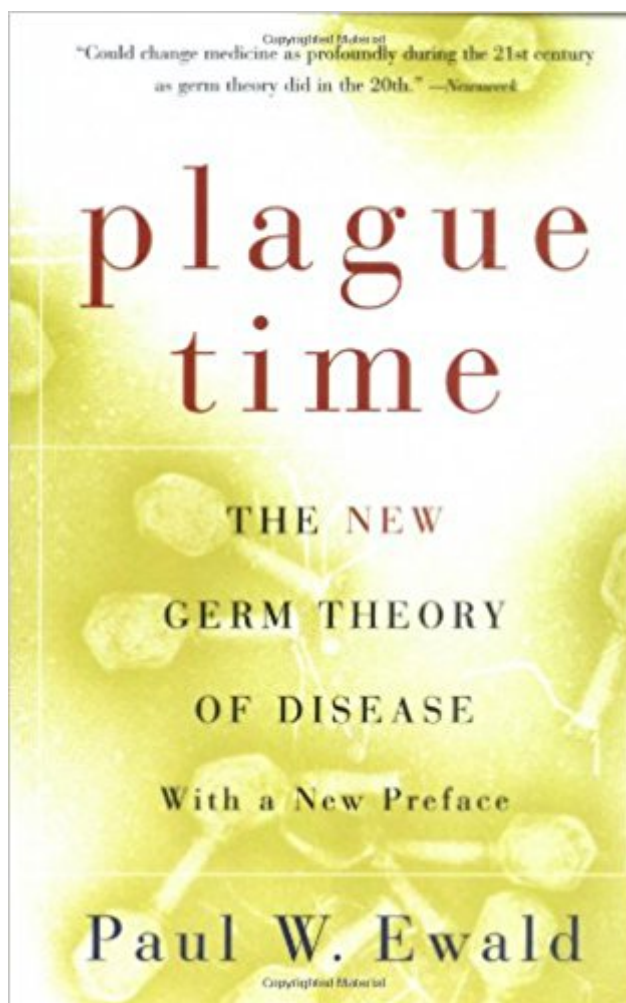


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# Plague Time: The New Germ Theory Of Disease



## Synopsis

According to conventional wisdom, our genes and lifestyles are the most important causes of the most deadly ailments of our time. Conventional wisdom may be wrong. In this controversial book, the eminent biologist Paul W. Ewald offers some startling arguments: -Germs appear to be at the root of heart disease, Alzheimer's, schizophrenia, many forms of cancer, and other chronic diseases. -The greatest threats to our health come not from sensational killers such as Ebola, West Nile virus, and super-virulent strains of influenza, but from agents that are already here causing long-term infections, which eventually lead to debilitation and death. -The medical establishment has largely ignored the evidence that implicates these germs, to the detriment of our public health. -New evolutionary theories are available, which explain how germs function and offer opportunities for controlling these modern plagues if we are willing to listen to them. Plague Time is an eye-opening exploration of the revolutionary new understanding of disease that may set the course of medical research for the twenty-first century.

## Book Information

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## Customer Reviews

"Could change medicine as profoundly during the 21st century as germ theory did in the 20th."  
"Newsweek"  
"Could revolutionize the treatment of serious chronic disease."  
"Richard Rhodes"  
"Has gems of insight and imagery which mark out its author as a master explainer."  
"Richard Dawkins"  
"Paul Ewald's important, compelling book could revolutionize the treatment of serious chronic

disease. I couldn't put it down." •Richard Rhodes, author of *The Making of the Atomic Bomb* and *Deadly Feasts* "Provocative. . . . If correct, this theory will change the course of medicine." •*Scientific American* "Paul Ewald is one of the liveliest and most original thinkers about disease. . . . *Plague Time* contains a new feast of his astonishing insights." •Mark Ridley, author of *The Cooperative Gene* "This book has gems of insight which mark out its author as a master explainer." •Richard Dawkins, author of *The Selfish Gene*

According to conventional wisdom, our genes and lifestyles are the most important causes of the most deadly ailments of our time. Conventional wisdom may be wrong. In this controversial book, the eminent biologist Paul W. Ewald offers some startling arguments: -Germs appear to be at the root of heart disease, Alzheimer's, schizophrenia, many forms of cancer, and other chronic diseases.-The greatest threats to our health come not from sensational killers such as Ebola, West Nile virus, and super-virulent strains of influenza, but from agents that are already here causing long-term infections, which eventually lead to debilitation and death. -The medical establishment has largely ignored the evidence that implicates these germs, to the detriment of our public health.-New evolutionary theories are available, which explain how germs function and offer opportunities for controlling these modern plagues -- if we are willing to listen to them. *Plague Time* is an eye-opening exploration of the revolutionary new understanding of disease that may set the course of medical research for the twenty-first century.

If we had more books like this then perhaps we would be healthier and the health care system would be more efficient and affordable. Another seminal book of this sort is *Why We Get Sick: The New Science of Darwinian Medicine* by Randolph M. Nesse and George C. Williams. The latter book was praised by an even greater groundbreaking thinker, Dr. Robert Ornstein, whose many works unveil for the reader how we really see the world and think about it. Look at his *MindReal: How the Mind Creates Its Own Virtual Reality*. Speaking of which you might try to develop your own flexibility through the books of the British thinker and author Idries Shah, for instance in his *Veiled Gazelle* or *Magic Monastery*, which you may find in any better library or . You may even choose to open his site [www.idriesshahfoundation.org/](http://www.idriesshahfoundation.org/)

My first job out of graduate school was as a consultant in Nixon's War on Cancer. My background was in quantitative policy analysis not medicine. So I and the other consultants (also chosen for

their mathematical skill not their medical knowledge) began to bone up on what was known about cancer. One thing was clear - it wasn't infectious. We were wrong then. In the seventies the conventional wisdom was that maybe one percent of all cancers were caused by some infectious agent, usually suspected to be a virus. I was part of The National Cancer Control Survey. I interviewed State Public health Officers (every state has one). Nobody ever mentioned controlling viruses or any other pathogen. Ewald traces the changing medical opinion about cancer in the decades since. Today at least 10% of cancers are considered to have been discovered to be caused by an infection. The trend is up. He thinks that someday soon medicine will consider cancer an infectious disease like TB or peptic ulcers. At the time "The Lady of the Camellias" (La Traviata) was written no one knew that consumption was infectious. That's why Armand (Alfredo) kisses Marguerite (Camille-Violetta) without a second thought. TB was only discovered to be infectious in the late nineteenth century. Similarly for most of my life the medical establishment considered peptic ulcers to be caused by "stress". Only recently has the bacterium that actually causes it been found. Ewald thinks that all chronic diseases like cancer, atherosclerosis, diabetes, arthritis, and schizophrenia are also caused by some as yet unknown virus or bacterium. I think he's right.

It's an amazing analysis of how disease spreads. Indirectly, it explains why ebola came to the US and didn't spread like it did in Africa. Reason why: The virulent diseases only thrive in areas with bad water, where they have to compete with many other diseases! But the sad thing is that in the 1st world, the more subtle weakening diseases persist such as chlamydia, fungal infections, etc.

Got this book for Biology course super fast and for an easily affordable price. (Yay for college students!) It's not required to be read for the course but I can already tell it will help with understanding concepts and will be an interesting read.

This book surveys the past, present, and future of infectious disease management, in many cases re-defining or re-classifying diseases accepted as genetic or risk-factor associated. This book would be very helpful to those trying to sort out the information and dis-information presented to them on the nightly news so that they can make informed decisions on the next trip to the doctor for the runny nose, as well as gaining some insight into the effects of current medical research on diseases that are much more serious (and how they get that way).

Perfect. Just what I ordered.

His premise is supported as more disease origins are proven. Its "bugs" not chemicals for most diseases, especially with cancer.

OK

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