

The Coming Plague: Book Review

“The Coming Plague: Newly Emerging Diseases in a World out of Balance” written by Laurie Garrett details all the accounts of the emerging concerns that arise based on the possibility of the universal plague outbreak that has been envisaged. The author discusses numerous diseases and subsequently offers alternatives to prevent a global catastrophe.

People are fragile creatures and it easy to observe the various things that can lead to the death of individuals as well as things that harm them. However, the scariest of these dangers that humans cannot see, but until recently nobody knew of their existence, for instance, viruses, and microbes have been a cause of epidemics for a long time. The author of this book examines these potential dangers, which end up becoming catastrophic presented by the viruses as well as the attempts by man to control them (Garrett, 1994). The author further, in the introduction, illustrates the variety of viral diseases. These diseases include HIV, Ebola, Tuberculosis, Cholera, among many others. She goes further ahead to introduce the numerous researchers who have studied and identified the different maladies thereby providing a glimpse into their personal lives as well as their professional lives.

HIV is viewed as a single most important indicator for the wonders that encompass the world. When the virus was in its initial stages, it was rapidly identified and scientists came up with alternatives to slow down the progression of AIDS, which is the disease that is brought about by the virus. As it has been pointed out by the author, humans are lucky this time. She additionally goes further ahead and illustrates how lucky people are by pointing and offering few

questions. One of these questions is: what would have happened if the virus spreads easily? Other questions include; what would happen if the virus ends up killing its victims rapidly? What would if the virus remains undetectable, while it is contagious, in a person who is infected for years? And in some instances, what would happen if the virus mutates and become something virulent? (Garrett, 1994). When the author posed these questions, the majority of the scientists believed that they would be getting most of their research-based answers correctly, and in the process, come up with a vaccine as well as a cure. However, they failed to understand that the virus is adapting to the different cocktails of drugs that have been manufactured and taken by patients in a bid to suppress the viral load of the disease.

Garrett gives a huge part of the book to sexually transmitted maladies and the historical backdrop of AIDS in America. These sections convey an authentic setting of the shame and worry related to the primary instances of AIDS in America. It additionally creates a platform where it exposes the perusers to the glaring references of the time. One example is, "GRID" (Gay Related Immune Deficiency) and "gay growth". The author additionally catches the minute when scientists acknowledged the fact that AIDS is not a disease associated with the gay community but it is something that could dispense anybody regardless of their gender, orientation, and age. For instance, the children who contracted the sickness through blood transfusions (Garrett, 1994).

Garrett keeps on talking about human commitment in making the microbial world more grounded, making sickness making operators with more noteworthy protection against microbial medicine, as found in the rising number of instances of drug-resistant malaria and another case of methicillin-safe *Staphylococcus aureus* (MRSA) tuberculosis. She features deficient or absence of financial and social approaches, and poor foundations as vital factors in the spread of

irresistible ailments in numerous third world nations and the changing nature of irresistible illnesses from country settings into urban regions. In the last couple of sections, the author culminates her considerations (Garrett, 1994). She further presents a representation of the new difficulties people may face and how best to set themselves up for the following extraordinary torment. She blames the society's decreased enthusiasm for irresistible ailments in the course of recent years, recommending that individuals will be gotten ill-equipped when the following major airborne executioner flu strain causes a worldwide scourge. She asks the society to cooperate as a "worldwide village" so they can confront the following extraordinary torment in solidarity and with shared assets. This is a thought that may end up being the distinction amongst life and passing for many individuals.

Another, critical point that Garrett uncovers is that the worldwide populace has developed to colossal extents. Not exclusively does this expansion in populace make for a perfect rearing ground for pestilent, but it is additionally putting worries upon the earth at no other time experienced. Also, the versatile and huge human populace makes it incredibly simple for an infection to spread far and wide in a matter of hours. Furthermore, as humans infringe into territories that were already untouched, we are carrying ourselves into contact with potential reservoirs of infection that, previously, did not endanger people (Garrett, 1994). For example, in the American Midwest, there are numerous populations of prairie puppy colonies that occupy the fields. Occasionally, these colonies are pulverized by bubonic torment. Before, these plague episodes were not a noteworthy general wellbeing concern since people from time to time came into contact with the prairie mutts, and the ailment conveying insects that plague them. However, in recent times, whole subdivisions have been based upon or close numerous prairie puppy provinces.

It is no wonder that the book is referred to as a contemporary *Silent Spring* written by Rachel Carson. Both authors are thoughtful and similar to Carson, Garrett has illustrated the fact that humans are in danger. She explains that new viruses emerge each day as a result of mutation. There are other viruses that follow the natural progression whereas others are assisted by the victims the viruses as designated to attack. One example provided is the legionnaires disease (Garrett, 1994). This disease incubates in cool, moist environment of the central cooling systems found in buildings with air conditioners. There are some diseases that are opportunistic and are effective when they come into contact with a population that has become weakened due to famine or war. There are other diseases that have remained constant with human progressions, such as the flu. However, these diseases will mutate over time and become a deadly disease. For instance in 1914 when the pandemic flu killed millions of people. Regardless of the fact that the flu was considered as a benign disease, it managed to kill a lot of people.

In conclusion, Garrett offers a wakeup call regarding the effects of the diseases that arise due to global changes. Humans need to combine forces to become unified against the mutating diseases and come up with ways of combating them. The author further reprimands the public health sector for neglecting their role in handling the viral epidemics with the seriousness it deserves. Also, in the book, she also discusses how the political and social environment can help in spreading of the diseases and how it can help in mitigating their occurrences. If the preventive measures are put into consideration, and proactive measures put in place, then humans can survive extinction.

Reference

Garrett, L. (1994). *The coming plague: newly emerging diseases in a world out of balance*.

Farrar, Straus and Giroux.

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