



healing words

BY MARK W. McCLURE, MD, MEDICAL EDITOR

this is not a drill

Almost a year has passed since I first watched the award-winning documentary *An Inconvenient Truth*. I felt compelled to share the message that global warming is real and rapidly escalating but it can be reversed if the world community, especially the United States, takes immediate action. In an editor's column entitled "Seven Generations" I detailed simple steps that everyone can take to slow the onslaught of global warming. I have enumerated these recommendations again at the end of this column.

I agree with Al Gore that global warming is a moral issue, not a political issue. In this amazing documentary, he conclusively debunks the conservative assertion that global warming, although slight, is a cyclical phenomenon by showing dramatic before and after slides of disappearing glaciers worldwide and by sharing irrefutable scientific data that chronicle a relentless increase in hydrocarbon pollution and global temperatures over the past two generations.

Gore asserts that the world community has 10 years to reverse the current trend of global warming or face catastrophic consequences. On the other hand, the message of this riveting documentary is not all gloom and doom; it offers a way for the human race to save the day. Americans have repeatedly proven that we can overcome any obstacle if there is a collective will. The time for action is now. This is not a drill. Our future is at stake. Further procrastination is not an acceptable option. I encourage you to watch this enlightening documentary and then encourage everyone you know to watch it.

Here are your marching orders:

- Replace a regular incandescent light bulb with a fluorescent light bulb (saves 300 lbs. CO² yearly)
- Move your thermostat down 2° in winter and up 2° in summer (saves 2,000 lbs. CO² yearly)
- Clean or replace furnace filters (saves 350 lbs. CO² yearly)
- Wrap your water heater in an insulation blanket

(saves 1,000 lbs. CO² yearly, and set the thermostat no higher than 120° F saves an additional 550 lbs. yearly).

- Use a low flow showerhead and wash clothes in cold or warm water (saves 350 lbs. and 500 lbs. CO² yearly respectively).

- Turn off electronic devices when you are not using them. Turning off your TV, DVD player, stereo, and computer when you are not using them will save thousands of pounds of CO² yearly!

- Unplug electronics when you're not using them. Even when turned off, hairdryers, cell phone chargers, and televisions use power. The energy used to keep display clocks lit and memory chips working accounts for 5 percent of total domestic energy consumption and discharges 18 million tons of CO² into the air yearly.

- Caulk and weather-stripping your home can reduce fuel bills and save 1,700 lbs of CO² yearly.

- Recycling at home and buying recycled paper products will save tons of CO² yearly.


- Preferentially buy fresh food since frozen foods require 10 times more energy to produce.

- Eat less meat. Methane produced by cattle is the second most significant contributor to greenhouse gas.

- Buy an energy efficient car and reduce the number of miles driven. Car pool. Driving 10 miles less every week would eliminate 500 lbs. of CO² yearly.

- Making sure your tires are properly inflated improves gas mileage by 3 percent.

- Contact your elected local, state, and Congressional representatives and ask them to adopt legislation that will protect our environment. Encourage our Congressional representatives to adopt the Kyoto treaty. Also, be sure to vote.

Share this list with your family and friends. Visit the following web site, www.climatecrisis.net, and learn about other ways you can help. 

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