

HEALTH CORNER



Direct Answers

from Wayne & Tamara

THE LIFE OF A DOUBLE AGENT

Okay, I know what I'm about to say sounds bad, but I could really use a nonjudgmental opinion, so please be gentle on me. Here's the deal: I'm 24 and have been married for a year to a great guy. Problem is, I am having an affair. This is not the first time I have cheated on him. I dated someone seriously while he was working overseas. I thought after we got married my infidelity would cease, but I recently met someone and it started all over again.

I love my husband, but I just can't help thinking if I really loved him, I wouldn't do such things. The guy I am seeing is a lot like my husband: smart, handsome, ambitious, with a great sense of humor. He tells me he is falling in love with me. I have very strong feelings for him too, although I can't quite put a label on them yet.

My husband doesn't know about the last affair, and of course he doesn't know yet about this one. What is wrong with me? Why do I do such relationship-risking things? My husband and I do not have a bad marriage. We get along great and he loves me very much. Somehow, it just isn't enough. I would sincerely appreciate your advice. I can't talk to anyone I know about this so I'm turning to you. What should I do?

Veronica

Veronica, of course you can't talk to anyone. You're a double agent. Deception, schemes, subterfuge, and covert action are part of your daily life. No one knows who you really are. To be a successful double agent you can't be loyal to anyone, not even yourself. How else could you live this life?

It's time to get out of the espionage business and find a country you can love and be loyal to. Your letter is not only a letter of resignation, but a request for help to make the transition to a better life.

Two lies are holding you where you are. You say you and your husband don't have a bad marriage, and you say your husband loves you very much. Your husband doesn't know who you are. He loves who you pretend to be when you are with him, the lies you tell him, and the secrets you keep. He doesn't know you married him with only a hope marriage would make you faithful.

Without truth, trust, fidelity, and love there is no marriage. Marriage is for two people who bind themselves to each other, excluding all others, for the rest of their lives. How is this possible? Because each knows this is the person I am absolutely myself with, the person who puts all others out of mind.

With the right person, you don't lose yourself, you become fully yourself. With this person you can accomplish miracles. When you feel these feelings for another, when another has these feelings for you, that is love. That is the basis for marriage.

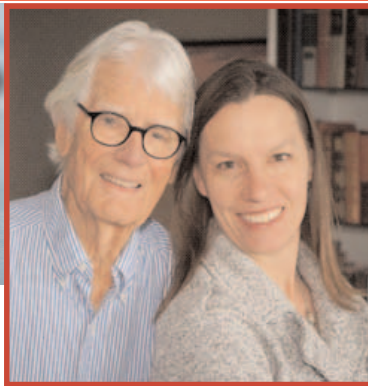
Veronica, it doesn't matter what your parents did, what your childhood was like, or what you are trying to reenact. You can't change the past but you can let the past ruin your future. You know what you are doing is wrong, and no excuse will overcome that knowledge.

This sense of what is right and what is wrong is your beginning. It is what will keep you from making the same mistake again and again. It is your ticket to a new life.

To stop living this life of lies, you must take whatever comes from telling the truth. You cannot make excuses, minimize, or try to deflect any of what may come because of what you have done. It sounds like bitter medicine. But continuing the life you are leading now is far more painful. **Wayne & Tamara**

Wayne & Tamara

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The Doctor Game

W. Gifford-Jones, M.D. and Diana Gifford-Jones
**THE ULTIMATE DISEASE:
TOO MANY RATS IN A CAGE**

What catastrophic event could end all lives on this small planet? Some say nuclear war; others, another pandemic worse than the current one that's caused over 700,000 deaths just in North America. Still others, the failure to tackle the problem of climate change. But here's a surprise. The ultimate disease is a population time bomb that keeps ticking every second of the day – and we all

ignore it.

It took 123 years for the human population to grow from one to two billion people. Then, only 40 years to reach six billion, and now the population is 7.8 billion. This year, 82 million people will be added to an already packed planet. It's like adding another city the size of Richmond Virginia, or Buffalo, New York, to our planet every day!

Increased population is now causing huge health and migration problems. Recent years have seen enormous waves of refugees fleeing conflict in desperation using any means to get somewhere better. We've all seen the gut-wrenching images of flimsy boats in the Mediterranean, and now hundreds are attempting to cross the English Channel from France in the same manner. The U.S. southern border with Mexico offers more scenes of chaos. All need housing, food, and health care.

In nature, if too many deer, wolves kill them. But humans have a different problem. Too many of us, and the threat arises of our own makings: poor quality air, water, land and sea.

What is going on is frightening. Climate change is just the start. This year, the heat dome in western Canada caused 446 deaths in British Columbia. Floods in Europe and China ravaged entire villages. Massive fires destroy forests and choke the air with smoke. Polar bears can't find the sea ice needed to keep alive.

A seminal experiment years ago provided an important lesson about animal behaviour. Two rats were placed in a cage. They survived without hostility. But with the addition of another rat or two, the fighting began for space. Similarly, humans do not fare well in confined settings when resources are lacking. Conflict inevitably ensues, not peaceful rethinking and behaviour change. We have always been a warring species. Like too many rats in a cage, we turn on each other.

So while you are reading about carbon taxes so complex they are impossible to understand, think about what's causing the root problem.

There will be more people on this planet. Projections suggest the global population will level out at 11 billion around the year 2100. That's about 3 billion more people we need to accommodate.

To do so, will we keep cutting down trees, demanding more energy, tossing more plastic in the sea? Very likely, yes. Some good people will do all they can to find solutions. But efforts to fix those problems will have little impact if we keep behaving like rats.

We can all do some finger pointing. It's easy to find somebody else who is making things worse. We can all disagree about solutions too. But we have got to get better, and quickly, at living together without conflict every time we don't see eye to eye.

Yet, we couldn't do it where there were only 1 billion on the planet. We aren't doing it now with 9 billion. Squeezing in 3 billion more, what's our plan for getting along?

We must take care of the planet. But we must also start taking better care of each other. Or are we going to be like rats in a cage?

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