A short radio talk from an Army Doctor during the Fijian Coup of 2000.

This is your family doctor talking to you from the new leader's office. Good morning, Bula and Namaste.

Today I want to talk with each of your personally about your health. Did you know that nearly all of you are suffering from a possible attack of cancer? I say "possible cancer". It can be stopped. There are signs for you to watch. Your body lets you know when things go wrong. With my help and that of the army we will eradicate that possible cancer.

You may well be frightened at the moment. There are soldiers on the streets with guns. Do not worry. They are there to protect you, just like I am.

If soldiers see danger in the street they take defensive action. Rude words from the public can hurt soldiers. Words cut more deeply than physical wounds. A soldier knows that if he is attacked with words, he may have to respond in self-defence. If a soldier is forced to shoot a bullet into your leg, it will heal. But, will the evil hurt caused by saying words go away. No, No, No. Deep down inside your heart, you know that the soldier's pain will never go away. Any journalist will tell you words and the pen are more powerful than bullets and guns.

In the last few days we have had many examples of cruel words being hurled dangerously at the military. A university man refused to give a car ride to a brave young handsome indigenous Fijian soldier. Racism.

I hesitate to say his name, I am so ashamed of his actions. This evil man spoke about the constitution. He is ignorant - he mentioned it was written down. As a medical man I can tell you the real constitution is your body – it is not some tatty sheets of paper imported from overseas.

What right does this university man and others have to talk about your constitution? It is your personal constitution we are talking about – your health. I had to examine this university man's ear as I saw an infection . The medical examination was misunderstood; the man thought his ear was being twisted by me and he screamed with pain.

As a doctor I see infections everywhere. If you are sick, I want to help you.

Cancer grows inside the human body. Its starts as something small. Take the media and journalists for example. On their first day of liberation the media published infectious news. Within hours these words also caused an infection in the community.

Just this week, I had another a close personal encounter with disease. I had accepted with honor a post that recognized my deep humanity. But, before I could attend the swearing in ceremony, I heard the word 'treason' coming from a university man. I knew I was in danger so I inoculated myself with a medicine composed of personal greed and a dislike of basic human rights. Within minutes, I felt better and strong enough to resist the virus of evil words.

Democracy is a cancer. Wherever this disease is identified it grows with speed and causes untold harm. Ccaring people in this country have tried to deal with democracy and stamp it out to cure the cancer. Look how it affected my good friend George Speight. What has happened to his health? He had to be invalided out to Nukulau Island and is still there.

Democracy affects the head and the intellect and feeling in a most dramatic fashion. Chiefs know that when democracy reaches deep into the head, all is lost. The cancer spreads. It is fatal. Non- medical people talk about the democracy of free thought and independence. If they had more medical knowledge, they would understand that free thought is the growth of the malignant and dangerous cancer radical virus, working its way through the blood stream.

Independence, too, is something we also know about in the medical profession. I have seen independence developing at a dangerous speed. It must and will be cured. And how do we do this my friends?

The Fiji National anthem is being played incessantly on TV at the moment, day and night. Watch it. Look at the smiling faces on the screen. There lies your cure. There are simple rules to observe. Several daily doses of this medicine daily will soon make you feel better. Learn the mindless words of the Fiji National Anthem as quickly as you can. Sing it as often as you can. Even if you cannot afford food for your family – sing and keep singing. When you lose your job, sing the National Anthem with more passion than ever before.

When you see a soldier smile at him, even if he does accidentally shoots you in the arm or leg. When you lose your job, smile. When the big stores reclaim your furniture, TV and washing machine, keep smiling and sing about God and love for your country. Smile, even if you can't pay the school fees.

When you have no food, look at your new born baby and give her an extra smile. One day your baby might make a good meal.

Bula Vinaka, from your family doctor