



Pirjo Helena Makela, M.D. (left) and Ole Wasz-Hockert, M.D. (right), vice-president and president of the Fourth Congress.

From our medical perspective we recommend the following steps to halt and reverse the nuclear arms race:

- Initiatives by either side to reverse the nuclear arms race;
- A sufficiently verifiable freeze on the production, testing and deployment of nuclear weapons and their delivery systems, followed by a balanced reduction and eventual elimination of nuclear weapons;
- A defense policy that excludes the introduction of nuclear weapons into any armed conflict.

We call upon the Soviet Union and the United States to increase dramatically the volume of their contacts and exchanges.

A demonstration of good will is needed, as well as a willingness to reach agreements with other nuclear powers on standards of diplomacy which would permit an escape from the nuclear deadlock.

Ultimately, there is neither military nor moral justification for the existence of nuclear weapons. Our planet should be free of them: they should be excluded from land, sea, air, and space. Our civilization should be known for its creative pursuit of peace, not for its creation of the technology for its own execution. There is no more important immediate goal than that of saving humankind from extinction.

We await your reply. As physicians and members of the movement to prevent nuclear war, true to our duty to preserve human life, and despite differences in ideology and political views, we have joined in an effort to work against the greatest threat to life and health humanity has ever encountered. We hope that the cooperation between East and West demonstrated in our organization can be broadened to all who are potential victims of the nuclear threat. The health and survival of Americans depends upon the Soviet Union; the health of the Soviet peoples depends upon the United States; the health of the world depends upon both nations and upon your willingness to solve this problem.

As an initial measure, our physicians' prescription for ending the nuclear arms race calls for a complete cessation of all nuclear weapons testing. This first step will break the deadly momentum of the arms race and set the stage for other significant agreements.

With our best wishes and our hopes for an abiding peace,

Respectfully,

*The participants at the Fourth Congress of International Physicians for the Prevention of Nuclear War*