

An Epidemic and the Rise of Ethical Thoughts*

Bir Salgın Hastalık ve Etik Düşüncelerin Yükselişi

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Dear Editor;

A scene of disease caused by a virus, those dying, recovering and living under the risk of meeting fear.

The panic that started with the Coronavirus epidemic in Wuhan city of China made many people face the bad sides of an epidemic disease.^{1,2} Despite different opinions on its cause, it is being argued that eating habits being wild animals will be a cause. Still having the risk of creating a pandemic, I believe that this disease will have ethical dimensions, which it should help every society in the world gain.

Continuing fast growth of world population, excessive consumption of natural resources, considering living beings in the nature non-existent, accepting that only the human race is a superior power in the world constitute the beginning of mistakes. Never-ending desires, greed cannot take us away from the shadow of death and violence.

It is a big question mark that the countries of the world have not stopped arguments and hypocrisy despite an epidemic. Although we walk at the borderlines of finding an ethical truth, difficulties are being experienced in materializing the principle of respect to all living beings in the nature. Maybe, it is necessary to start a transition towards a green eating habit, to achieve an agreement on an eating style free of hormones and harmful pesticides. The Coronavirus epidemic may point to you the ethical point where you should not be. Excessively crowded cities and geometrically increasing world population will never provide any benefit to people. It is time to see the reality. Controlled population is an indicator of being more sensitive in using scarce natural and economic resources. This epidemic, which proved that weapon producers and wars being experienced across the world have no meaning any more, has brought with it ethical and moral lessons. We should not forget that a minor disease in any country of the world actually concerns all of us, it is a common problem for all of us. Societies should not continue to go on with their traditional eating habits and lifestyles in a way to form unhealthy conditions. Keeping away from the dangerous situations this would create for the whole humanity requires an ethical sensitivity. Social arbitrariness is never superior to a whole. If we are citizens of this world, we should improve our moral attitude with this thought.

To create a life full of love, respect, sincerity is an ethical responsibility and duty of all of us. Meanwhile, the fights of physicians, nurses and paramedical groups against the disease in a faithful way and in line with their professional oath during the coronavirus epidemic in Wuhan city is another important point. The basic goal of medicine in essence is to prevent emergence of a disease before treating it. For this reason, medical

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authorities and scientists need to announce in advance any negative effects of eating habits on social health and to share evidence-based information on these using scientific studies made on this subject.

We are now in 2020 and nobody should be in a solely selfish behavior. Creating a different century, feeling ethical and moral sensitivity is the common longing of all of us. It is possible that this happens. We should take the first step to make this century remembered with not big wars but with big ideas, rising values. We should make the first change in our thoughts to initiate an ethical and moral era. Instead of a world citizenship startling and fearing each other, we should be part of a whole hugging each other and augmenting love and respect.

I hope that these very important messages this epidemic conveyed to us will be noticed.

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