize that a doctor's duty is to alleviate illness, pain and suffering and save lives, not to make money or fame. A real doctor should recall the saying of ancient wisdom that prevention is better than cure, and work towards prevention. Health-care does not mean treating patients, if you really care for health there should not be any patients in the first place. Some academicians would exploit these issues to grab funding for their research. They do not realize that it is time for action, not for theory building. If your own daughter (or son) is seriously ill, would you take her to a doctor right away for treatment or would you think of starting a new research project on the topic? Some would say everything is fine but let us sit down and watch while others take the lead. They do not realize that it is better to save ourselves than to depend upon others to save us. The ignorant, the rich, the influential, the powerful and the greedy would gang up and fight tooth and nail to prevent any move to change the way we live for the better. They would hire scientists to speak for them and bribe politicians to make

laws to the contrary and hire lawyers to cause legal hurdles. They would do everything possible to launch a massive misinformation campaign and continue to try to mislead all people. Some would continue to 'enjoy life' even after realizing all this, selfish to the core as they are, unmindful of the fate of their own children and bleak future of the future generations. This is a war against all such people. It is almost like a war on humanity itself. But only for the good of the humanity. Today this is inevitable. We have to fight. To save ourselves. Collectively. For our own good. Your life is at stake. Others are trying to murder you. You are also murdering others. What madness is this? Why is the whole human race up against itself? Why are we bent upon destroying ourselves? Why are we so cruel towards our own children? Wake up, realize this and fight back. Save yourself. Do anything and everything to save your own life and health. Save yourself. Save others. Save everybody. Stop all this nonsense in the name of progress, advancement and development. Replacing trees with concrete buildings is not development. Using cars instead of the horse carriage is not progress at all. Using computers instead of your own brain cannot be called human advancement. Stop all this nonsense. Now.

Still think all this is a too drastic and impracticable? Think. Even a single molecule of poison released to the air, water or surface soil will remain there and accumulate. It will not go off anywhere nor will it automatically get neutralized. There is no practicable way of neutralizing all poisonous substances. Toxic substances are accumulating every day and life will just not be possible very soon. There is simply no other solution, we must simply stop all polluting activities.

If we actually stop all industry, all business, all commerce, all research, all modern science and technology, what do we do then? How to spend time? Human mind is restless, by its very nature. It is not easy to keep quiet and do nothing at all. We have to learn to keep ourselves engaged in harmless and useful activities. There are actually a number of very useful and totally harmless activities that we can keep ourselves busy with. Air and water are available in abundance on the earth's

surface but these are now getting poisoned by human activities. Take your time, put your effort in preserving and safe-guarding these natural resources against man-made pollution. Ready to eat food such as fruits, roots and bulbs are also available but perhaps not in sufficient quantities for the whole of mankind today. Agriculture is therefore a prime business. Majority of the people should go back to agriculture and follow low cost, low risk, natural, organic farming methods without need for electricity, chemicals, or other modern technology. There is no profession more noble than farming. If you cannot get into agriculture, you can grow useful plants and trees wherever possible – at home, in the office, in public places, in the country side. Do not worry about who will take the fruits. Let anybody take. Let there be plenty of food for anybody and everybody everywhere. Let no one suffer from hunger. How can we even talk of technological progress and scientific advancement today when Millions are still dying of hunger and malnutrition? Let us give more time to our near and dear ones at home. Today it is only within the family that you will find somebody who wants to be good to you without expecting anything else in return. Outsiders are always viewed with suspicion as competitors or sales-persons or cheats, right? We need to take care of our aged parents, because of whose selfless work and love and affection we survived our early childhood. Unlike animals, a human baby cannot survive if not taken care of for quite a long time. We need to give more time for our children too. Spend your time in social service activities. Help others directly, instead of hoping that the research or development or production or sales or whatever you do for a living will help them indirectly. Spend your time to understand yourself and work for all round self improvement. Become a good human being. Put 'satya' (truth) and 'ahimsa' (non-violence) ahead of money, name and success. That is more important than becoming a famous scientist or a successful businessman or whatever. We need a lot of time to read, think, write, teach about all the good things in life. We can spend a lot of time in music, dance, painting, sculpture, literature, theatre, etc. We can spend a good deal of time in exercise and yoga, meditation, prayer, worship, and other

similar activities according to our tastes and needs. In our free time we can spend a couple of hours playing out-door and in-door games, for health, fitness, for developing team spirit, leadership qualities etc. We also need sufficient rest and relaxation. Industrial revolution was justified by saying that people would have more time for leisure, arts and culture as machines do the work of many people. Now with computers and all the latest technologies, we should actually be working only a couple of hours per day if you buy this argument. Why are we struggling 12 to 18 hours a day just to earn our daily bread? Don't you think there is something fundamentally wrong with our very line of thinking? We all should devote only a few hours per day to earn our bread, if at all. The very act of travelling to the office is an offense against God and man. Stop pollution. Clean the world. Cleanliness is next to Godliness. If you are not praying, you must be cleaning. Clean your body, your house, office, the neighbourhood, your city, your country, the whole world. Clean this world of all the hazardous man-made gadgets. This is a sacred duty in the service of God and man. Clean your mind. This is not easy, it will take you all of your life. There is nothing else to do in life. Once you have good air, water, food, health, fitness, a strong mind, proper understanding of what is life and how to live, what else is there in the world for you to strive for? Do nothing. Nothing harmful. Just enjoy life. Like kids do. Live and let live.

Chemists must now see how all this massive amount of hazardous materials littered all over the globe can be quickly and safely neutralized and buried. All man-made gadgets and artifacts must be gotten rid of and nothing more should be produced. Engineers must develop necessary technologies and infrastructure to cleanse mother earth of all artificial things. Doctors must work towards prevention rather than cure. Academicians must think, understand and spread awareness everywhere. Teachers must teach human values and how to live rather than mathematics and science and all the other subjects which have no direct bearing on our lives. Policy makers must understand all this and change their priorities. An industries minister must work towards stopping all industries instead of promoting them. A tourism minister

must understand the harmful side effects of travelling and must do everything possible to reduce tourism the way it is practiced now. The petroleum minister must work for stopping the very production of petroleum and its by-products. The energy minister must stop producing electricity rather than trying to meet the growing energy demands. We need a complete u-turn in our thinking everywhere. We must all change our life styles drastically. We must stop doing anything that can be potentially harmful to others. We must all stop shopping the way we do today. We all have a right to live, to live well, to enjoy life but we do not have any right to harm, injure, torture, terrorize or kill others. We have no freedom to enjoy life at others' cost. We have no right to do anything which may be harmful to own own children. We must learn to live and let live. There is no other way. Let us live happily and let us ensure that our children will be able to live well and enjoy life too. It is foolish to spend our time earning money for the sake of our children. The greatest gift you can give your children is not cancer or diabetes but clean air, water and food.

We often hear an argument that we must be optimistic and think positive, come what may. True, but we must also be realistic. If somebody is really threatening to stab you to death, can you escape and survive simply sitting mute by thinking positive? You better do something immediately to save your life. Hope and optimism are good but if there is something bad and negative, you cannot get over them by merely winking at them. If the enemy strikes, you better wake up and fight back too. We cannot wish away all the pain, suffering and misery in the world by merely turning our minds away from the harsh realities. That is escapism. We must understand the ground realities, good, bad or ugly as they may be. Let us ask a fundamental question – is this world full of joy and happiness or is it full of pain and suffering? This is not merely a matter of our attitude. A moment's reflection will convince us that pleasures are usually short lived while pain and suffering last long. Pleasures are less intense, more or less like 'normal', while pain is intense and crippling. Nobody will jump with joy that his 31 teeth are not painning when one of them is! A

rapist thinks that he can derive happiness in the process and even if we accept that argument tentatively for our purpose here, we easily see that the so called pleasure lasts a few minutes but the pain and misery that result from that action will haunt him the for the rest of his life. When we enjoy eating something, the joy may last for ten minutes but if you were to get a stomach upset, you will suffer for days. Perhaps you take an anti-biotic which leads to cancer later in your life. Pleasures of material objects and technological gadgets last minutes while the harmful effects of the pollution they cause and the resulting ill health will cripple your whole life. There is more pain and suffering in today's world than happiness and joy. It is therefore wise to try and reduce the pain, suffering and misery in the world instead of trying to maximize pleasure and enjoyments. This is not a negative attitude. This is not pessimism. This is reality. This is the way to lasting happiness for yourself and everybody. This is the only way. Work for reducing the pain, misery and suffering in the world. And you will surely get maximum happiness and satisfaction and bliss for yourself too. Spend your time, effort and money to reduce pain and suffering in this world. By fighting pollution.

You have no right to commit mass murder for the sake of your convenience. You have no right to produce any waste other than purely natural wastes such as urine and stools. You have no right to use any man-made product or material that can cause chemical pollution. You have no right to do anything that can potentially lead to poisoning of the earth system. You have no right to travel, no right to go shopping. Change your life style today. Now. There is no tomorrow otherwise. Harmless living is possible. This is 'ahimsa'. Ahimsa or non-violence implies causing no harm, injury, pain, torture, disease, suffering, or death to any living creature by any means and for any reason whatever. Pollution is slow poison. Pollution is Murder. Pollution is himsa. Practice ahimsa, Stop Pollution. Take an oath today. Change yourself. Say 'no' to anything that can potentially cause pollution, even if by accident or misuse. Practice ahimsa. This is the message of Mahatma Gandhi. This is the message of Jesus Christ, of Lord Buddha, this is the message of the Vedas and the Upanishads,

this is the essence of all religions. This is real science. This is humanity. Practice ahimsa. From now. Let us enjoy life but let our children and future generations enjoy life too.

# The Holy Book !

This part is about an ugly disease, perhaps the most wide-spread all over the world, incurable by any medical treatment, threatening to demean human life on Mother Earth. A large portion of the well read human population today has got this ugly disease. Please take a few moments of your valuable time to read through and ponder.

This is all about taking your finger to your tongue to turn the pages of a book. Where is the need to sanctify the holy book by your sacred saliva? Saliva, like mucus, pus, urine and stools, may be a necessary part of your body but nobody wants it from you! Why do you freely distribute your saliva to everybody? How would you feel if I put my fingers into my nose instead, to turn the pages of your book? Yak!

Unfortunately this disease is not easily noticed by us. It is almost involuntary and once it becomes a habit we do it unconsciously. It is very difficult to get over this ugly habit. Often people argue that they never do this, until you show them a video capture.

The pages of a book can be easily turned, one page at a time, without the pages getting stuck up, by keeping your index finger on the top right hand corner of the book, on the top side, not on the page itself, and gently lifting the top most page. There is absolutely no need to use your saliva or other body fluids to turn pages.

Books represent refined knowledge, consolidated human experience, wisdom and vision of mankind. As such, every book is a holy book and every book is worthy of great respect. Books are like God. You do not spit on God, do you? Then why do you lick your books like a dog?

Saliva carries Billions of bacteria and licking paper is not only ugly but also utterly unhygienic and indecent. You might have touched all kinds of objects with your finger, perhaps even the toilet flush. Why put this dirty finger into the mouth? The paper may be dirty and

already 'purified' by the sacred saliva of so many other people. Why take all this to your mouth?

You have no right to force anyone to touch your salivated books or sheets of paper or film. Please remember that if you expect others to accept your saliva, you must get ready to accept their saliva, mucus, or whatever too.

You should consciously try to overcome this bad habit. Whenever you have the chance of dealing with books or paper, mask your mouth so that putting your hand into your mouth is physically prevented and you become immediately conscious of this otherwise involuntary action every time you try. You could simply use your hand kerchief to do this. Summon up your will power, make a strong determination, tell yourself daily that you shall never do it. Punish yourself the next time you do it. Imagine that you have just put your finger into a bowl of Potassium Cyanide and licking your finger would mean instant death. Do anything, but get over this ugly disease. Today.

Let no one lick books. Spread this message everywhere. Let students, teachers, educationists, policy makers, doctors, everybody take it up on a missionary zeal. Let us make it a policy that nobody shall get a teacher's job in any school, college or university if they suffer from this ugly disease. Let us make it a policy that students who do it are punished. Let us make it legal that licked papers can be rejected by anybody anywhere anytime for that reason alone. Let no child ever get into this bad habit in future. Let us eradicate this ugly disease once and for all. Let us make this world a lick-free world.

