

**PAUSE**  
*&* **THINK**





# **PAUSE & THINK!**

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## Preface:

Most of us know someone who died of cancer. This could have been a neighbor, a close relative, an acquaintance or a public figure. I have personally been hit by the tragedy that is cancer. My father succumbed to cancer in 2018 and my sister lost the battle against the disease in 2019. Because of the pain I had experienced in watching a loved one suffer and eventually pass on, I found myself engulfed in deep reflection over what led to high prevalence of cancer in our Kenyan society. In this booklet, I share with the reader a concise record of that reflection. I hope my observations and admonitions will enlighten you on the share of responsibility mankind holds in the control of the scourge of cancer and incite you to reflect deeply upon what your contribution to the discharge of this responsibility could be.

*Catherine M. Njore, August 2019*



## Acknowledgements:

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## MORAL CANCER

Have you ever considered yourself a culprit in the high prevalence of cancer in the society? A causer of the related deaths occurring in your local community today?

The worst is yet to come if we do not stop and think of what is wrong with us the human race. We are complaining more and more of why cancer has become so rampant yet it is just a physical emanation of our moral cancer.

Almost every single food or drink is now considered carcinogenic. But how did we get here?

**HOW MANY MORE MUST DIE** before we stop this madness of dishonesty?



We are hypocrites and this is clear through how we are living in the current Kenya.

Due to greed and our lack of conscious, we have poisoned all our foods in the name of trying to make a quick buck! Just the other day I was reading about how Panadol is now used to cook some food fast. Vegetables or rather ALL crops are in one way or the other poisoned to mature faster, ripen faster or enlarge faster than normal.

Dying and sick livestock being injected to look all healthy just before slaughter and sale to humans.

I do not wish to dwell much on the details of all that is going on wrong as



we are all aware. I weep for my country as we are all entwined in this moral decay in our own way.

We keep complaining of our political leaders being corrupt yet we are all dishonest in our daily operations and we are succeeding in killing innocent lives faster than any other 'normal' disease!

**HOW MANY MORE MUST DIE** before we wake up from this selfish, greedy and lustful hellhole we are in? We are only humans from appearance but we have mutated into monsters that are far worse than demons!

What exactly is it that we want to leave behind for the future generations but for a shell of nothing short of





repugnant stench; uninhabitable to any living creature. When exactly do we plan to stop this insanity and start acting like humans?

If we would all be honest in our daily operations in whatever businesses we are in then there can be hope for us.

***STOP*** *poisoning the milk*

***STOP*** *poisoning the meats and eggs*

***STOP*** *poisoning foods during preparations to sell to fellow humans*

***STOP*** *poisoning crops in the farms*

***STOP*** *making fake foods to sell to fellow humans*



We just need to wake up and realize if nothing changes, we will succeed in wiping ourselves out of existence.

Why is it that churches are full of women but for a few men while the rest will be in bars or in fulfilling their lust and thriving in unfaithfulness? When will these many fathers and sons stand for what they were meant to be: Pillars and leaders of their homes. How do we expect to get rose perfume out of reek? Sad still that we are church goers as we then get back to dealing dishonestly in our daily operations.

We are advancing in technology and using it in both progress and destruction. We are living robotic lives and fooling ourselves that we do not



need each other for existence. Oh, how far we have lost our ways; where right is wrong and wrong is right. Where not following the status quo makes you branded as intolerant to vice? When did we stoop this low? Where the virtuous few are considered mad men? What should be done to save us out of this confusion?

**WE NEED TO WAKE UP** and start living. We are practically zombies walking around busy wrecking our home and hallucinating that we are progressing. Shame on us!

**HOW MANY MORE MUST DIE** from the physical cancer which is the filthy fruit of our moral cancer?

And how do I get this questions out there to every single Kenyan? When

will we do something about this madness?

**THANKS TO OUR DISHONESTY,** we now have professionals in sensitive institutions who never passed their exams but had 'supportive' parents that made 'miracles' happen for them! Need I dwell on this? We all know where we are thanks to ourselves. I sincerely weep for my country! What and who will save us?

Every single person that dies prematurely thanks to our corrupt ways, their blood is on our hands. The hands of each and every person that is dishonest in whatever their capacity is.

Wake up Kenya!



## NOTES:

Below write how in your own way in pursuit of wealth and a livelihood you feel you have managed to help the cancer crisis:

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Thanks to our moral cancer, thousands and thousands of Kenyans are dying from the countless cancers. How have you as an individual contributed to the cancers?



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