

## Pandemic of erroneous lifestyle

Many people, including scientists and physicians, play down the present pandemic of coronavirus. They argue that a young, healthy man or woman has only minor symptoms when infected and the usual tests of infection presence are inconclusive. If a *polymorbid* patient dies, one cannot clearly specify the cause of death.

Growing numbers of seriously ill and died patients however, signalize that the situation is serious. It is mainly the advanced countries – Europe, USA and Israel – that are mostly affected by the coronavirus and each country is dealing with the situation its own way. The basic precautions are disinfection, enhanced personal hygiene, face masks, quarantine, closing of schools, restaurants and churches, closing down theater, concert performances, sports matches etc. The extreme precaution is lock down of all social life saving the necessary activities like buying of food, medicines, mutual help *et al.* The final solution of pandemic should be vaccination of majority of people – this seems still to be *pie in the sky*; the virus may mutate before it is completed, there may come another virus there... The medicine is not almighty, the nature is stronger than us.

Nevertheless, we can also approach the matter from the other side – we can try to strengthen the body immunity, the resistance against viruses. One of the main risk factors as to going down with coronavirus is obesity. It seems that the incidence, or epidemic of obesity correlates very well with that of covid19. They are mainly European countries and USA. In the contrary, the African countries with young population are not much affected with covid; their problem is AIDS. As to other states, like Russia or China, reliable information is missing.

The causes of obesity and the influence of excessive fat tissue on illness development has been treated by Petr Zouhar<sup>1</sup>. They are mainly lacking physical exercise and taking unbalanced, high-calorie food. Excessive consumption of sweets may be connected with the stressing factors of contemporary life. Obesity may also be caused by taking some medicines, especially sleeping pills, which may also be linked to mental hygiene and stress.

Coronavirus has cleaned the sky over us – airplanes which were leaving white trails, stopped to fly. According to one widespread conspiratorial theory, the airplanes have released poisonous chemicals aimed at wiping out human population. This foolish theory contained a bit of truth though – the jets release (in addition to water steam) carbon dioxide, which contributes to climate change. This way, coronavirus has enhanced the hope that we will not leave a flood behind us. We are living in a strife-torn world, where people don't understand each other. It is the *babble of languages* that occurred at construction of the *Babel Tower*. It has been clearly demonstrated at American presidential elections. We can only believe that the evil shall turn into good:

*I believe, in God, that the rule of your matters will return to you...*

*Jan Ámos Komenský*

*Jan Matys, Davle-Sloup, 27.11.2020*

