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## ARTICLE

### Europe Is Preparing for War - And They're No Longer Hiding It



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BY PNW STAFF DECEMBER 12, 2025

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Europe is doing something it hasn't done in generations: preparing openly, urgently, and systematically for a major war on the continent. Not a limited skirmish. Not a border dispute. A large-scale, society-shaking conflict reminiscent of the wars our grandparents and great-grandparents endured.

That warning didn't come from some fringe alarmist. It came directly from the head of NATO, who recently cautioned that the alliance must adopt a "wartime mindset" and be ready for a conflict comparable to the world wars of the 20th century. When the top official responsible for Europe's collective defense uses that kind of language, it's not a slip of the tongue. It's a signal.

And across Europe, governments are acting as though they agree.

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## Fatty Liver Detox

Doctor's 5 words explained my weight gain: You might have fatty liver.

### The Largest Military Buildup Since the Cold War

Europe is experiencing the most aggressive military expansion in more than 30 years. Policymakers aren't simply adding a few extra battalions or refreshing aging equipment -- they are rebuilding the continent's defense posture from the ground up, reversing decades of demobilization and budget cuts.

Consider just a few of the dramatic shifts underway:

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and pour unprecedented sums into new weapons systems, advanced defense technologies, and logistical capacity. Next year's defense procurement budget is projected to reach record-breaking levels.

Other nations are following suit:

Denmark extended conscription to women and lengthened the required service time.

Estonia, Latvia, and Lithuania maintain universal or lottery-based conscription, preparing new waves of soldiers annually.

Croatia has reinstated a draft it abandoned nearly two decades ago.

Poland is developing plans to conduct mass-scale military training for adult males, hoping to double the size of its army.

Norway has begun reopening Cold War-era bomb shelters and expanding its "total defense" system, preparing civilians and infrastructure for the possibility of large-scale conflict with Russia.

Sweden is upgrading its vast network of 64,000 wartime shelters and revitalizing national civil-defense planning, signaling that it too is bracing for the kind of crisis Europe hoped it would never face again.

These moves aren't sporadic. They're coordinated. Sudden. Simultaneous.

When half a continent shifts into military-industrial gear, it's not coincidence. It's preparation.



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## Hospitals Preparing for Tens of Thousands of Casualties

Perhaps even more unsettling is what's happening outside the barracks.

In France, hospitals have been instructed to prepare for a massive armed conflict by early 2026. Planning documents outline scenarios where 10,000 to 50,000 wounded soldiers could require treatment within a few months. Hospitals are being told to expand trauma care capacity, ready supply chains, and coordinate with regional emergency centers in anticipation of wartime conditions.

This isn't routine civil-defense planning. It's not a COVID-style contingency.

This is explicit preparation for large-scale military casualties.

Germany is undertaking similar efforts, quietly updating civil-defense frameworks and hospital networks to handle mass injuries in the event of war on European soil.

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The NATO chief's warning that Europe must prepare for conflicts on the scale of the world wars was not a metaphor. Those wars were total conflicts involving entire societies -- not just armies. Factories, hospitals, railways, politics, and culture were drawn into the struggle.

When he said Europe must return to a "wartime mindset," he meant preparing for exactly that kind of comprehensive challenge:

Fully mobilized economies

Expansive militaries

Hardened infrastructure

Civilian readiness

Rapid wartime production

### National survival as a strategic objective

Across the continent, leaders are speaking more bluntly about Russia's intentions. Many now believe Moscow is preparing for a long confrontation with the West -- not just a limited conflict in Ukraine, but a broader strategic challenge that could eventually reach NATO territory.

European officials are no longer asking whether Russia might become a threat. They're acting as if that moment is inevitable unless the continent vastly strengthens its defenses.

### Why Now? Why All at Once?

Europe cut defense budgets for 30 years, assuming permanent peace. That era is over. The combined factors driving the buildup include:

Russia proving it is willing to launch large-scale invasions.

Uncertainty about long-term U.S. commitment to European defense.

A munitions and manpower gap that could leave Europe dangerously exposed.

A realization that the post-Cold War order is collapsing.

Europe has awakened to the reality that if conflict comes, it may not be small, containable, or short-lived. It may require mobilizing entire societies -- not just professional armies.

### The Unspoken Conclusion



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If peace with Russia is around the corner, none of this makes sense.  
If war with Russia is coming, everything suddenly does.

Europe is no longer behaving like a region drifting toward conflict.  
It is behaving like a region bracing for it.

And when NATO leaders warn us to prepare for a war reminiscent of the world wars, we would be wise to take them at their word.

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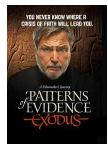
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