

Book about Life

Life answers that everyone is looking
for

By

Oryema Walter



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Book about life

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PREFACE

None of the knowledge is mine. What I have learnt is from others. You will find such similar ideas in many books. But I wanted a book that is precise, simple to understand, makes sense and is freely available to anyone. *A straight to the point book*. This is the effort of many years, boiled, purified and refined to the very basic principles.

There are too many people to thank for; my parents – Oyugi Charles and Ayoo Hellen who nurtured and taught me courage, love and how to live in this generation, my wife; Awor Juliet for her prayers, encouragement and patience, my brothers and sisters, friends, my course mates and lecturers – UPIK, all staffs of Kigumba Royal Secondary School, far too many to even list them down in this book. But I would like to thank the greatest teacher of all: *my mistakes*.

Everything that I have learnt over the years were from my own mistakes and failures.

Chapter 1 : INTRODUCTION

I wrote this book to be a guide to others in the journey of life. Its just a guideline to

be understood and followed. Some things might not make sense immediately or the interpretation of the reader might be different but the basic principles remain the same no matter what. I suggest readers to follow this journey a small part at a time. What I am about to present here is extremely difficult and cannot be done within a day or a month or a year. It will take years of effort and sacrifice. What lies at the end of this journey will become clearer as you progress down this path. I hope you make good use of this knowledge and distribute it to others in need. This is going to be a journey within yourself, so I wish good luck to those who want to know the truth.

Chapter 2 : WORK

“Work without attachment.” Bhagavad Gita

Do not seek or ask for the fruits of your effort. Work as it is your duty to do it.

Ask yourself everyday " If I didn't get paid to do this, will I still be doing this ?"

Do what you must. Do not seek what you can get out of it, rather how much can you give. It is in giving that one receives peace. Do not try to control, or to win or to horde. Do it because you really want to do it.

A man who seeks the fruits of his effort is forever caught in the trap of delusion, wanting and desires.

- A man should not care who gets the credits for it.
- A man should not care what money he will get for it in return.
- A man should not care what he gains out of it.

A man, who gives up his own personal desires and thinks about the greater good, will always enjoy his work.

A man must work for the benefit of others and the society. He must use his skills for betterment of the society rather than to just serve himself.

Everyone born in this world, have been given a specific purpose. It is a man's duty to find that out and complete it in the best possible way. He has also been given skills that will assist him the completion of his duty. By getting caught in the trap of desires he forgets his real duties. It is far better to fail in your own duty, than to do others duty.

“If you misuse your living, you will have poor living”. Oryema Walter

Chapter 3: DESIRE

“Desire is the root cause of man's suffering.” Buddha

When a desire arises, a man becomes attached to it. If he gets it, he feels happy, and then he wants more. If he does not get it, he feels sad and blames others for it. It's a endless cycle.

Once a man has a high paying job, he wants a bigger house, then a car, then good clothes, then new furniture to match the status of his life, then more money is needed, then he wants to join club houses, then he wants another house, then some more money, then more...the never ending cycle.

Once a man gets trapped in the cycle of desires and wanting then is no peace for him. He loses his sleep and patience, running after one thing or another all his life.

**A man who is free of all personal desires and wants is a happy man.*

Chapter 4: OTHERS

A man does not want anything. The only reason he wants something is because others are having it. He is always engaged in comparison with others.

- I have so much money, that person has so much more.
- I look like this, that person is better looking than me.
- I have few friends, that person is so lucky since he has more wealthy and influential friends.
- I have smaller houses, that person has a bigger and a better house.
- I have such clothes, that person is better dressed than me.
- I am not educated or intelligent like others, that person is better educated and intelligent than me.
- My father is poor, that person's father is more famous and rich.
- That other person is so much smarter than me.
- That other person is so much better than me.

- That other person has so many friends.
- That other person has something that I don't have...

And so on and on it goes forever. Never satisfied with what he has, a man sees others having more than him, he wants more and more. This he keeps doing everyday. In the reality he does not want a bigger house, cars, etc but since someone else has it, he too wants to have it. This leads to greed, jealousy and envy. Although he says nice words to others, but in his heart he does not like others who are better than him. He only feels better when he is at the top. No one else is above him in any way. As soon as someone has 0.001% more than he has he does not like it. This leads to competition and a race to win. He who is content with himself is at peace.

Chapter 5: DARK JUNGLE OF LIFE

Life is like a dark jungle and here are the enemies of a man that he is going to meet in his journey which he must conquer on his own.

- Greed • Anger • Lust • Egotism • Falsehood • Deception • Lying
- Stealing • Dishonesty • Cheating • Cruelty • Killing • Pride • Arrogance
- Conceit • Vanity • Jealousy • Envy • Sloth • Impatience • Indecision
- Selfishness • Revenge • Hate • Wrath • Gluttony • Idleness • Attachment

There are more, it's not possible to list all of them here, but I have listed the major ones, the first three being the biggest enemies of all. Where even one of the above enemies is present, others are bound to be found. There are extremely difficult to locate and remove since they are hidden within the man himself. They are like termites that eat up a man from inside. It takes a man away from his true duties and leads him to a false materialistic life which always ends up in disaster. A mind filled with such impurities is always agitated. Every man must cross this dark jungle of life on his own. No one can help him in this process. A man must take a thorough note of himself at end of every month to see which one of these enemies is still present.

Below is a rough description of each one of them to assist him in this process.

Greed

- Greed is the selfish desire for or pursuit of money, wealth, power, food, or other

possessions, especially when this denies the same goods to others.

- An excessive desire to acquire or possess more than what one needs or deserves, especially with respect to material wealth.
- A selfish and excessive desire for more of something (as money) than is needed.

Anger

- Anger is an emotional state that may range from minor irritation to intense rage.

Lust

- Lust is any intense desire or craving for gratification and excitement.
- Intense or unrestrained sexual craving.
- To have an intense or obsessive desire, especially one that is sexual.

Egotism

- The tendency to speak or write of oneself excessively and boastfully.
- An inflated or exaggerated sense of one's own importance.
- The practice of thought, speech, and conduct expressing high self-regard or self exaltation, usually without skepticism or humility.
- The practice of talking about oneself too much.
- Egotism is the motivation to maintain and enhance favorable views of self. Egotism means placing oneself at the center of one's world with no direct concern for others.

Falsehood

- An untrue statement; a lie.
- The practice of lying.
- Absence of truth or accuracy.

Deception

- Deception is the act of convincing another to believe information that is not true, or not the whole truth as in certain types of half-truths.
- Deception involves concepts like propaganda, distraction and/or concealment.
- Tricking others for own personal gain.

Lying

- To present false information with the intention of deceiving.
- To convey a false image or impression.

Stealing or Theft

- Theft is the illegal taking of another person's property without that person's freely given consent.

Dishonesty

- Lack of honesty or integrity.
- As the act or to act without honesty; a lack of probity, to cheat, lying or being deliberately deceptive; lacking in integrity; to be knavish, perfidious, corrupt or treacherous; charlatanism or quackery.

Cheating

- To deceive by trickery; swindle.
- To deprive by trickery; defraud.
- To mislead; fool.
- To act dishonestly; practice fraud.
- To violate rules deliberately.
- Cheating is an act of lying, deception, fraud, trickery, imposture, or imposition. Cheating characteristically is employed to create an unfair advantage, usually in one's own interest, and often at the expense of others. Cheating implies the breaking of rules.

Cruelty

- Something, such as a cruel act or remark, that causes pain or suffering.
- Cruelty can be described as indifference to suffering, and even positive pleasure in inflicting it.

Killing

- To kill, killing or to have killed means to cause the death of a living organism.
- To deprive one of life.

Pride

- Pride is a lofty view of one's self or one's own.
- Inordinate self-esteem.
- Delight or elation arising from some act, possession, or relationship.

Arrogance

- An attitude of superiority manifested in an overbearing manner or in presumptuous claims or assumptions.
- Excessive pride.

Conceit

- A favorable and especially unduly high opinion of one's own abilities or worth.

Vanity

- Excessive or inflated pride in one's appearance or accomplishments.
- Excessive belief in one's own abilities or attractiveness to others.
- Seeking admiration for one's looks or achievements

Jealousy

- Jealousy typically refers to the thoughts, feelings, and behaviors that occur when a person believes a valued relationship is being threatened by a rival. This rival may or may not know that he or she is perceived as a threat.
- Intolerant of rivalry or unfaithfulness.
- Disposed to suspect rivalry or unfaithfulness.
- Hostile toward a rival or one believed to enjoy an advantage.

Envy

- A feeling of discontent and resentment aroused by and in conjunction with desire for the possessions or qualities of another.
- Painful or resentful awareness of an advantage enjoyed by another joined with a desire to possess the same advantage.
- Envy may be defined as an emotion that "occurs when a person lacks another's superior quality, achievement, or possession and either desires it or wishes that the other lacked it."

Sloth

- Aversion to work or exertion; laziness; indolence.
- Disinclination to action or labor.

Impatience

- Restless or short of temper especially under irritation, delay, or opposition.
- Eagerly desirous.

Selfishness

- Concerned chiefly or only with oneself.
- Seeking or concentrating on one's own advantage, pleasure, or wellbeing without regard for others.
- Selfishness denotes the precedence given in thought or deed to the self, i.e., self interest or self concern. It is the act of placing one's own needs or desires above the needs or desires of others.
- Arising from concern with one's own welfare or advantage in disregard of others.

“There are those who want others to do well to them yet their actions towards those ones are so bad. They should know that God does not allow that” Okech Tom Richard (Kigumba Royal secondary School)

Revenge

- The act of taking vengeance for injuries or wrongs; retaliation.
- To inflict punishment in return for injury or insult.
- Revenge (also vengeance, retribution, or vendetta amongst others) consists primarily of retaliation against a person or group in response to a real or perceived wrongdoing.

Hate

- Hatred or hate is a word that describes intense feelings of dislike.

It can be used in a wide variety of contexts, from hatred of inanimate objects to hatred of other people.

Wrath

- Described as inordinate and uncontrolled feelings of hatred and anger.

Gluttony

- Overindulgence and overconsumption of food, drink, or intoxicants to the point of waste.
- Excess in eating or drinking.
- Greedy or excessive indulgence.

Idleness

- Idleness means the act of doing nothing or no work.
- A person who spends his days doing nothing of relative importance.

Attachment

- Exaggerated not wanting to be separated from someone or something.
- Attachment to people, places, things, wealth, status, etc.

"Once you start down the dark path, forever will it dominate your destiny, consume you it will.." Yoda (Star Wars)

Chapter 6: SENSE ORGANS

There are 5 sense organs:

- Sight (eyes) • Touch (skin) • Hearing (ears) • Taste (tongue) • Smell (nose)

A man must learn to control the sense organs. He must make himself the master of his senses and be able to control them at will.

Below are few examples that show how a man's sense organs go out of control:

- If a man sees something pleasurable, then a desire to own it arises.
- If a man smells something delicious, his mouth starts watering and a desire to eat it arises.
- If a man tastes a delicious dish, he wants more again and again.
- If a man hears a nice melody, he feels better for some time.

- If a man comes in contact with a pleasurable item, he wants more of it.

Sense organs blind a man to reality. *A man becomes a slave to his senses.*

Senses are very strong and hard to control. They are like wild horses running after one thing or another.

A man must be able to withdraw from his sense organs like a tortoise withdraws in his shell.

He must be self restrain in food, speech, spending, sleep and all other forms of sense enjoyments. Taking only what he must, and giving back all he can.

A stead and resolute determination is required.

Chapter 7: REAL NEEDS AND WANTS

What does a man need for survival in this world?

- Food to eat • Place to live • Clothes to wear • Education • Tools to do his job

But what does a man want?

- Expensive clothes • Club memberships • A huge house • Lots of expensive cars
- Expensive Holidays • A highly successful business • Huge lands to own
- Gardens, Farm houses, etc • Almost Everything!

A man's wants have gone way beyond his real needs. His daily expenses keep rising everyday. He keeps buying things that he doesn't need. He wants to own everything and rule over this planet. This has lead to few people who have a lot more than they need and many people not having even the basic necessity of life. This has lead of everyone grabbing everything that they can lay their hands on. A mad race to own and possess. A mad race for success, power, fame and material wealth which anyway a man is going to leave behind after his death. A mad race to accumulate things in his life that which he has NO real need of.

All his life is spent in earning, accumulating, spending and consumption. Houses, cars, electronic gizmo's, clothes, toys, etc. In order to get such things he has to lie and cheat with others.

A man waste food, money, time, etc... just for *his own pleasure and enjoyment* and turn his heads away from the problems of others. Living a very selfish and self centered life.

There is enough for everyone, if a man understands his own real needs and lives

Book about life

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accordingly. Only taking that what he needs and let the rest pass by. If a man control his needs and live accordingly, not having any extravagance everyone can live peacefully in this world.

Here are a few steps to follow:

- Make note of the expenses you make and remove the ones that are not needed.
- Keep an expense diary.
- Take account of things in your house and give away what you don't use or have no need for it.
- Make your life simple.
- Before you buy anything, make sure that you really need it.

A man should not try to beat others in this game, or compare his own wealth with others. Having more than what he really needs, will lead him to a lot of anguish, frustration and problems latter in life. A man should live a life of content and hard work.

“First off, I'm actually perfectly well off. I live in a good-sized house, with a nice yard, with deer occasionally showing up and eating the roses (my wife likes the roses more, I like the deer more, so we don't really mind). I've got three kids, and I know I can pay for their education. What more do I need? The thing is, being a good programmer actually pays pretty well; being acknowledged as being world class pays even better. I simply didn't need to start a commercial company. And it's just about the least interesting thing I can even imagine. I absolutely hate paperwork. I couldn't take care of employees if I tried. A company that I started would never have succeeded it's simply not what I'm interested in! So instead, I have a very good life, doing something that I think is really interesting, and something that I think actually matters for people, not just me. And that makes me feel good.” Linus Torvalds, creator and chief architect of the Linux kernel.

Chapter 8: BRAIN IS JUST A TOOL

Brain of man is just a tool that is provided for survival and creation.

But a man uses his brain to :

- Making plans to fulfill his selfish desires
- Find loopholes in the system for his own exploitation and gains

- Planning and doing all the wrong acts
- Making plans of harming others
- Making plans of destruction

A man must understand that the brain is just a part of body. It is the control center of all bodily functions and thought. It is not meant for making plans for exploitation of others, neither for self enjoyment nor for ones self serving purposes.

"A knife can be used by a robber to kill a person and the same knife can be used by a doctor to save a person's life." This is the same thing that applies for a man's brain. Either a man can use it to do wrong or right with it. Doing the right thing with it is the right and proper use of it.

Always ask these questions:

- "Whether what I am about to do is going to help others ?"
- "Whether what I am about to do is the right thing to do ?"

Doing the right things will bring a man peace and happiness and doing wrong will agitate him and others. This will lead to all sorts of diseases and problems later in his life. A man must be very careful of what he thinks, says, hears, sees and does. Everything will leave an impression on him.

"What we have done for ourselves alone dies with us; what we have done for others and the world remains and are immortal." Albert Pike

Chapter 9: CONSCIENCE

A man must always follow his own conscience, his inner voice. Whenever a man is going towards wrong, his conscience will always stop him. *But a man refuses to listen to it, thinking that he is smarter.* A man's conscience is never wrong. It always shows the right path. A man must always do whatever agrees with his own conscience, judgment and common sense.

Blindly following others will lead a man into a wrong path. A man must learn to be patient and trust his conscience. A man must make his conscience his moral compass to navigate him through life.

A man can escape his punishment from the courts of law using his money and

power, but his conscience never forgives a wrong deed done. His own inner voice will keep hurting him for all the wrong that he has done. "The only tyrant I accept in this world is the 'still small voice' within" Mahatma Gandhi

"There is no pillow so soft as a clear conscience" French proverb

"Anyone who denies wisdom has cheaply sold his or her own life" Okech Tom Richard (Kigumba Royal Secondary School)

Chapter 10: MATERIAL WEALTH

Accumulation of money does no good. Neither does success nor winning has any real meaning.

Do not look at the possession of others. A man who works for the betterment of society, rather than his own success is far superior and intelligent. Getting good grades in college and using the knowledge for ones own desire and achievements is disaster.

Knowledge which does not bring peace and happiness to self and others is not worth keeping.

"Strive not to be a man of success, rather strive to be a man of value." Albert Einstein

Knowing that success and failure is just a state of mind, one should always keep his mind steady fast in both. Neither getting happy when successful, nor becoming sad in failure a man must not concern himself with such delusions of nature.

Attachment to worldly objects (houses, cars, phones, clothes, looks, fame, fortune, money, prestige, society, etc) will lead to suffering.

A man should forget the very concept of possession and ownership. *A man cannot own anything in this world forever and a day.* When he dies he has to leave everything behind. So he should not spend his life in the useless pursuit of acquiring things that he does not need but rather should think of what service can he render for humanity that will serve everyone.

Chapter 11: LEARNING

Only a learned man is able to help the society in a better way.

A man must devote some time everyday to learning. Any waste of time is very harmful.

A man should not be totally dependent on others to teach him something. He must take a personal responsibility towards learning.

The more a man knows, the better way he will be able to serve the society.

Do not learn just to earn money, or to gain success and fame. Such selfish learning is of no use.

“Anyone who stop learning is old, whether at twenty or at eighty” Henry Ford

Chapter 12: EXPOSURE / SURROUNDING

A man should always try as much as possible to get exposed. He or she should explore as many places as possible. When a man changes environment, he learn various things of which others are directly connected to his life or even the life of others. What a man should know is that, the kind of environment he is living in determines whether he is going to succeed or not. Not only that. The kind of friends he associates with determines his destiny. The person you connect with matters. We should connect with people of favour/success. Joel Osteen in his words *said* *“There are people God put in your life not to compete with but to connect with”* and if one is not careful, he may fail to identify such people and then misses his destiny. A man should be very careful about things he spends his time on. I have ever seen many gossiping, planning evil ..things which are not constructive, wasting almost all his time given by God. He does not know that ages are figures that just increase but do not decrease. We should at all times know that God is always happy when a man is living a happy and a blessed life. Anyway, he can tempt you not destroy you but to correct you. What a man should know is that God punishes just like your earthly father does, only that we can't hear the strokes.

** “If you are with eagles, you will never think like chicken” Oryema Walter.*

Try to choose your friends. The one you learn from. A man should choose to live with vertical friends so as to receive vertical favour.

A man should spend most of his time learning, whether he is in the restaurant, in for leisure, chatting with friends, travelling. He should consider getting wisdom all the time since it is the one that controls us throughout.

Chapter 13: FINAL THOUGHTS

A man should be unmoved in criticism or praise.

Neither should he be concerned with victory, nor with defeat.

Neither hate nor love sways his mind.
Neither does he gets dictated by emotions.
Neither does he seek pleasure, nor avoids discomforts.
Neither does he get angry, nor feels sad.
Neither greed of money nor power can change his way.
Neither does he become a slave, nor does he enslave anyone.
Looks at a piece of gold and a rock with an equal eye.
Never makes enemy of his fellow beings, nor makes fun of others.
Corrects his own mistakes first, rather than looking at the mistakes of others.
Treats others with courtesy and respect, rich or poor.
Does what is right.
Lives for betterment of society and others.
Free of all attachments and desire.
...is a happy man.

*"Being rude and arrogant will just earn for you more days at your father's place".
Afeku Natal (Kigumba Royal Secondary School)*

** This is for the married!*

Chapter 14: THE END

This is a very short and precise guide. I have tried to keep it as simple as possible so that anyone can understand it.

Do not believe in what others say or do, or what is written in books. Always use your own commonsense above everything else. Know this to be the greatest wisdom of all.

This book is not yet finished...more refinement is needed which I hope to do it in coming years.

Albert Einstein once said that there are only two things that might be infinite: the universe and human stupidity. And, he confessed, he wasn't sure about the universe.



NEVER WORRY ABOUT ANY SITUATION SINCE GOD KNOWS ABOUT IT

Let me share some parts of my life story with you today. I have realized that God gives you wisdom in no second to survive from your enemy and that whatever happens, God is aware of it and shouldn't be your struggle to prevent it, to solve it or to do something about it. It was in 2003 that my mom and I escaped from the hands of LRA (*Lord Resistant Army*) in Alololo village, Arum Sub – county, Agago District. They camped at our place for three days. One day, they wanted to kill my mom but when their leader (*Lapwony*) was consulted, he objected the proposal and said “mama should not be killed. Don't you see that she is suffering from tooth ache, she fed you for three days?” Immediately the helicopter came over and they were dispersed. Others falling and rolling, squatting with their fingers hidden. Had it been my mom was not having tooth ache, she would have been killed. God plans everything for us. *Sometimes he develops something unbearable in your life not to torture you but to prepare you either for survival or success.* On the third day when they were leaving, I survived narrowly with the help of God's wisdom. See, the last group to leave our home came and asked my mom about me. They wanted me to go with them. I was only eleven but a very sharp, active, bright and intelligent boy. The wisdom that came from God in no minute after mom realizing that they wanted me, you couldn't believe! She hid me in the sack half – filled with groundnuts. When they inquired about me (*Kadogo*-meaning a young boy), glory to God. Mom, pretending to be in tears, throwing herself here and there and with a lot of confidence, wisdom from God, told them that “Kadogo has already been taken by the first group that left. I really don't know what to do. He is my only boy. Help me bring him back.” They had to believe and leave as well happily. *My parents are heroes to me and may God*

continue to bless them. Immediately, we left the village and started as refugees till 2004 when we left for Masindi. God the creator of heaven and earth made us to survive and I believe we shall all see the purpose of our creation in this generation. I declare a family of favour; a family of success, a family of engineers, nurses, mechanics, and professors both national and international. I have seen it.

WHENEVER YOU FIND YOURSELF ON THE SIDE OF THE MAJORITY, IT IS TIME TO PAUSE & REFLECT*

Why do we end up liking something - it is because we are conditioned to do so. As individuals, we must always be careful in our thinking that we are not just "joining the bandwagon." We must not follow the majority out of laziness or disinterest. Decisions in our life need to be made with forethought. We need to do the research to make the right choices - whether it is in an election, in the workplace, or in the family. All issues have two or more sides. So we must always continue to educate ourselves to be well-informed. Pausing and then reflecting is a good way to live life. You will learn from your past experiences, and then be able to apply what you have learned to future situations

THE REAL MAN SMILES IN TROUBLE, GATHERS STRENGTH IN DISTRESS & GROWS BRAVE BY REFLECTION"

«« Anyone can do well, when things are going smoothly without any problems. The real test of our character and abilities lies in how we handle adversity. Problems need to be faced head on; we must not ignore them, or they will grow in intensity that may be beyond our abilities to fix. As we solve the problems that occur, we will gain more confidence to forge ahead. Upon review, we will realize how brave we have become, and our lives will be changed for the positive!

GOD GAVE ALL OF US THE GIFT OF LIFE. IT IS UP TO US TO GIVE OURSELVES THE GIFT OF LIVING WELL.

There are no return visas for re-entry into planet earth. Life is a one way ticket out. How do you get more living out of life? Life is free to spend at will. The only restrictions are your own self-imposed inhibitions. Free your mind and will to be open to new experiences and to be prepared for the opportunities that will come your way. Live well - choose wisely. Plan a good life, and then follow the steps to make it happen. You cannot control all the circumstances of your life, . Be smart; use your talents for good purposes, and then reap the positive results. You only receive the gift of one life - make it the best possible by following the principles of good living - faith, joy, peace, and hope.

God has plans! Be blessed

«TREAT EVERY ONE YOU MEET IN YOUR LIFE WITH CARE!»

It is a natural thing for us humans to compare ourselves to others. Use this mechanism to propel yourself forward towards success. How to do this? Work on the traits that need to be improved, and continue developing your assets. Concentrate on the positive and celebrate each success, no matter how small it may appear at first. You will build upon this new found confidence. It is important to remember that you need the help and support of family and friends along the way. Be grateful to everyone, who comes into your life. Treat them with the love and respect that each one deserves. Your life will be enriched by the meaningful connections you make with others.

«A GOAL IS A DREAM WITH A DEADLINE»

Making goals in your life keeps you focused and on a positive path to a worthwhile existence with meaning. Do not squander the talents that you were given or your time on earth. Use them wisely to better yourself and the world in which you live. Keep on striving to learn more and do more. You will find yourself happier and fulfilled. Keep your goals simple - start with a dream and then work to make that dream a reality. You will need to devise a life plan with a definite end result and a definite time frame in which to achieve this goal. You will gain momentum with each goal that you achieve, and before you know it, you will be what you have always dreamed of being and doing what you were created to do. How wonderful to be in this state of life!

May God the almighty answer the desire of your heart!

THERE IS NOTHING IMPOSSIBLE TO HIM WHO WILL TRY ! »

The true origin of the word "hero" is from the Greek that means protector/defender. A hero is willing to sacrifice himself/herself for the greater good. Alexander the Great was "great" for his military genius and for his diplomatic skills in ruling peoples of different cultures. Alexander established the greatest empire the ancient world had ever known. So too, in your # own life, you can be a hero. If you do not try, then you have no means for # success. Never give up; do not let failure stop you from trying again and again and again... yes, and again!

ENCOURAGE PEOPLE AROUND YOU & EARN GOD'S FAVOUR !

What does Mahatma Gandhi, Dr. Martin Luther King, J r., and Nelson Mandela all have in common? The one common denominator in each of these personalities is the ability to shake and shape the course of history. How did Gandhi accomplish this task? Mahatma Gandhi is famous for his "non-violent approach to positive change." He urged the Indians to "not accept inequality but instead to unite, work hard, ...and observe clean living habits." This method was adopted for the same course of freedom by Dr. Martin Luther King J r. and Nelson Mandela. Thousands of people's lives were changed for the better. You also have the potential and power to influence others in a positive way, both at home and in the workplace. Provide guidance and direction in a gentle but meaningful way.

God looks at you as you encourage & advice a friend or groups of people & he gives you favourrrrrr ! # Try & see!!!

"YOU DON'T NEED TO HAVE THE BEST THINGS. YOU NEED TO MAKE THE BEST OF THE THINGS YOU HAVE"

You need to live life to the fullest, whether you are 25,30, 50, or 75 years old. Aging, in the physical sense, is very challenging, when a person can no longer accomplish what he/she was able to do previously. Live life now; do not wait for the perfect moment to take that special trip, to buy that plot of land, to start that business, to study further at that university, to try for that higher position, or to try that new sport. Remember to keep a young spirit, as well. Your physical and mental well-being goes "hand in hand." Find fulfillment in all the things around you!

I declare wisdom & success in your life in Jesus name. May the almighty God show you the reason for your creation. You are not an accident, God knew your creation!

ALL YOU NEED FOR YOUR DESTINY IS PLAN & DETERMINATION

What do you want out of life? You are fortunate to discover your purpose for living in the prime of your life. The majority of people simply drift along with the crowd without a definite purpose to fulfill. You could be one of them. That is the bad news. Here is the good news. You can reverse this trend here and now! If you think this is too good to be true, there is better news. You have everything you need right within yourself to turn your life around. You only need to shift your mind from failure to success, and the rest will fall into place.**

NEVER MISS YOUR GIFT/REASON FOR CREATION!

As human beings, we experience so many challenges in our lives. Truly, we are

the ones to decide on how our lives should be the way we want them to. Always, the attitude & the interaction with the # surrounding contributes to 97% Of your life journey/Destiny. Positive interaction leads to success as Negative interactions bring you to Nothing, problems, misfortune, dismay, sadness etc. # Check back yourself and do something about it!

You will testify, practice it!!

YOU CAN'T CROSS THE SEA JUST BY MERELY STANDING & STARING AT THE WATER!

* # Where there is a will, there is a way. Action is the key ingredient to reaching your goal. Make the move now! Waiting does not make it easier. There will be no "perfect" time to take that step forward. Be prepared, and make your own opportunities happen. You know what needs to be done, so get to it. Taking action # tomorrow leaves you in the same circumstance as today. Progress, even though in small amounts, is still progress.

«THE TIME IS NOW»

You have one life to live! There are no "dress rehearsals" in life. This is it! No one comes back to right the wrongs. You do not have a second chance to seize these opportunities and make them work for you. Engage in every moment; time is everything. Every second, minute, and hour that you are not involved in some productive activity is wasted and gone forever. Make the most of every experience, and save it for now and the future!

WATCH YOUR SURROUNDING!

The environment & the people we always interact with, contribute up to 90% Of our lives and the journey to our destinies. By pre-cognition, you can predict your own psychological or emotional state by targeting psychological or emotional stimuli.

You are in the state you are in now because of the Environment you are in or you were in".

«THIS IS WISDOM, Take it, consider it & practice it. You Will experience a change in your # life . Live the life you admire by choosing your environment!

Cheer up!!!

#You can choose your destiny Now!!

Schedule a meeting with yourself if you must succeed

As I mentioned before in this book, most of these things are my experiences and mistakes. Someone might look at the heading and think that Walter is just mad. For

Book about life

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your information, *I'm not*. It is wisdom given to me by God. In this meeting, you even write down minutes and follow agenda. Do it at least once a week. *You will testify!

ENVIRONMENT AND LIFE

INCREASED MOBILE/WIRELESS PHONES USAGE & HEALTH

I ask; do you know how to use your smart phone safely? How long do you normally spend on WhatsApp? How long do you spend Face booking? Generally, how long do you expose yourself to those radiations? How do you feel after a long minutes of phone calls? Believe me, you feels like “little” fire burning around your ears! Let me explain briefly this “little” fire;

Mobile phone radiation and health concerns is so much pronounced, especially following the enormous increase in the use of wireless mobile telephony in Uganda and throughout the world. This is because cell phones use Electromagnetic radiation in the Microwave range.

When we talk on mobile phones, the transmitter takes the sound and encodes on to a continuous “sine wave”. The sine wave radiates out from the antenna and fluctuates evenly through space. Once the encoded sound has been placed on the sine wave, the transmitter sends the signal to the antenna which then sends the signal out. The encoded signals are made up of electromagnetic radiations (**little fire**). These waves are picked up by the receiver in the base station tower. The base station antenna emits radiations continuously to make a link with the subscribers.

Part of the radio wave emitted from the mobile phone is absorbed by the human head. The radiation emitted by a GSM handset can have a peak power of 2 watts.

In the case of a person using mobile handset for hours in a day, most of the heating effects will occur in the ear pinna, internal ear, head surface and even in the brain. Internal ear has fluid filled structures which are more susceptible to heating effect. Brain tissue is delicate and there is blood-brain barrier system to eliminate excess heat generated.

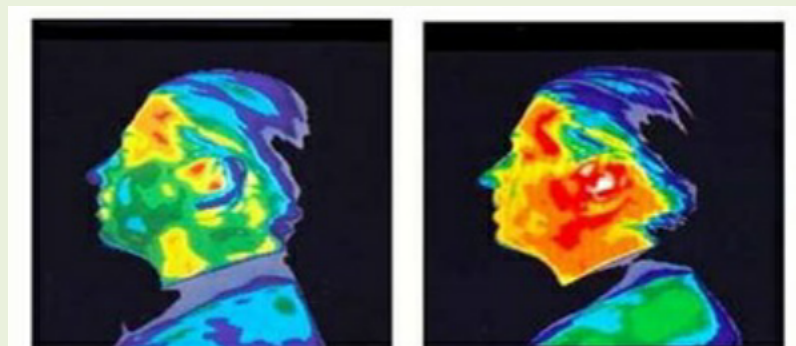
Some of the brain waves that determine **mood** and **alertness** resemble the mobile radiation in frequency. So that normal brain functions will be affected even in a few persons using cell phones continuously. Another structure that can be affected by heating is the cornea of the eye. It is the transparent covering on the front part of the eye. Cornea lacks blood supply, so that the heat generated cannot be removed and may cause premature cataract. Non thermal effects include alterations in bio-cycles, cellular metabolism, spermatogenesis (in men), abnormalities in Foetal developments (in women), miscarriage etc. Some users of mobile phones feel several unspecific symptoms during and after the use of mobile phones in the form of burning and tingling sensations, fatigue, sleep disturbances, dizziness, loss of

mental concentration etc. All these may be due to the influence of the radiation (**little fire**) on the bio-magnetic field of the body.

Thermal effect

Microwave causes “dielectric heating in the human body. Human tissue is rich in water and exhibit dielectric property (+ve and – ve ions). Living tissue heat up through the rotation of polar molecules such as water. This friction causes heating of tissue. Head is in the “near field “of radiation, so that most of the heating effect occurs in the head. Temperature in the internal ear, brain etc increases to 1 degree or more. This adversely affects the functioning of these organs since these have fluid filled cavities .

In short Thermal effect causes; Burning sensation in the Scalp and Ear pinna, Mood alteration and lack of concentration, Lethargy and lack of sleep, Whistling sound in the ear, Premature Cataract- Cornea of eye lacks blood supply and heat cannot be disposed, Confusion and loss of memory since the microwaves interfere with the mood controlling brainwaves, Alters sleep physiology and biological rhythm by changing the level of Dopamine (regulates sleep-wake state), Serotonin hormones (that keeps you awake) and melatonin (hormones that makes you sleep) and **cancer**.



Brain with no exposure

Brain exposed to radiations

Consider some of the precautionary measures:

1. Do not use mobile phones more than 10 minutes continuously. During conversation, mobile phone will release bursts of energy to keep link with the strongest base station.
2. Try to use the mobile phone maximum one hour per day. If you want to use it more than this, use **Bluetooth** or **Head phones** .
3. Keep mobile phone away from bed while sleeping. It may affect your sleep physiology.
4. Do not attend mobile phone while driving or operating machinery. It will

- increase the cognitive load and reduce the reaction time leading to accidents.
5. Do not use mobile phone near **PETROL** outlet and LPG (Liquefied Petroleum Gas) cylinder. The static electricity in the atmosphere may explode by accepting radiation from the mobile phone. This may cause fire.
 6. Don't give mobile phone to children. Radiation hazard is more in children than adults because their brain is still so soft and can absorb as much radiations as possible!

Conclusion

Mobile phone is an excellent communication device. Mobile radiation defects occur only if it is used for prolonged time. Controlled use for communication purpose is always safe. Mobile phones emitting radiation below 2 watts is completely safe. Still, precautionary measures are always good, even though there are fewer case studies in this matter. Try to consider mobile phone as a communication device and **NOT** an entertainment device. Even if you are not talking, cell phone is emitting strong signals to keep link with the base station having strongest signal.

(Article by Oryema Walter; New vision/Daily monitor 26 August 2016)

Monitor emission standards, improve urban air quality

Uganda, one of the developing countries in the world, is targeting the middle income economy in round about five years. This means, the economy is in a transition state. Various sectors are therefore contributing to this development. A developing country however, has a lot of challenges to be addressed. Air pollution being the most pronounced, has its manifestations leading to adverse effects on human health. The World Health Organization (WHO) estimates that almost 800,000 people die prematurely each year from urban air pollution. In addition to cancer, cardiovascular and pulmonary impacts, air pollution can also have serious impacts on pregnancy outcomes and infant health. *In some cases, you can definitely smell the pollution, your eyes itch, you cough. It's like a dense soup when the pollution levels are very high due to thousands of chemicals, gases that are irritants and carcinogenic.* That's how it looks when you are approaching cities. The industrial settings in Uganda and most of the East African Countries are so close to the estates. The biggest air quality problem in the capital Kampala and other busy cities within the country is air pollution. Vehicle emissions are one of the numbers of contributing factors to poor urban air quality. Due to the poor quality of fuels (fuels with high Sulphur) and vehicles often found in developing countries, urban air pollution problems can become even worse if no action is taken. The dominant emissions from vehicles include carbon monoxide, unburned hydrocarbons or volatile organic compounds (VOC), nitrogen oxides, and particulate matter (PM).

When Nitrogen oxides and volatile organic compounds (VOCs) react in the presence of sunlight, they form photochemical smog, a common form of air pollution. Children, people with lung diseases such as asthma, and people who work, do businesses, spend leisure or exercise outside are very much susceptible to adverse effects of smog such as damage to lung tissue and reduction in lung function.

Also, in many situations, industry discharges pollutants without meeting standards and very often, they are not penalized by the enforcement bodies. These emissions depend very much on the fuels used and the design of the vehicles. Most of the respirable particulate matter (PM) comes from mobile sources and motor vehicles.

Some particles from mobile sources, motor vehicles and industrial settings have diameters smaller than a virus. The larger ones will be deposited into the lung - that's the biggest worry. It's also true that when the particles are small enough they go into the bloodstream and to the brain as well.

The transport sector should contribute towards importing of vehicles with lower-emitting engines. The introduction of efficient petrol and diesel vehicles with additional emissions controls systems will reduce emissions, improving air quality in the capital Kampala and other East African cities.

Comprehensive, more detailed, accurate and aggressive environmental laws should be made by law bodies. These laws should be revised every so often since many changes are encountered as we look at the middle income economy in some years to come.

The set emission standards by the WHO should always be monitored. These standards are the legal requirements governing air pollutants released into the atmosphere. It sets quantitative limits on the allowable amount of specific air pollutants that may be released from various sources (in terms of parts per million or ppm) over a given time. Most African countries emit up to about 2000 ppm (Uganda inclusive), few has values of about 500 ppm. A figure below that should be the target! This should be done in order to achieve air quality standards and to protect human health in the capital Kampala and other cities within the country.

On the technical point of view, *the production of urea* (organic element) should be increased not only as fertilizers but also a crucial substance in minimizing the rate of air pollution. From the storage tank, urea is injected as fine mists into the vehicles' exhaust stream to "remove" nitrogen oxide from the diesel exhaust. The resulting products from this reaction (nitrogen and water vapour) are no longer pollutants, after all nitrogen occupies 78% of the atmosphere! And water vapour is obvious - not harmful!

Health and safety of the people and environment is very much important in the activities carried out within the country. Everyone's contributions therefore count in curbing this threat. *(Oryema Walter, Uganda Petroleum Institute)*

GLOBAL WARMING - CLIMATE CHANGES

Progressive increases in the emission of gases that warm the planet should be treated as a global emergency. Increased heat changes all environments. Humans are dying in increasing numbers when heat waves overwhelm them. Much attention has been paid to environmental pollution and the effects of specific toxic and carcinogenic molecules in our environments. Revelations of major alarming atmospheric changes - the greenhouse effect and ozone holes - have served to remind us of our destructive effect overall on planet Earth. We suffer individually and collectively from our own pollution. The model of atmospheric dynamics that has emerged from a high tech, multidisciplinary study of the planet is complex.

Important players in atmospheric dynamics are:

1. The sun that supplies all the energy.
2. The atmosphere regulates input and output of the sun's energy
- 3 Oceans store and distribute heat while supplying water to the atmosphere.
4. The green biomass in the ocean and on land supplies oxygen and consumes carbon dioxide.
5. Ice fields subtract water from the oceans and store it below 0 degrees C.
6. Humans change all the variables except the sun.

Glass covering greenhouses admits light and heat energy but blocks some of the infrared heat energy that is radiated back. The green house stays warmer than the external environment. In the atmosphere, a similar effect occurs. Global warming means that the earth retains more of the sun's heat over time. The increased heating of greenhouse gases is reduced by increased reflection of the sun's energy reaching the earth by clouds and particle pollution in the atmosphere. Without particle pollution, the heating effects would be greater. The greenhouse effect from increased carbon dioxide, nitrous oxide and methane during the 20th century is the most conspicuous man-made change. The reduction in forest biomass and the exposure of ocean plankton to increase UV radiation are also concerns.

Heat drives weather and increased heat means increased turbulence in the atmosphere. The consequences vary with the distribution of this extra heat and its effect on ocean and air circulation patterns. We can accept paradoxical weather results as the extra heat makes weather systems more turbulent and changes air and water circulation patterns.

Much attention has been paid to estimating and predicting the average temperature increase of the atmosphere as a whole. Long-term predictions are best guesses and

may be misleading. Local heating effects are observable as wind and rain -- more heat produces more extreme weather events. In our view, the main concern should be the effect of heat retention on local climates right now. It is possible to imagine increasingly anomalous weather and increasing loss of life and property from greenhouse gas accumulation with little or no change in the average temperature of the planet, although, we do expect slow progressive increase in average temperatures.

You can increase the temperature in some areas and decrease in others and you can alternate - the differential effect will drive storms and precipitation in unusual ways. By the end of 1998, we knew that weather extremes were becoming commonplace and loss of life and property from adverse weather increased. These more destructive weather events promise continue to break weather records. There is no need to wait until 2050 to find out what is going to happen.

Hurricanes, tornadoes, and heavy flooding rains continue to cause havoc in the USA. Pacific hurricanes (aka cyclones) create increasing damage and death in the Pacific Islands and the coastal areas of Asia and Australia. Pacific cyclones caused large waves, heavy rain, flooding and high winds. Storm surges; cause damage to coastal communities and 90% of tropical cyclone deaths. Over the past two centuries, tropical cyclones have been responsible for the deaths of about 1.9 million people worldwide. Large areas of standing water caused by flooding lead to infection, as well as contributing to mosquito-borne illnesses. When ocean water floods the land, salts are left behind. Increased salinity levels in surface water make it undrinkable and increased salt in water and soils is toxic to plants.

The deepest problem for humans is that we cannot predict the future with any accuracy. Even the best informed scientist with the most recent data cannot know what is going to happen next. When we talk about prudence we refer to our best methods of minimizing risk and preparing to deal with events beyond our control which can injure or kill us. Preparation for accidents and illness consumes a large chunk of our resources. Smart humans notice adverse changes and take action to minimize the risk of adverse consequences. But not all human are smart or prudent.

Living on the Edge People in California are specially adapted to the uncertainty of nature - earthquakes have always taken their toll; however when you add the toxicity of air pollution and agricultural chemicals, to soil erosion, draughts, floods, fires, and social unrest you have a formula for an unstable ecosystem that will become less habitable rather than more as the years proceed. The predictions of climate changes that might occur because of more greenhouse gases are becoming true.

Other comfortable and affluent North Americans are having trouble realizing that they are also living on an ecological edge. More of them are seeing homes and

businesses under water, on-fire, blown away, crushed by heavy snow or deprived of a supportive infrastructure. Farmers watch helplessly as their crops die from lack of water. Water reservoirs in the desert states are low to dry. The US is under siege, not by terrorists, but by extreme weather.

Food-growing lands are in jeopardy; it may be difficult to sustain the level of agricultural productivity we have enjoyed in the 20th century. New health hazards will emerge - some predictable; others will be unpleasant surprises. Topsoil is lost and minerals are leached from the land. New health hazards emerge after floods - things are never really the same again.

Political Inaction Political action should be swift and definitive, but of course, it is not. Political processes are inherently irresponsible, as politicians are short-term administrators who tend to be inexperienced and poorly informed. In all fairness to politicians, some of them began their careers with high hopes of improving the world, but discovered as they matured in politics that they could only court the favor of those with vested interests, power, money and influence. The realist might say that the politician can only do what is politically expedient and this usually means what is in his or her best interest in the next two to four years. The task of leading fellow Homo Sapiens from a self-destructive path requires an intelligent and compassionate superhero that we only find in the movies.

According to Maurice Strong who headed the 1992 Rio Earth Summit stated; "Overall we haven't made the fundamental course of change promised in Rio. The process of deterioration has continued and the forces that drive that deterioration have continued. Five years later, the challenge is even greater." At that summit 153 nations signed treaties to reduce global warming, save endangered species and foster sustainable development.

The November 1997 Kyoto meeting to determine emissions policy for the countries of the world has been a great disappointment and only confirmed our basic understanding that governments are not going to act responsibly and man-made climate problems are going to be with us for decades to come.

The climate talks in Copenhagen in December 2009 involved 200 nations who failed to achieve enforceable agreements to reduce carbon emissions. If you were an optimist you might value the Accord that was achieved, a five-page document that represented another tentative step toward global action to reduce atmospheric pollution and climate change. A realist would restate our understanding of human nature – that local interests always trump global concerns and local interests are divergent and divisive. US President Obama stated: *"I think that people are justified in being disappointed about the outcome in Copenhagen. The science says that we've got to significantly reduce emissions over the next 40 years. There's nothing in the Copenhagen agreement that ensures that will happen."*

A major change in human priorities was suggested in 2015. The Group of 7 (G7) leading industrialized nations (June 2015) called for global greenhouse-gas emissions to be reduced by around 70% by 2050, and for the world economy to be decarbonized by the end of the twenty-first century. These twin goals were issued in a communiqué at the conclusion of the group's meeting at Schloss Elmau in Krün, Germany, on 8 June, alongside a suite of promises to help developing nations to provide their citizens with clean energy, jobs, financial security and food. To the credit of Germany and German Chancellor Angela Merkel, leader of the host nation, the commitments surpass all of the G7's previous promises. Most notably, the group has formally acknowledged — and quantified — the scale of the industrial renaissance that will be required to keep global average temperature increase to less than 2 °C above pre-industrial levels. It has provided concrete and measurable targets that should help to make clear where precious capital and human resources should be invested — not just for other governments, but also for businesses. It should also make clear where resources should not be expended. The G7 nations renewed their pledge to end “inefficient” fossil-fuel subsidies. But the world is still waiting for action that will give these targets credibility. Countries should adopt the G7 communiqué's emissions targets and look for ways to expand climate-related investment in the developing world, where emissions are poised to rise quickly if no intervention is made. The communiqué rightly points out that engagement by the private sector will be crucial to meeting these goals, but it is up to policy-makers to lay down the rules of the road. (Nature Editorial. Tough targets. Concrete goals set out by the G7 nations lay the groundwork for a climate accord. Nature 522, 128; 11 June 2015)

Disruptions in ecosystems, economic systems, and political systems are inevitable. The changes we are causing in the Earth's biosphere will return to harm us individually and collectively. The cost of these adverse changes will continue to grow and will exceed by far the cost of remedial action. We are all like smokers who know that smoking causes cancer but we are not willing to stop smoking. Our only hope is that the more severe adverse effects will not catch up with us for several years.

Changes in human behavior must come from all people who sense danger, seek to understand their options and change spontaneously. The same issues come up in personal and public health concerns - constructive change is required. Ignorance and denial obstruct constructive change; wishful thinking and fantasy solutions become more popular. Self-interest and greed dominate the political process.

Discussions of Environmental Science and Human Ecology were developed by Environmed Research Inc. Sechelt, B.C. Canada. Online Topics were developed from the book, *The Environment*. You will find detailed information about the sun, weather, soils, forests, oceans, atmosphere, air pollution, climate change, water resources, air

quality, energy sources, and preserving habitats. The Environment is available from Alpha Online as a Printed book or as an eBook Edition for Download. The 2018 edition is 286 pages.

NUCLEAR BOMBS

Gigantic threats to human existence are in the form of nuclear warheads attached to short and long range missiles. Confusion is common between the relatively safety and desirability nuclear reactors for energy production and bombs for destruction. It is possible to build safe reactors and dismantle bombs. The disconnect should be well understood by every intelligent human. The CANDU reactor uses low grade uranium and produces little radioactive waste. Bombs require almost pure radioactive uranium 235 or plutonium. The best designs for future nuclear reactors do not require weapons grade uranium and use instead uranium 238 which is available in huge quantities a waste product of uranium enrichment.

The Growing Danger of Nuclear War

All environmental threats become insignificant when you consider the apocalypse that would be created by the use of atomic and hydrogen bombs. In 2017, Helfand et al expressed their increasing concern about the threat of war using nuclear weapons. " After the end of the Cold War, the intense military rivalry between the Soviet Union and the United States/North Atlantic Treaty Organization (NATO) was replaced by a much more cooperative relationship, and fears of war between the nuclear superpowers faded. Unfortunately, relations between Russia and the United States/NATO have deteriorated dramatically since then. In the Syrian and Ukrainian wars, the two have supported opposing sides, raising the possibility of open military conflict and fears that such conflict could escalate to nuclear war. Speaking in January, when the Bulletin of the Atomic Scientists announced that its Doomsday Clock would remain at 3 minutes to midnight, former US Secretary of Defense William Perry stated, "The danger of a nuclear catastrophe today, in my judgment, is greater that it was during the Cold War...and yet our policies simply do not reflect those dangers." His assessment was echoed 2 months later by Igor Ivanov, Russian Foreign Minister from 1998 to 2004. Speaking in Brussels on March 18 2016, Ivanov warned that "The risk of confrontation with the use of nuclear weapons in Europe is higher than in the 1980s."

Doomsday

My early life was dominated by three horrific preoccupations; the holocaust, the hydrogen bomb and the destruction of animals and their natural environments all over planet earth. By age ten, I knew in theory how to construct both fission and fusion bombs and knew how destructive they were. I would study civil defense maps showing the extent of destruction from hydrogen bombs of different strengths

exploded above Canadian and US cities. Later, I took courses in nuclear physics and the medical management of radiation sickness. For many years, I belonged to organizations that protested the development of more nuclear bombs. If you asked me in 1970, I would have told you that I had little confidence in modern civilization and wanted to live away from urban centers and the madness prevalent in the world. For me, the natural world of coastal British Columbia was sane, rational and enduring. Here, I felt part of an ancient natural order that would continue even if humans departed. I could ignore, at least for awhile, the folly of self-destructive humans.

As a young man I was always reassured to know that Albert Einstein existed and joined millions of educated others in admiration of his intellect. In a review of Einstein's impact on human awareness, Brian Greene wrote: "Albert Einstein once said that there are only two things that might be infinite: the universe and human stupidity. And, he confessed, he wasn't sure about the universe. When we hear that, we chuckle. Or at least we smile. We do not take offense. The reason is that the name "Einstein" conjures an image of a warm-hearted, avuncular sage of an earlier era. We see the good-natured, wild-haired scientific genius whose iconic portraits—riding a bike, sticking out his tongue, staring at us with those penetrating eyes—are emblazoned in our collective cultural memory. Einstein has come to symbolize the purity and power of intellectual exploration."

Einstein revealed the stunning relationship of mass to energy in the famous formula, $E=MC^2$. The speed of light, C , is a large number so that a small amount of annihilated mass produces a large amount of energy. This equation explains the prodigious energy production of our sun and other stars. Einstein did not imagine man-made devices that suddenly convert mass to energy, creating gigantic explosions. The discovery of the neutron chain reaction in radioactive materials such as purified uranium suggested the possibility of a nuclear bomb. A physicist friend, Leo Szilard, had patented an atomic bomb design in 1934. He feared that Germany might construct nuclear weapons and encouraged Einstein to sign a letter to US President Roosevelt, warning him.

A second Einstein-Szilard letter was sent in March 1940 and led to the Manhattan Project in 1942, designed to produce nuclear bombs based on the fission of purified, radioactive uranium. Scientists from all over the US were recruited to purify bomb-grade uranium and to work out the details of a detonation system under the direction of physicist J. Robert Oppenheimer. The scientists had been highly motivated to end the destruction inflicted on the world by Germany and Japan. Their work led to the sustained proliferation of nuclear weapons in the US, Russia and six other countries. The US tested at least 1100 nuclear weapons and continues to maintain the second-largest stockpiles of nuclear weapons in the world. Sensible humans were alarmed by the persistent belligerence of the US and the Soviet Union

and sought to limit or abolish nuclear weapons. I called this Nuclear Weapon Insanity and proposed an international institution for the politically insane that could arrest and contain politicians voting for nuclear weapons. In 2017 there is an increasingly urgent need for such an institution.

Plutonium, the second fissile elements used to create nuclear explosives, is not found in significant quantities in nature. The production of plutonium started with the Manhattan Project and accelerated as nuclear reactors were built for weapons production. Plutonium is created in a nuclear reactor by bombarding Uranium 235 with neutrons to produce the isotope ^{239}U , which beta decays becoming a neptunium isotope which again beta decays to ^{239}Pu . Uranium and plutonium are radioactive substances that release radiation – electrons, neutrons, alpha particles, X-rays and gamma rays.

When the bomb project began, scientists did not understand the health damaging effects of radiation. In the US, reckless if not cruel experiments were inflicted on naive “volunteers” to determine the effects of radiation on human subjects. Credit goes to the US Department of Energy who established the Office of Human Radiation Experiments in March 1994 to reveal the shocking story of radiation research using human subjects in the US.

The complete detonation of one kilogram of plutonium produces an explosion equal to about 20,000 tons of chemical explosive. Nuclear explosions produce blast effects, thermal radiation, ionizing radiation and delayed effects, such as radioactive fallout that can damage all living creatures hours to years after the blast. When a nuclear bomb is detonated on or near the Earth's surface, the blast destroys everything in a central zone, creating a large crater. A cloud of particles rises into the air and returns to the earth's surface downwind as radioactive fallout

An intense burst of thermal and gamma radiation travels at the speed of light in all directions. The flash of light is followed by a blast wave followed by hurricane-like winds. Humans who survive the direct blast can be injured in many ways. For example, gamma radiation exposure causes radiation sickness and death. Thermal radiation and secondary fires will cause burns in many of the blast survivors. Third-degree burns over 24 percent of the body, or second-degree burns over 30 percent of the body, will be fatal unless prompt, specialized medical care is available. Fallout consists of particles made radioactive by the explosion, distributed at varying distances from the site of the blast. The fallout is greater if the burst is close to the surface. The area and intensity of the fallout are determined by local weather conditions. Winds and rain distribute radioactive particles.

Areas receiving contaminated rainfall become "hot spots," with greater radiation intensity than their surroundings. Radioactive isotopes enter the soil, the groundwater and accumulate in rivers and lakes. Lower level radiation exposure

received by people hundreds to thousands of miles from the blast center leads to delayed consequences such as cancer many years after exposure.

The ongoing manufacture of plutonium is one of the many features of political processes that ran amok after the Second World War. Sherwin summarized the nuclear insanity.” Armed with tens of thousands of nuclear weapons capable of being launched from land, sea, and air, the United States and the Soviet Union became prisoners of a cold war process that neither controlled. Locked into a nuclear arms race justified by national security, they increased their peril, diminished their economies, and promoted an international atmosphere of impending catastrophe. While each government held the population of the other hostage to annihilation, both engaged in conventional wars on the territories of other nations.

“Occasionally, as in the Berlin crisis of 1961 and the Cuban missile crisis of 1962, they pushed each other to the nuclear brink. Living in the nuclear bull's-eye became a way of life. How to prevent the nuclear system from becoming a way of death was the question that dominated the debate over nuclear weapons from their inception. Most responses to it promoted the nuclear arms race, including the massive retaliation doctrine, limited nuclear war plans, the concept of mutual assured destruction (mad), the Strategic Defense Initiative, and even the salt and start arms control negotiations.”

The scientists that opposed the development of nuclear weapons are examples of smart, pragmatic people who used a variety of strategies to advance human well-being. Einstein is the worlds’ best known scientist. According to Levenson, a producer of NOVA's Einstein Revealed, Einstein was the greatest of the great. In the last ten years of his life, Einstein warned against the extreme dangers of nuclear weapons He advocated nuclear disarmament and international cooperation. He proposed a world government that could enforce disarmament and impose negotiated settlements to disputes among nations.

Einstein joined some of the smartest, nicest humans on the planet in intelligent opposition to nuclear bomb development, tests that contaminate air, soil and water with radioactive materials. He believed that rational thinking could supersede the self-destructive features of human nature. In association with Bertrand Russell, the British mathematician and philosopher, a manifesto of reason was issued that remains a guide for nice and smart people who will continue to seek a peaceful planet.

The Russell- Einstein Manifesto begins:

“In the tragic situation which confronts humanity, we feel that scientists should assemble in conference to appraise the perils that have arisen as a result of the

development of weapons of mass destruction, and to discuss a resolution in the spirit of the appended draft. We are speaking on this occasion, not as members of this or that nation, continent, or creed, but as human beings, members of the species Man, whose continued existence is in doubt. The world is full of conflicts; and, overshadowing all minor conflicts, the titanic struggle between Communism and anti-Communism. Almost everybody who is politically conscious has strong feelings about one or more of these issues; but we want you, if you can, to set aside such feelings and consider yourselves only as members of a biological species which has had a remarkable history, and whose disappearance none of us can desire. We shall try to say no single word which should appeal to one group rather than to another. All, equally, are in peril, and, if the peril is understood, there is hope that they may collectively avert it. We have to learn to think in a new way. We have to learn to ask ourselves, not what steps can be taken to give military victory to whatever group we prefer, for there no longer are such steps.

“The question we have to ask ourselves is: what steps can be taken to prevent a military contest that will be disastrous to all parties? The general public, and many men in positions of authority, have not realized what would be involved in a war with nuclear bombs. The general public still thinks in terms of the obliteration of cities. It is understood that the new bombs are more powerful than the old, and that, while one A-bomb could obliterate Hiroshima, one H-bomb could obliterate the largest cities, such as London, New York, and Moscow. In an H-bomb war, great cities would be obliterated. But this is one of the minor disasters that would have to be faced. If everybody in London, New York, and Moscow were exterminated, the world might, in the course of a few centuries, recover from the blow. But we now know, especially since the Bikini test, that nuclear bombs spread destruction over a very much wider area ... There lies before us, if we choose, continual progress in happiness, knowledge, and wisdom. Shall we, instead, choose death, because we cannot forget our quarrels? We appeal as human beings to human beings: Remember your humanity, and forget the rest. If you can do so, the way lies open to a new Paradise; if you can't, there lies before you the risk of universal death.”

The Bulletin of the Atomic Scientists and the Federation of Atomic Scientists was founded in the fall of 1945 by scientists who worked on the Manhattan Project that produced atomic bombs in the US. The first two atom bombs exploded over Hiroshima and Nagasaki, Japan. The scientists had cooperated in an accelerated, well-focused program to build the atomic bombs, but realized afterwards that the US government and indeed all governments would not be competent to control the development and use of nuclear weapons. They wanted to ensure that nuclear weapons were never again used. One of their tasks was to educate everyone about the unprecedented destructive power of these weapons. A “doomsday clock” has been a feature on the cover of the Bulletin of the Atomic Scientists since 1947.

The idea is that a group of concerned scientists would keep the rest of the world's citizens informed about the danger of nuclear war. They estimate man's proximity to nuclear war and expressed this as minutes to midnight. The doomsday clock has hovered close to midnight since its inception. In 1947 we were 2 minutes to midnight. Just after the cold war ended, we were 17 minutes to midnight. In March 2005 we returned to 7 minutes to midnight, partly because of the renewed belligerence and irrationality of the Bush administration in the USA. In 2017 we are 3 minutes to doomsday.

The Atomic Scientists stated: "We move the (clock) hands taking into account both negative and positive developments. The negative developments include too little progress on global nuclear disarmament; growing concerns about the security of nuclear weapons materials worldwide; the continuing U.S. preference for unilateral action rather than cooperative international diplomacy; U.S. abandonment of the Anti-Ballistic Missile (ABM) Treaty and U.S. efforts to thwart the enactment of international agreements designed to constrain proliferation of nuclear, chemical, and biological weapons; the crisis between India and Pakistan; terrorist efforts to acquire and use nuclear and biological weapons; and the growing inequality between rich and poor around the world that increases the potential for violence and war... More than 31,000 nuclear weapons are still maintained by the eight known nuclear powers, a decrease of only 3,000 since 1998. Ninety-five percent of these weapons are in the United States and Russia, and more than 16,000 are operationally deployed. Even if the United States and Russia complete their recently announced arms reductions over the next 10 years, they will continue to target thousands of nuclear weapons against each other. Furthermore, many if not most of the US warheads removed from the active stockpile will be placed in storage (along with some 5,000 warheads already held in reserve) rather than dismantled, for the express purpose of re-deploying them in some future contingency. As a result, the total US stockpile will remain at more than 10,000 warheads for the foreseeable future. Russia, on the other hand, seeks a verifiable, binding agreement that would ensure retired U.S. and Russian weapons are actually destroyed, a position we support... As a first step in moving toward a safer world, we urge the United States and Russia to commit to reduce their nuclear arsenals to no more than 1,000 warheads each by the end of the decade... Both countries should commit to storing and disposing of the resulting fissile material in a manner that makes the reductions irreversible. "

Discussions of Environmental Science and Human Ecology were developed by Environmed Research Inc. Sechelt, B.C. Canada. Online Topics were developed from the book, The Environment. You will find detailed information about the sun, weather, soils, forests, oceans, atmosphere, air pollution, climate change, water resources, air quality, energy sources, and preserving habitats. The Environment is available from Alpha Online as a Printed book or as an eBook Edition for Download. The 2018

edition is 286 pages.

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