

SURVIVAL PAPER

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The Best of SURVIVAL STUFF 2002-2007

By Jim Jones

This column appears periodically in the Live Free newsletters to cover a wide variety of preparedness and self-reliance related subjects. The objective is to communicate information and observations on items that are (I hope) of interest but do not merit a major article. Since these items are used to fill space if available, some of it never gets used and is published for the first time here. I have removed articles that were out of date and no longer relevant. The remainder are “good to know” or “worth thinking about” items.

Emergency Food Rations

First of all, food is a fairly low priority item in the first 72 hours of a survival situation. It takes weeks for a fairly health person to starve to death. However, the psychological and physiological effects of hunger can seriously impair the survivor’s strength and judgment just when they are needed most. You can store plenty of canned-goods, pasta, rice, beans, etc. at home, and you can have freeze-dried and MRE’s in the big survival pack. But what about the small fanny-pack or car kit? Here you need a few days worth of high calorie food that stores indefinitely under a wide range of temperatures and weighs very little. What you need is Lifeboat Rations. These were designed to last for years in a lifeboat on deck as a ship moved through the sea from arctic to tropic. You can get these as Mainstay™ Emergency Food Rations. A package of 6, 400 calorie bars is only 4 x 7 x 1 ¼ inches weighing about 1 pound. Two or three of these bars each day will sustain energy and nutrition when you need it most. From: Brigade Quartermaster, 1025 Cobb International Drive, NW, PO Box 10001, Kennesaw, CA 30156, www.actiongear.com. Order MS110, 10-pack (pkgs. of 6 bars) for \$42.99. Enough for several kits.

Can You Dig It ?

One often overlooked item for survival kits and packs is a digging tool. Most homes already have (or should have) a variety of spades and shovels capable of converting the home into a fallout shelter or fortification if needed. Do not overlook this item in your automobile kit, survival pack, and caches. For the automobile and caches the ubiquitous "Army Shovel" can't be beat. They are strong easy to handle and convert to a pick/hoe as needed. Standard "Army Shovels weigh over two pounds. That's a lot of weight that could be devoted to food or water. There are several folding pack or "paratroop" shovels that weight much less and take up much less room. These are perfect for survival tote-bin and for the pack and cost from \$10.00 to \$15.00 at most surplus stores. If weight and space are really a problem for the backpack you should at-least include a good garden hand-trowel. Field needs for a digging tool can include: sanitation, fire pits, rescue, shelter building, camp drainage, fire fighting, and much more. Don't leave home without it.

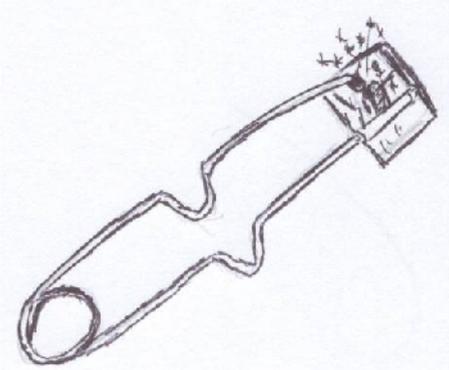
Dakin's Solution for Deep Wound Care

The reader may be familiar with the gruesome descriptions of Civil War field hospitals where surgeons were quick to amputate wounded limbs as the only way to prevent gangrene from killing the patient. Before the 20th century, a deep, penetrating wound from a bayonet, shrapnel or musket ball almost always became infected. Wounds to the arms and legs that did not cause fatal blood lose and shock still killed. Battle statistics that show killed and "wounded" are misleading because a large percentage of the "wounded" died a few days or weeks later from septic wounds. Although accurate statistics are hard to find, it is likely that well over 50-percent of those with serious wounds died from various complications within a few weeks. Exposed wound can be effectively cleaned and washed and are much less prone to infection than deep wounds. The main problem is that deep wounds are difficult to clean and are highly contaminate and ideal for biological growth. This lead to the development of "gas gangrene" Gangrene is tissue death and gas gangrene is a sever form caused by the Clostridium perfringens or from Group A Streptococcus. In deep wound the low oxygen conditions produce toxins that kill tissue. While the cases of gangrene and gas gangrene are fairy rare (1,000-3,000 annular) in the U.S. today, it could be a serious and common problem under survival conditions. With the introduction of antibiotics and well-organized medical care the fatality rate form deep wound in World War Two dropped to one in seven. During World War One there were no antibiotics, but the necessity for amputations was still greatly reduced and the chances of surviving a deep wound were improved by the use of something called "Dakin's Solution". "Dakin's Solution" was an antiseptic fluid developed by a British chemist and a French-American surgeon. This was basically a 1/10 strength Clorox, with a little boric acid in sterile water. They would simply place a tub in the wound and run the fluid over/through the wound. The solution would kill germs and dissolve dead tissue without harming healthy tissue. Studies indicate that solutions weaker than .025% are ineffective and stronger than .25% kill healthy tissue so a .025%-.050 solution is recommended.

The wound needs to be kept open and flushed frequently, as the solution remains effective for a short time on the wound. With the growing threat of antibiotic-resistant strains of Staph and the possibility of shortages of antibiotics in a large-scale emergency, "Dakin's Solution" might be something to consider. In an emergency one could make up the solution from available bleach and boric acid, but it can be purchased on-line from the <http://woundcareshop.safeshopper> for \$16.20 per 16 oz bottle. Some doctors still prescribe Dakin's for wound care so some pharmacists may have it.

Cheap and Reliable Fire Starter

Welders to ignite the flame on welding torches use strikers. These are very simple devices consisting of a springwire handle with a small metal cup on the end. One end of the handle holds the cup while the other end is threaded to hold a small flint mounted on threaded nipples. There is rough grit in the cup that lies against the flint. Squeezing the handle moves the flint across the grit to generate a good spark. The cup catches a bit of the welding gas so that ignition is assured. As a survival fire starter you can place lint, cotton, very dry grass or any other fine fire starter in the cup and just squeeze the handle. The cup holds the starter near to the spark and protects it from the wind. Strikers are cheap at a few dollars each and replacement flints are even cheaper. This reliable fire starter weighs only about 2-ounces and is available wherever welding supplies are sold. Better than the more expensive commercial fire starters. If you carry one in your pack, be sure to open it up so the flint cannot accidentally get pushed across the grit and start a fire that you do not want.



Welders striker/igniter

Grab the Peanut Butter !

If the "you know what" hits the fan and you have to run out the door with just one food item, grab the peanut butter! Stop whining about the calories and cholesterol, this is survival! Alvar Nunez Cabeza de Vaca who survived as a slave to Indians from 1528 to 1536 tells of tribes that had nothing but nuts to eat

for half of the year. Peanuts (nut really a nut at all) contain 7 grams of protein per (40 nut) serving with high levels of iron, niacin, thiamin and copper and have 160 calories and 14 grams of fat. Pecans provide 196 calories per serving and 20 grams of fat. While Brazil nuts are high in magnesium and selenium that have anti oxidants. Brazil nut do,. however have a high saturated fat content for the 186 calories per serving they provide. Walnuts have abundant omega 3 fatty acids like salmon and flax seed oil. This is the stuff that decreases bad cholesterol and decreases C-reactive protean associated with heart disease. At 185 calories per serving of 17 halves, the walnut has 17 grams of fat with high protein, magnesium and fiber content. A typical 28 oz jar of peanut butter contains 25, 32-gram servings at 190 calories. That's 4,750 calories with 200 grams of protein, 175 grams of carbohydrates. 50 grams of dietary fiber and good amounts of iron, vitamin E, riboflavin and niacin. Based on the FDA recommended 2000-calorie diet, you have got over two days of full nourishment in that one jar of peanut butter. And of course you can go a long way on a lot less than 2000 calories a day so it could keep you going for 4 to 6 days if rationed. It does have a lot of sodium and it's not a fully balanced diet but, as I said before, this is survival. Consider nut and peanut butter as part of your survival food stores and survival pack items. It's not really nuts at all.

Fruitcake for Survival

Everyone likes to pick on fruitcakes. I refer to the actual holiday kind of fruitcake not the human ones trying to take away your right to self-defense. There is even a theory that there is only one fruitcake that everyone keeps passing around. As a survival food source, fruitcake has a lot to recommend it. A well-packaged fruitcake can keep for many years. One 5 oz piece of fruitcake has about 560 calories and 90g of carbohydrates. The concentration of dried fruits and nuts provide a great many vitamins and minerals as well. The more fruit and nuts (less cake) the more a fruitcake will cost and the better it is for survival. So don't laugh at that fruitcake, buy them for a rainy day.

“1984” Not Better Late Than Never

News item. Chicago's Mayor Richard J. Daley gleefully predicted that “by 2016, I'll make you a bet that we'll have cameras on every block” Back in the 60's the city put lights in all the alleys on the premise that lighted allies would reduce crime. It raised taxes and provides well-lit areas for drug sales and gang activities. Chicago was one of the first cities in America to disarm its citizens. Of course the power of gangs flourished and drove the good citizens from the streets. Ah, the city government says, let use put cameras to watch everyone for your own safety. England's experience with gun restriction is that crime and home invasions skyrocketed. England's experience with cameras is that it had no significant effect on reducing crime. The politicians must know this, yet they persist in their quest to make George Orwell's nightmare of a totally pacified and regulated society a reality. If the good people of Chicago and other Orwellian cities were restored their human rights to have the means for appropriate and

effective self-defenses there would be no need for cameras. William Pitt said, "Necessity is the plea of every infringement of human freedom. It is the argument of tyrants. It is the creed of slaves" There is no shortage of want-to-be tyrants and would-be slaves in our society today. Chicago is a sad example of where America is going.

Guns, Germs and Steel

Pulitzer Prize winning author and winner of the National Medal of Science, UCLA Professor of Geography Jared Diamond is the author of "Guns, Germs and Steel". In his chapter on how human societies evolved from families to bands, to tribes and eventually to nation-states we find these words "What should the elite do to gain popular support while still maintaining a more comfortable lifestyle than the commoners? Kleptocrats (from the root word klept, meaning to steal) throughout the ages have resorted to a mixture of four solutions. 1: Disarm the populace and arm the elite" The other three "solutions" are about using their monopoly on deadly force to pacify the people and control the wealth.

Professor Diamond (to my knowledge) is not an NRA member or a Libertarian, or an active "right winger". He is a scientist stating basic fact founded on historic research. In doing so, he identifies the eternal struggle between the interests of the state as defined by the political and economic elite and the freedoms of the people sustained only to the extent that they are able to defend them. It puts science behind the basic, if unpleasant survival paradigm that at the end of the day all survival and all freedoms rest on the potential of the free survivor to use deadly force.

Better Pain Relief

I would not presume to "recommend" any medical treatment, but I would share what two well-known expeditions medicine doctors have told me. Some over-the-counter pain relief medications are incompatible and taking them in combination can do you serious harm. In general overdosing or combining pain relievers is a *bad* idea, but there is *one* exception. For severe pain you can take 3 Advil™ and 2 Tylenol™ together. They actually enforce each other to have the strength of 10 pills for the 5 you take. Something good to have for the survival pack. Anbesol is an effective pain reliever for toothaches, but it can also be used to numb skin areas for minor surgeries. Good stuff to know.

Old Medications Still Work!

About 15-years ago the U.S. Military was facing the prospect of destroying and Replacing a 1-billion dollar stockpile of nominal expired drugs. The need to dump and replace the military's stocks of critical medications every two or three years was a huge expense, so they decided to begin a testing program to see if they could extend the life of their inventories. They had the U.S. Food and Drug Administration test more than 100 prescription and over-the-counter medications. In some tests the drugs were stored in a warehouse where "room temperature" some times reached 135 degrees. The results were that 90% were safe and effective for many years past their designated expiration dates. Some were good

for 5, 10 and even 15 years after they were supposed to be dumped out. The fact is that the FDA only requires testing for two years and there is no incentive for a drug company to test past that time. There *is* a big financial incentive to encourage turnover and replacement of stocks. It's about money not about safety and health. Surprise, surprise! For example Bayer has never tested aspirin past 4-years, but it is extremely stable and should store for much longer. In fact old Civil Defense shelter stocks included a lot of aspirin, milk-of-magnesia, and sulfa pills that were intended for storage for decades. I have seen some of these, and while I did not test for potency they did not *appear* to be deteriorated by 20 years in sealed container. The major exceptions were nitroglycerin, insulin and some liquid antibiotics, which did deteriorate after two years. Water purification tablets also failed testing beyond their expiration dates. The past their expiration dates. The great majority of antibiotics and anesthetics are good for at least 3-years or more after the expiration date. If kept dry and under refrigeration most will keep even longer. The survival point here is that you should not be too hasty in disposing of medications that are past their manufacturers stamped expiration date, and you should not be afraid to stock up on medications such as antibiotics, antihistamines and anesthetics that may be unavailable in a future time of emergency. Of course we cannot recommend that one take or administer medications that are past the stamped expiration date *but* one can make ones own decisions with this information in mind. It would seem that technically out of date medication would be preferable to no medication in most cases.

Stop Bleeding Now!

Being able to stop arterial bleeding is one of the most important survival emergency medical skills. If not stopped immediately, spurting, bright red arterial bleeding will result in shock and death in a few minutes. The standard techniques for stopping severe bleeding starts with the application of direct pressure over the wound using the bare hand if necessary or cloth or gauze pads if immediately available. This is followed by elevation of the wounded arm or leg and then pressure applied to the artery at a pressure point between the heart and the wound. Only in extremes are tourniquets used, because they often result in the loss of the limb below the wound. Most emergency medical kits contain lots of compresses or "field dressings" just for use in direct pressure wound management. Problems with this system include the need for the first-aider to remain with the victim and continue pressure and the potential for bleeding to resume if the victim moves or is moved. It would be better to be able to stop the bleeding effectively and be able to attend to other victims or other emergency tasks if necessary. A recent new product from the same folks that market the SAM SPLINT™ is CELOX™. CELOX™ is a haemostatic agent granule that is simply poured into the wound (after swabbing). You then reapply pressure for just 5-minutes and the CELOX™ cross-links the red cells to form a strong clot. Once established the clot can withstand extensive movement of the effected limb without the resumption of bleeding. This is far more effective than piles of bandages and maintaining pressure on the wound indefinitely. CELOX™ has been found to work under cold conditions and does not generate any heat or

other discomfort for the victim. The product comes in 15gm envelopes for \$16.79 and 35gm envelopes for \$25.69. Yes, it's a lot more expensive than a bunch of compresses but we are talking life and death here. May be your life or someone you care about. Or for that matter anyone worth saving. Information about CELOX™ can be found at www.sammedical.com, or call 1-800-818-4726 for available dealers in your area. One source for this and other blood-stopper products is Moore Medical Supply of New Briton Connecticut. Go to www.mooremedical.com or call 1-800-234-1464. These blood stoppers are now available in some sporting good stores.

Activated Charcoal

Activated charcoal and activated carbon remain as an effective filtration media for both air and water. Activated charcoal is used in aquarium filters and drinking water filters as well as chemical “gas masks” and impregnated chemical protective suits. A supply of activated charcoal could be important in making improvised water filters and even improvised gas masks. The first gas masks used in World War One were simply gauze masks filled with activated charcoal in the middle. As most of you know, charcoal is just clean wood heated in a closed, airless container till it chars (carbonizes) and the impurities and tars are driven off. Professionally made “activated” charcoal is subjected to oxygen or live steam at the end of the charring process. This erodes the charcoal in such a way that it causes the development of lots of tinny holes through the charcoal that become great traps for impurities in air and water. Amateur charcoal makers can create a lower quality of activated charcoal by introducing air at the end of the process. In most cases the activated charcoal starts with coal, coke, bone char, coconut shells or peat, rather than wood. In additions to air and water filtration, Activated Charcoal is used as the so-called “universal Antidote” for drug and chemical poisoning. Activated Charcoal is recommended for counteracting poisoning from overdoses of medications, painkillers and household cleaners, but not for acids or alkalis. Some alternative medical studies recommend it for general detoxification, reducing cholesterol, counteracting pathogens and even anti-aging and life extension. In the case of an antidote for poisoning 50 gram to 100 gram dose is recommended within 30-minutes of being poisoned if possible. A daily regimen of 2 or 3 doses of 20-30 grams each is sometimes recommended for general detoxification. Smaller doses of 8 grams may help reduce cholesterol levels. Some laboratory studies have found that Activated Charcoal extended the life of laboratory animals by about 35%. You can buy activated charcoal in capsules and powder in health-food stores, but they are of little use for filtration or poison antidotes. Laboratory quality Activated Charcoal is available at pet supply departments for use in aquariums \$5.00 for 28 oz. The survival point here is that (1) activated charcoal is a good thing to stock up on and (2) knowing how to make activated charcoal could be important to maintaining three key survival needs: air water and medical aid.

Burnt toast was often used as an antidote for poisoning as recently as the 1950's. This was often mixed with milk. Burnt toast is carbon but not very effective as an absorbent for poison, but maybe better than nothing in a pinch. Interestingly, the Romans often placed a small piece of burnt toast in the bottom of their wine glasses to reduce the acidity and perhaps any poisons placed there by an enemy. Later the tradition of bumping the glasses together, splashing the contents into each glass to assure that neither one was poisoning the other became known as a "toast".

Survival Is in The (plastic) Bag

The survival applications for the ubiquitous plastic bag are almost endless. With a few 30-gallon or larger plastic "trash bags" One can improvise a rain suit to prevent hypothermia. The same rather silly looking outfit will also offer some protection from nuclear, biological and chemical agents. They can be cut with that knife you carry. You do always carry a knife?! To make shelters, solar stills, bandages, water bags and other survival related items. You can even fill them with air to make a flotation device. Their only drawback is that they are prone to leak and tear under stress. I carry a few large plastic bags in my briefcase, luggage and small survival kits. They are cheap, light and very, very handy even for non-survival situations. The new Glad, Force Flex™ bags offer all the advantages of the plastic bag with much greater strength. I was able to fill one with 3-gallons of water and bang it around without it breaking or tearing. So you could use them as emergency water storage. I wrapped one around an overhead beam and it easily held my weight so you could tie them together to make a rope. I even placed a 1000 watt electric generator in a torn bag and lifted hung it off the ground. The bag did not fail and the tear did not enlarge. I would strongly recommend replacing all large plastic bags in survival kits with these reinforced bags.

Glad, Force Flex™ bags offer a use that the older and weaker plastic bag did not. They can be used as sandbags. Commercial sandbags are priced at from \$1.30 to \$.99 for the strong military to about \$.30 each for yellow plastic bags in quantity. 30-gallon, Black, Glad, Force Flex™ bags cost about \$.20 each and are easily available. While they are not designed for sand they are strong enough and can be tied off and folded to accommodate enough sand to build dikes and other protective structures. Sandbags of some kind should be available as part of every home survival stock to stop water, radiation or even bullets. Treated burlap bags stack better than nylon bags. Both are available from Golden Nugget Army Supply, 215 Glob Street, Radcliff, KY 40160, www.goldennuggetsurplus.com for .99 cents each. Polypropylene bags are available from Laboratory Safety Supply Inc., 401 S. Wright Rd. Janesville, WI 43547, 1-800-356-0783, LSS.COM for \$39.20 per 100 (order # 7EJ-131810)

Field Cord For Survival

If you live in the Middle West or Great Plains areas you get to see plenty of field corn. If you drive through states like Indiana, Illinois or Iowa you get down-right

sick of the monotony of miles and miles and miles of corn fields. While most of this is feed corn intended for animals it would be a substantial source of emergency food for survivors and refugees in a severe emergency. The corn would be edible as found from July through September but it then begins to dry on the cob. In a severe nationwide disaster much of this corn would not be harvested, so there might be lots of handy edible and storable food available in these fields. The dried corn is often called "Indian corn" because the Indians stored it and used it for food through the winter months. One might think that you could just strip this stuff off the cobs and cook it up as needed, but that is not the case. I tried a few experiments. I soaked dried corn kernels for 2-week. It did not soften them one bit. I boiled them for 4-hours and they were still hard as rocks. I heated them until they popped, but this produced a tinny half-burned nugget that was hardly edible. I smashed them with a hammer but most of the material flew off. So field corn is not a "ready-to-eat" survival food. The Indians had villages and rocks to grind the corn into edible meal or they made "parched corn" with the aid of oil or grease as described below.

Taking dried corn makes parched corn and placing it in a lightly oiled, hot skillet. There should be just a coating of oil and a spread-out layer of dried corn in the bottom of the skillet. When the corn expands a bit and turns a light to medium brown it is ready. Now you have a storable product that can be eaten as is or boiled into porridge. You can also fry the boiled corn and water "mush" or use it in stews with jerky or other meats. A 4-ounce cup of parched corn with a cup of cold water makes a moving ration that is called "pinole". So dried corn could be a good survival food source for the home or established survival camp where you have the time and the means to process it, but is not much value as forage on the move. Since corn will not grow without human cultivation, it will not be standing in fields more than one season after a truly huge disaster.

What's In Your Bedside Drawer?

We spend about one-third of our lives in bed so there is a thirty-percent chance that the life or death emergency will strike while you are in bed. In that moment everything will depend on what you can reach right now. Think about it. You wake up in the dark and the house is shaking from an earthquake, a bomb blast or a tornado. You wake up in the dark and smell smoke or noxious fumes from a chemical incident. You wake up in the dark to the sounds of an intruder or the screams of your family. No time to get out your survival kit or look in your survival manual. You may suffocate, be trapped in the rubble, or be attacked in the next few seconds. You open the bedside drawer and find ----. Okay. First of all, only emergency items should be there. You don't want to be wasting precious seconds rummaging around in there for what you need. Here are some suggestions. You should have a good N-95 dust mask in there. It will not protect you against poison gases or carbon monoxide from a fire but it will offer some protection from soot and smoke and hot air as you escape. It will also protect you from dust in a building collapse. Of course have a good flashlight. It should be one of the new LED lights that go a long way on a few batteries. Don't

be cheap. The light may have to penetrate smoke and dust. It may be needed to signal rescuers to your location or to blind a would-be assailant. Make it bright and tough. You should also have one of those small, flat crowbars like the Stanley Wonder Bar™ or the combination hatchet, hammer, pry bar survival tool to smash windows open jammed doors, chop through plaster-board walls and pry yourself out from under things. It's not bad weapon ether. Your cell phone should always be there so you can call for help even if the power and the landline phones are gone. If your family is spread out in the house a whistle and walki-talkies might be worth considering so you can activate the appropriate emergency plan. And last but not least a defensive weapon. If you have family members that come and go at ode hours, you may want to have a less-than-lethal first response weapon such as a police size, 200 gram pepper spray or a taser™. The choice lethal weaponry is up to you, but it must be reliable, hands and easy to use. A 38-caliber revolver is one good, simple and reliable choice. Anything in a good quality 380, 40, or 45 caliber auto pistol should do well. In this case you don't need to put out lots of rounds of high-velocity, high penetration rounds. You need to stop one or two intruders in close quarters without shooting family members and neighbors in adjoining rooms or houses. You may want to through in a few light sticks and a good knife to complete the bedside drawer and you are one ready guy or gall when trouble come in the night.

Power to the People

Having a backup generator is an important emergency preparedness decision. Before you go out and buy one you have to ask yourself some questions. For example:

- Do you want just essential power to run your sump pump and keep the food in your freezer from going bad, or do you want full power to run all your normal appliances?
- Do you want to power your furnace fan and controls with a generator or use alternative heat sources in cold weather?
- Are you anticipating a short 24 to 72-hour power loss or a longer need for alternate electric power?
- Can you safely and legally store enough fuel for the amount of power and the length of time you want it?

Some things to consider:

- You don't need to run heating systems in summer and you don't need refrigeration in winter. So you only need power for one or the other

- Sump pumps and well pumps are the only thing you absolutely must have power for
- If you have a battery powered sump pump you only need to recharge it from the generator a few hours a day.
- A lot of stuff in the refrigerator does not need to be there. You may be able to get by with one of those small, bar size fridges there-by using less power and less fuel.
- If you live in an apartment or condominium with a balcony you could get by with a small 1000 watt generator out there to power your fridge or small unit heater
- You must have a location for the generator that is far enough from the house and any air intakes to prevent carbon monoxide from entering the house.
- Many towns have restrictions on how much fuel you can store and gasoline cannot be stored more than a few months without the addition of fuel stabilizer
- Unless you're loaded and can store lots of fuel forget about running a central air-conditioner from a generator, they require a whopping 15,000 watts with up to a 30,000 watt surge. Have some fans available.
- The generator may get you through a short emergency and prevent loss of food while you use them up, but have a plan for the worst-case situation when the fuel sources run out and you have to do without it.
- Since a big generator uses more fuel, you may want to consider having a small 1000 watt unit for running basics long term and a larger 3 or 4000 watt generator for running more stuff short term or if fuel is available.

So how much power do you need? Here are a few examples:

- That sump pump takes 700 Watts
- A freezer needs 500 watts and up depending on size
- A medium size refrigerator takes about 600 watts
- Your house size furnace fan eats up 1200 watts
- A 12,000 BTU air conditioner pulls 1700 watts

- Even a window fan uses 250 watts

And remember that when some of this appliance start-up they pull more juice for the first few seconds. Lets say that you refrigerator and sump pump decide to kick-in at the same time. They will call for a lot more than 1,300 watts.

- A small, 1000 watt hand portable generator, to run the absolute necessities costs about \$150.00
- A 3000-watt generator that can run all you basics will cost from \$350. to \$450.
- A 5000 watt generator to run most of your house will cost around \$400. to \$1000+
- You will get something like 10 to 15 hours from 7 or 8 gallons of fuel to get 1000 watts of average usage.

Summation:

Unless you are already off the grid or you plan on abandoning your home immediately in an emergency you do need a generator, but you must be ready to use the minimum power to lengthen power availability and plan on doing without it in the long term.

testing found that lidocaine and atropine used as nerve-gas antidotes last well

Is It Time To Buy An "Assault Rifle"?

I know, I know, the term "assault rifle" is just a media generated term intended to frighten the uneducated public. Unfortunately it works! A lot can happen between now and the next election but it looks like we are in for a liberal anti-gun Congress and Administration that will attach the human right to effective self-protection with a series of restrictive and confiscatory gun-laws. The reinstatement of the so-called "Assault Weapons" ban or an even more comprehensive version is almost certain by 2009, if not sooner. The current HR1022 is just the tip of the anti-freedom iceberg. **HR1022 is just the beginning of what we can expect from the new congress and the probability of a Democratic administration. These actions are going to go well beyond the previous "assault weapons" bans. SEC. 7. STRENGTHENING THE BAN ON THE POSSESSION OR TRANSFER OF A LARGE CAPACITY AMMUNITION FEEDING DEVICE.** (a) Ban on Transfer of Semiautomatic Assault Weapon With Large Capacity Ammunition Feeding Device- (1) IN GENERAL- Section 922 of title 18, United States Code, is amended by inserting after subsection (y) the following: **(z) It shall be unlawful for any person to transfer any assault weapon with a large capacity ammunition feeding device.'** Military style firearms with large capacity magazines will again be unavailable to American citizens. Of course

they will continue to be available to drug-lords, gang-members, terrorists and extremists. While I have never been an advocate of building arsenals, I must be concerned about the balance of force between the citizen and the terrorism/criminal elements in society. Things are going to get tougher and more dangerous in the next 5, 10, 20 years and the life and freedom of responsible citizens may require an effective level of armament. In fact the very existents of an armed population tends to deter aggression and criminality and there-for reduce the chances that the arms will ever be fired in anger. If you have ever considered the acquisition of this kind of firearm for yourself or to put aside for the next generation this may be a good time. Prices can only go up and availability can only go down. My recommendation would be the AK47. Yes, they are ugly. Yes, they are foreign. Yes, they are associated with terrorists in the third world, but they are by far the most prevalent and most reliable combat rifles in the world. They are crude but they need less care and maintenance than more sophisticated arms. I have talked with owners who deliberately buried them in mud rinsed them off, fired-of f thousands of rounds and never cleaned them. They are ugly, but parts and ammunition are available in huge supplies and will be around far into the twenty-first century. AK47's and AKM's are still in manufacture in Russia, China, North Korea and Romania. Yugoslavian, Hungarian and East German made versions are still on the market as well. So there are lots of them on the market at reasonable prices. Something to think about

Atropine Substitute?

Atropine is one of the drugs used to counteract the effects of nerve gas. A while it is somewhat unlikely that most of us will encounter nerve gas agents outside the military it is interesting, and maybe useful to know that it is derived from the plant *Atropos belladonna*, or "deadly nightshade". As the belladonna alkaloid atropine it is used to dilate pupils in glaucoma and prevent bradycardia during open-heart surgery.

Finding A Range

No I don't mean how far to the target. I mean finding a place to shoot. About 8-months ago Mapmuse.com started a project to create an interactive map of shooting ranges across the US. They have provided space for written descriptions and photos of the range and links to the ranges website if they have one. This is a great place to find ranges in your area. They are also looking for new listings, so if you know of a range that is not listed let them know. Go to the link to the shooting range map is

http://find.mapmuse.com/interested/shooting_ranges.

Slow As Molasses

Molasses is a thick dark liquid byproduct of refining sugar. While seldom thought of in today's microwave and ready to eat society it was a staple in most kitchens in the past. Molasses stores almost indefinitely and was a basic stock

item for pioneers to get through the winter. It is quite tasty and is great in baked beans, oatmeal, and baked goods or as a sweetener. Unlike refined sugar and corn syrup, molasses is loaded with essential mineral including calcium, potassium, copper and iron. A single tablespoon would give you 60 calories and 14 grams of carbohydrates. No wonder that “black strap molasses” was often used as a medication for sick and weak patients. It was a digestible energy source that could help a patient who could not eat much else fight and recover. A single 16-ounce plastic jar contains 1,920 calories. Like honey at 660 calories per 8-ounce jar and peanut butter at 6,650 calories per 40-ounce jar, molasses is a survival ration worth having.

Getting Your Stuff Back

Years ago they used to recommend that folks engrave their Social Security number on high value items so they could be identified and recovered if stolen. That turned out to be a really bad idea since it would only aid in identity theft. Engraving computers, TVs, tools, guns, cameras and other high value items is a good idea. Engraved items are harder for the thieves to fence or pawn and easier for the police to identify as stolen and return to you. Engraving your name helps, but a unique identifying number is the best. Police currently recommend that you engrave your drivers license number.

C P R Giving Yourself CPR

You are all alone and you suddenly start to experience crushing chest-pain. You know you are having a heart attack! You may have less than ten seconds before you lose consciousness. Without help your chances of survival are poor. You may have one chance. Take a deep breath and cough forcefully. Do it again and again. Breathe and cough, breathe and cough. Do it about every two seconds and do not stop. The deep breath will bring oxygen into the lungs and the cough exhales while squeezing the heart to pump oxygenated blood to the body and brain. While you are doing this you can be walking to a place where someone can help or get help or you can be calling 911 in between coughs.

Giving Yourself the Heimlich Maneuver

If you are alone and choking on an object to the point where you cannot cough forcefully or breathe. You can put your abdomen over a chair-back, railing or other object of the appropriate height and put your weight on to it. The sudden forceful compression of the abdomen should force the object out of the airway just like the Heimlich maneuver

Identity Theft Protection

Identity theft is a huge problem in this country. In most cases the advantages of using credit cards are far outweighed by the dangers of identity theft. Frankly, cash is much safer than credit cards. If you lose your wallets with cash or you are robbed of cash your loss is limited to that small amount, but if your credit cards are lost or stolen or you are taken at an ATM machine your losses can be

limitless. Credit cards and ATMs are touted as safer than cash when just the opposite is true. Here are some simple ways to reduce the hazards of identity theft. Use cash whenever possible. Cash is anonymous. Do not keep your Social Security Card or other documents with your SS number with your credit cards. Memorize the number. Do not sign the back of your credit cards. No one ever looks at it anyway. This way, if your wallet or purse is stolen they do not have your SS number or signature to complete an identity theft. Keep your credit card numbers and the phone numbers for the three credit card bureaus in a separate but handy location so you can immediately call all of them to freeze your cards if they are stolen. These contacts are: www.equifax.com 1-800-525-3742, www.experian.com 1-800-3977-3742, www.transunion.com 1-800-680-7289.

Who Said That?

Rudyard Kipling said, "A man can never have too much, red wine, books and ammunition". Now there's a guy with priorities

What Does Live Free (USA) Mean?

This is from one of the early issues of our newsletter published in the early 1980's

- To live free means knowing that the laws of nature are universal for all living things. Man can define and interpret them, but he cannot violate them.
- To live free is to know that there are no free lunches in society or nature, and being prepared to put in as much as you take out.
- To live free is to be able to provide for yourself and your family without selling out your freedom or your pride.
- To live free is to help others through charity, through individual help and through showing them how to live free.
- The man or woman who lives free is self-sufficient and self-confident, but also humble and considerate.
- Living free is not doing as you please, but knowing that you do not have to do as someone else pleases.
- Living free is hard work, thinking, deciding, facing problems, helping others, being on your own, working with others and improving yourself.

A Poem of Freedom

The following poem was written to portray how individuals seeking self-reliance and individual liberty gather strength and move relentlessly towards their goal in spite of seemingly insurmountable obstacles. It is the only poem I have ever written. Years later I was amazed to see it published in a poetry collection under “anonymous”. Anyway, it appeared on page two of a 1980 issue of our newsletter.

A Single Drop Of Water

A single drop of water is just like you and me,
It's fighting to be free.

With other drops it never stops
In trickles, then in streams.
It moves ahead
Like we have said
Still searching for its dreams.

Behind the flow the flowers grow
and farmers plant their crops.

For in its search for freedom,
life giving never stops.

Now other streams with other dreams
will gather to the cause.

Flowing still and growing still,
their journey has no pause.

A mighty river now it is,
a hundred trillion drop.

It moves the land like a mighty hand,
but never ever stops.

Now that drop of water has reached the endless sea,
but it leaves behind a message for all who would live free.

Know that mighty rivers must start with single drops,
and know that finding freedom is a journey that never stops.

James. C. Jones
1980

Standard Orders of The Watch

Way back before Live Free was even formally organized it was standard practice to have someone up all night as a “Fire Watch”. In those days we camped often as we studied and learned survival techniques. Often we camped in rather cold weather and keeping the fire going all night with a coffee pot on

was desirable. It was also a good security habit to establish even though the chances of being raided by bandits were pretty unlikely. In many home and wilderness survival situations a “night watch” or 24-hour “security watch” would be a very wise precaution even if there is no campfire to keep fueled. The original hand-written “Orders of the Fire Watch” were modified and published in the mid 1980’s. Of course there was always a daily password and counter sign given to all participants to go with watch operation. The “Standard Watch Orders” would still apply to any family or group survival situation today. I have made only a few minor adjustments to the original text.

Standard Orders of the (Survival) Watch

1. I will remain fully alert and ready to defend the lives and property of my fellow (family or group) members at all times.
2. I will be appropriately (for the situation) armed and equipped at all times.
3. I will take up a position that will best enable me to watch over and protect the camp.
4. I will at all times put my responsibilities before my comfort.
5. I will carry out such duties (e.g. fire maintenance, radio checks, etc.) as may be required for the safety and security of my fellow members.
6. If required, I will carry out periodic patrols (at irregular intervals and routes) of the camp perimeter.
7. I will challenge and identify anyone who approaches the camp.
8. I will immediately notify the watch team leader of any suspicious or hazardous events or conditions that occur on my watch.
9. If the camp is attacked, I will sound the alarm and do all in my power to repel or delay the attackers.
10. I will remain always alert and ready until relieved by the next assigned watch person.

The whole idea is to make clear what the watch-person is expected to do. It was expected that he or she would patrol or lurk in a good location rather than sit

staring into the fire with a cup of coffee in hand. Where you see the word "camp" you can substitute "base" or "home".

More Stuff from Old (mimeographed!) Live Free Newsletters

Tactics of Life

- Within every bad situation there lies an opportunity for those who are perceptive and flexible enough to take the initiative.
- Your enemy's strength must also reveal his weakness as your weakness will provide the key to your strength.
- Life has no sure winner, nor is there anyone who cannot win.
- The one who makes the very best of all that he has and the least of what he has not will, in the long run, prevail and flourish.

Surviving The Day

The Morning Pledge

- I will be a better person at the end of this day than I am now.

The Mid-day Evaluation

- What have I done to improve myself so far today?
- What have I done to make the world a little better today?
- Am I moving forward or backward today?

The Evening Review

- What have I learned from today's experiences?
- How can I correct the things I did wrong?
- How can I improve on the things I did right?
- What should my goals for tomorrow be?

Portable Panic Button

Most recent model vehicles come with some sort of remote door opening and/or alarm activation device. These usually have some sort of “panic button” function that you can use to set off an alarm or the horn in the event of trouble in a parking lot, etc. Most people park their vehicles in an attached or close-by garage or driveway that is in range of the remote button from the house. If you keep your car keys next to the bed you can activate the alarm in the event that you hear intruders or have some other emergency. Although such alarms are often ignored at first, they will attract the attention of neighbors and the police if they keep sounding. This will rattle and probably scare-off would-be intruders.

A Spoon Full Of Honey

The old song says, “A spoon full of honey makes the medicine go down”. The hazards of giving cold medications to small children have been well established in recent studies. Now a study has shown that honey works just as well as those awful tasting and expensive cold medications.

Simple Treatment for Rashes

A paste made of baking soda and vinegar is just as effective as expensive medication creams for rashes caused by poisonous plants or chemical contact.

Pocket Partner by D. Evens, M. Miller, T. Glover

This is the little red, pocket sizes, 576-page book designed to provide police officers with vital information while on the streets. It is absolutely packed with urban survival information, including ballistics tables, drug recognition, first aid, investigation techniques, math and measurements, street tips, bomb procedures and of course lots of information on applied law. I bought mine for \$12.00 at a gun show. The ISBN number is 1-885071-26-4, Sequoia Publishing, Littleton, Co. A good addition to your library.

Car Bomb Lethality

While biological and chemical devices are much feared, the great majority of terrorist attacks are by the use of conventional explosives. Outside of the Middle East, the “car bomb” or “truck bomb” is the terrorist weapon of choice. The car or truck is easy to load with explosives and drive to the target. The bomber can do a suicide crash into the target or simply set a timer and walk away. Targets can include major buildings, industrial sites, schools, shopping malls, police stations or any crowded venue. Citizens should report any suspicious vehicles to authorities immediately. Currently, terrorists are focused on the conflicts in the Middle East but if they are successful there they could resume a variety of attacks in the US. The BATF table below gives a rough idea of the effects of these weapons and how far away to be from them. Of-course this is assuming that they are not (a) nuclear, or (b) mixed with a chemical or biological component to greatly increase lethality.

Vehicle	Pounds of	Lethal Range	Falling Glass	Safe Range
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	Explosives		Hazard	
Small Car	500#	100 ft.	1,250 ft	1,500 ft
Large Car	1000#	125 ft.	1,750 ft.	1,750 ft
Small Van	4000#	200 ft.	2,750 ft.	2,750 ft
Large Van	10,000#	300 ft.	3.750 ft	3,750 ft
Delivery Truck	30.,000#	450 ft.	6.500 ft	6.500 ft
Trailer Truck	60,000#	600 ft.	7,000 ft	7000 ft.

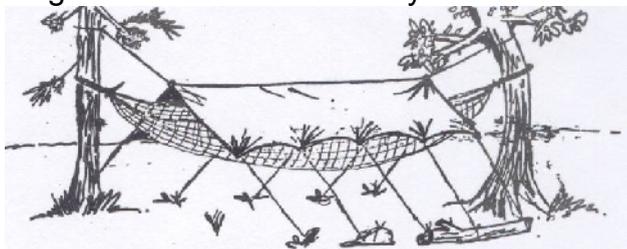
For reference, a mile is 5,280 feet
Survival Stuff June 2007

Old Survival Ideas That Still Work

The following short articles are derived from some very early issues of our newsletter. I made a few changes to make them relate a bit better to today's reader, but I did not change the main content at-all. They are about equipment, techniques and philosophies that were at the foundation of this organization. While the "movement" has come a long way since the sixty's and a lot of high-tech "survival" gear has come onto the market, these ideas are as good or better than they were then. It is important to remember that being a survivor is 50% what you can do and 50% what you can do without.

Sleeping in Trees

I have occasional been told that I was "out of my tree", but in the early days of Live Free many of us did sleep in trees. In the early day of Live Free most of us were on a tight budget and had to "survival camp" with very little equipment. Where-as today's typical "survival pack" may weigh about 40 to 50- pounds and contain close to \$1000 worth of gear, our 1960's packs weighed about 20-pounds and was worth, maybe \$150. tops. Anyone who came out to a summer operation with an actual tent was considered a wimp. Tarps and hammock's were to norm. Members often rigged tarps into various shelter configurations and slept under them on a ground cloth with an army blanket or an army surplus sleeping bag. This arrangement was okay, but the ground was lumpy (even if you added grass, etc) and damp. A summer storm could be an adventure even under the best-rigged tarp shelters. Some of us started experimenting with hammocks. The lightest setup consisted of a nylon "fishnet" hammock with a 6 foot. by 9 foot. tarp rigged over it (see illustration) for sun and rain shelter. You had to rig the hammock tightly stretched under the tarp so that when you pulled it down and put your weight into it you did not sag near the ground or too far below the sheltering of the tarp. So the tarp was sufficient sun and light rain shelter during the day, and you could store gear in the hammock. At night you could put your gear in your pack and hang it from one of the two support trees. Such a camp was quick to put up and almost invisible from even ten feet away. You also wanted to have your flashlight and any other "must have" items hung at the head end of the hammock before turning in. Getting in and out of a hammock takes a little practice and I have seen a few members flip out of one, but once in you are "high and dry". No lumpy ground, no snakes, no bugs. I have been in them through raging thunderstorms and watched the torrents pass below me without a drop hitting me. In hot weather they are cooler because the air circulates around



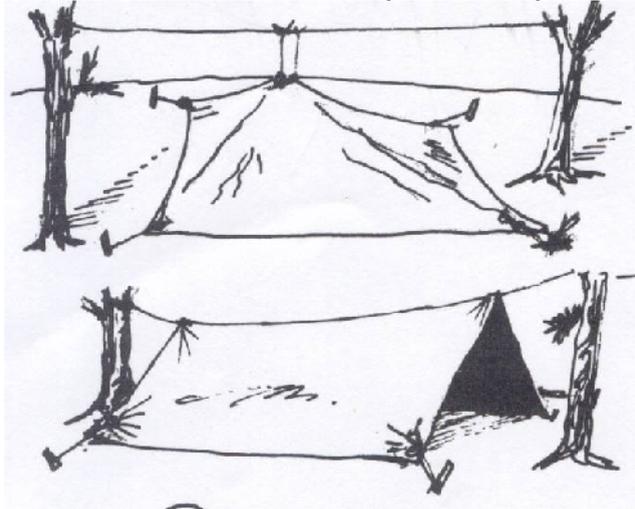
them.

A blanket or light sleeping bag can be added for chilly nights. Some members used the navy style canvas

hammocks that were a bit heavier, but more comfortable. One member brought out a fancy US Army “Jungle Hammock” that included a cover and mosquito netting sides, but these were apparently intended to be used inside of a tent because the cover was not big enough to keep rain out. So, in a storm the rain blew in and turned the hammock into a bathtub full of water. If done right, a hammock is still a good option for mild weather survival camping.

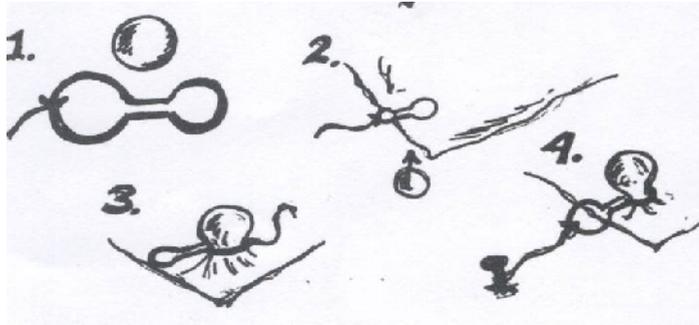
Visclamps and Rocks

While tents are great for “camping” they may be unavailable or too heavy to haul into a safe location for a “survival camp.” Plastic, nylon and some canvas tarps are light and almost always available. A tarp is usually big enough to take up most of the “survival pack” displacing food, and other essentials while adding considerable weight. Don’t depend on having that 40-pound pop-up tent in a real emergency. You should know how to rig tarps into a variety of shelter configurations depending on the weather conditions and available support. A “pup tent” configuration may be good for mild weather. A “teepee” may be better protection from rain and cold. A “lean-to” may be what you want if you are going



to build a fire.

Since you never know where available trees and rock will be to tie-up or hold-down your shelter you may need to tie the tarp at any point. The small wire device’s (see illustration) known as “Visclamps” facilitate this process without the need of punching holes or tying knots in the tarp materials. Visclamps are figure-eight wire rings and a small rubber ball that work as illustrated. If you don’t have them, you can simply place a small, smooth, round rock on the inside of the tarp and tie a knot on the outside of the lump to secure the anchor point. I usually carry a 12 foot by 12 foot nylon tarp that can be rigged up in all kinds of ways, but once when caught in a pouring rain I just opened it up pulled my space blanket into it and folded it over me like a taco shell. It worked.



Could Camps, “We Don’t Need No Stinking Fire”

The “classic” image of a camp always includes a “campfire” To the “camper” a fire is thought to be a necessity. Campfires are good for keeping you warm, providing light, cooking food and maybe keeping the wild beasts away. Campfires are also good for starting forest fires, burning your equipment, smoking up your environment, advertising your location, using up your energy gathering wood, and destroying your night vision. In desert and in very wet locations campfires may be extremely difficult to establish. In the early days of Live Free, campfires were seldom used. In hot weather we would just bring our candle lantern together at night and form a circle of light. We would sit around in that circle and drink coffee and talk and then take our lights back towards our shelters or hammocks to turn in. We cooked on our Sterno™ stoves or maybe a very small “twig fire” before dark. In winter we focused on heat conservation by building good shelters to conserve body heat. Portable camp stoves and candle lanterns added heat to the shelters as well. In one case I constructed a two-layer dome shelter over bent saplings out of clear plastic tarps. Although it was 12 below zero outside, the sun warmed it all day and body heat kept it so warm at night that sleeping bags were not fully closed. Of course fire making is a vital survival skill and a campfire can save your life, but it is not always a *necessity* and can be a waste of time and energy or even a hazard. Be flexible and adaptable. The objective is survival not cozy.

Emergency Stove

You can make an emergency stove and heater by placing a roll of toilet paper in a two pond coffee can and filling it halfway with alcohol, then letting it soak a few minutes before lighting it. When you want to put it out, smother it with a tin plate and then replace the top on the can after it cools so the alcohol won't evaporate. Caution be sure the can is metal, not plastic. Filing steel can with sand and then adding gasoline or kerosene can make another kind of emergency stove. The sand wicks the fuel vapors to the surface where it burns but prevents the fuel from boiling into an uncontrolled fire

Natural Warning System

Suppose you are alone in your survival camp and there is some danger of sneak attacks by looters or criminals in the area, but you do not have any fancy anti-intrusion system. What can you do? Spread a mat of dry twigs (if you didn't use them for fire fuel) around the camp so that anyone coming near will step on



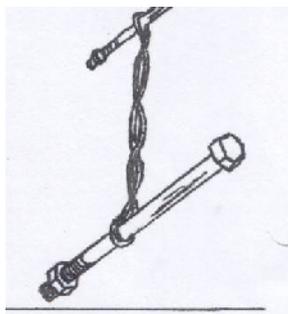
the (Snap!) and make noise to warn you. Even better, weave fallen branches and limbs into a natural fence from the ground to about 4 feet high so that intruders will be slowed and forced to move these obstruction to get to your camp. At night they will not see the branches until they bump into them and make noise. If you have some bread, etc to spare, try to attract birds to your area. Their sudden silence or sudden flight will alert you to intruders.

Cheap Hypothermia, Nuclear, Chemical, Suit

Live Free started out as an outdoor survival organization, not a Cold War survival group. So one of our concerns was hypothermia. People are often caught out in a sudden weather change where cold, wind and rain begin to chill the body's core temperature. If this condition continues the process can become irreversible and fatal. Anything that can keep the victim dry, break the wind and conserve some body heat can save your life in such a situation. A great rain-suit or rain-coat back at home will do you little good when the unexpected happens far from home. One of the "poor mans" solutions to this hazard was (and is) to carry a few 30-gallon or larger plastic trash bags in pockets, butt-packs, etc. We would open bottom end of one and tuck it under our belts to make a waterproof skirt. Then we would cut two armholes and a face hole on the other to go over our heads. We really looked stupid BUT we were dry. Later we realized that this also afforded some protection from radioactive dust and chemical agents. By adding four smaller trash bags that could be held in place by rubber bands to cover arms and legs and adding a simple dust mask, we had a pretty effective suit for many hazards. Of course a Tyveck™ or Tychem™ suit is better, but the bags are cheap and easy to get.

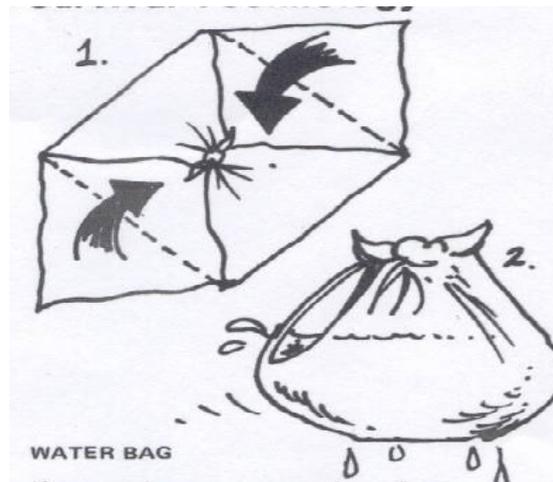
Nuclear Survival Tool

In the 70's a member brought me a device that consisted of a 15-inch piece of light chain with a 5/8-inch by 4-inch stove bolt at both ends. When I asked him what it was, he said it was his "nuclear war survival tool". He explained that he lived in the city and this tool gave him fast access to the thousands of small underground blast shelters on every street and highway. What he had made was a "manhole cover lifter". By inserting one bolt down through the opening until it catches crosswise and then pulling on the other bolt he had a lifting handle that gave him access to storm drains, sewers, electrical vaults and other bunker like openings that could provide emergency shelter from a blast. Be aware that such "confined spaces" can have toxic atmospheres and would be where flammable and toxic chemicals would collect in some kinds of attacks, but for a terrorist or rouge bomb shelter it could work.



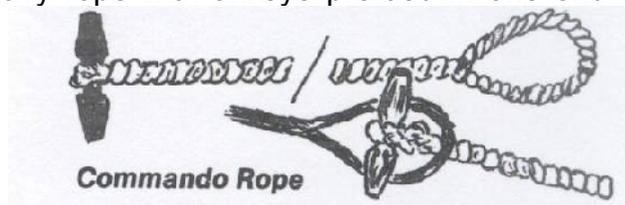
Improvised Water Bag

If you need to carry water a short distance you can make this water bag out of heavy plastic, canvas or other waterproof materials. The best way is to tie two corners together and fold the other two corners in and down to make the bag as shown in the illustration.



The Commando Rope

World War Two Commandos often needed long ropes to scale cliffs or buildings. They needed ropes to bridge streams, make rescues or tie-up prisoners. When traveling at night they could keep together using rope. The Commandoes found that carrying long ropes slowed them down and if the rope was lost it was a big problem. The solution was to have each member of the team carry about 12-feet of heavy rope with an eye pre-tied in one end and a



toggle tied to the other end. They carried these ropes wrapped around their waists or over their shoulders and could quickly link them (toggle to eye) to make a rope of the desired length. A “survival rope” made from ½ OD nylon cord about 12 feet long with a wood or PVC toggle would be a good thing for team member to have

What Are You Worth?

A detailed study of history reveals a truth in which there lies all the hope of mankind. That truth is that the course of history, in fact has been and always will be dependent not on the “great events” or the “great people”, but on the small and unknown actions or inactions of single individuals. This existence of each of us, no matter how humble or poor or uneducated will change the course of

history in a thousand unknown ways. So let us all live and act with courage and determination in the pursuit of good and worth ideals, for even though the history books may never tell of your deeds, the results will be there for eternity.

I have only met two kinds of fools. The first is one who believes he/she can change the world alone. The second is one who believes he/she can do nothing to change the world at all.

Survival Philosophy

It seems in many cases today's children already have an unacknowledged "doomsday" attitude that orients them towards recreation, consumption and even self-destructive behavior. This is not hard to understand when you consider that all past generations could count on having more of everything than their parents. Better jobs, shorter hours, longer vacations, longer life, more freedoms, more security, etc., etc. were the birthright of Americans since the pilgrims landed. The incoming generations face a declining standard of living, a growing shortages of fuel, food and fresh water, dwindling forests and farmland, danger in the streets, and rapidly disappearing liberties. Then there is the wide variety of world catastrophe scenarios to not think about. The tendency is to go into denial, or adopt a fatalistic attitude while struggling on. The "survival philosophy" focuses on the threats and hazards, but is based on hope and determination. The idea is that if you can survive "dooms day" it was not "dooms day" at-all. More importantly, if enough good people are prepared and self-reliant enough to prevent, avoid or survive the threats to our lives and our freedoms "dooms day" can be avoided or at-least reduced. The survival philosophy must be communicated and established with the youth in order to secure hope for the future preservation of the values that past generations have worked, fought and died for. This cannot be the "we give up" generation.

Don't Forget the radio!

In an emergency you just have to know what's going on. Going out when you should stay in or drinking water you shouldn't, or taking the wrong rout can get you dead. Hopefully all of you have invested in one of those great little crank powered AM/FM weather band radios. These come in a variety of models and cost from \$20.00 to \$50.00. Some have TV bands. Presumably so you can keep up with your soaps during Armageddon. Others have some more useful short wave channels. They all run on batteries, but can be recharged by turning a small crank on the side. Some versions also have solar panels for charging. All of them have a light and some now come with a plug so you can recharge your cell phone from the cranked generator. Before 9/11 such items were a novelty, but today you can get them from virtually every sporting goods store, small appliance store or even National Geographic. The best selection I have seen is in the Major Surplus and Survival Store catalog. Go to www.majorSurplusNSurvival.com or call 310-324-8855. These radios may be a bit too heavy for the survival pack. Or too bulky to have with you at all times, but you can get very small AM/FM weather band radios that weigh only a few ounces and could even fit in the pocket. I bought two of these off the rack at a home

improvement store for just \$2.95 each. They run on two “AAA” batteries and have a light as well as the radio. I put one in my survival/evacuation pack and the other in my desk at work. What a great gift!

Dental Emergency Kits

I was lucky enough to learn about urban survival from survivors of World War Two who managed to survive in Russia and in Germany through the battles and the bombings. One thing I was told by an anticommunist Russian who spent years surviving in the Pripet Marshes was to take care of your teeth. He advised that one take good care of ones teeth before any disaster so as to avoid problems when dental services will no longer be available. He described the painful and dangerous infections that afflicted the already starving and freezing refugees hiding in the forests and marshes. Good advice. Take care of your teeth. This also points out the most often-overlooked first aid kit item. Dental repair kits can be purchased in most drugstores and from first aid supply catalogs they contain topical anesthetics and materials for temporary fillings. Masune medical supply at www.masune.com or 1-888-222-1934 has a really complete Dr. Stahl’s Dental Emergency Kit for only \$17.95 that contains a lot more than the drug store kits. Ambosol is handy for toothaches and I have seen minor surgery such as a few stitches or fishhook removal done using it as a topical anesthetic. An important item that takes up very little room and weight.

Quotes and Thoughts on Public Disarmament

The following is a statement made by John Bolton, the US Undersecretary of State for arms control to the United Nations. He was speaking in opposition to the UN attempts to restrict gun ownership to government entities only.

“Distinctions between governments and nongovernments are irrelevant in determining responsible and irresponsible end use of arms” “ Limiting the distribution of arms to governments would [for example] preclude assistance to oppressed nonstate groups defending themselves from a genocidal government”. The same applies to domestic gun restrictions. We all know it’s not about hunting.

George Orwell, the famous British Author who’s book “1984” predicted the rise of the “Big Brother” state said. “That rifle hanging on the wall of the working-class flat or laborer’s cottage is the symbol of democracy. It is our job to see that it stays there”. Unfortunately for our British brothers, that rifle has been confiscated and freedom is now defenseless. America is the last bastion of the truly free (read armed) people.

Public disarmament can only lead to the extermination of the free and safe middle class by the state and the criminals

Plastic Sheeting and Duct Tape

While everyone talks about the survival pack and heading for the woods in an extreme emergency, the reality is that most folks will stay home. Heading for the woods is a last resort and in bad weather, civil disorder, epidemics or nuclear

fallout it could be the worst thing to do. That said; the survival/evacuation pack is an option everyone should have if staying home becomes more dangerous than traveling. Those plastic tarps and rolls of duct tape will be very important three home survival situations.

- **Storms and Blasts:** Wind storms and possibly blast damages from nearby explosions could damage your roof and blow out windows. Heavy-duty plastic could keep rain and cold out until repairs can be made
- **Cold Weather Outages:** The loss of electrical power and/or gas for heating would mean that you need to create a smaller space within your home that can be heated by camp heaters or the fireplace. The plastic and duct tape can be used to seal off the area you can heat. This might be the living room where the fireplace and heater are or the kitchen where the stove is. You will be sleeping in that room to.
- **Water Shortages:** Large sheets of plastic could be spread out to catch rainwater or even dew.
- **Nuclear, Biological Chemical:** This is a less likely scenario for most folks, but it could happen to some of us. You need to completely seal a room or make a plastic tent in a room and filter the incoming air. If you still have power to your furnace/AC fan, you could close the vents to the unused rooms and open only the vent into the sealed room. This would bring filtered air in and create a positive pressure inside your sealed room or tent.

You do have to be alert for problems like carbon monoxide, high humidity and oxygen deficiency. You can seal too good.

Advice from the Experts

“Be self-sufficient. Be ready to go it alone. That means that in addition to backups for utilities (you) should have adequate domestic water storage, ready-to-eat meals and sleeping provisions.” This is not advice from some paranoid survival fanatic; it is from Security Management magazine published by the American Society of Industrial Security. Hey! They forgot about sanitation.

Why Buy Water?

At some point there was a conspiracy to convince the public that drinking tap water was a serious health hazard. It isn't. Do you think maybe the whole thing was about selling you bottled water? Oh well. Any way, stored tap water is certainly safe for emergency use. You can filter it and or add four drops of bleach to each gallon if you like. Even with no treatment it will store a long, long time. So spend your emergency preparedness budget on food, batteries, ammunition, fuel, etc.

Ridding the Rails, Maybe?

The center-to-center distance between railroad rails is 4-foot, 8-inches. This distance was established by the Roman Army for it's chariot wheels and survives to this day. Most automotive vehicles have wheel/tire spans that cover this range. There-for by reducing the air pressure in tires and driving carefully you could drive along railroad tracks. You could take advantage of the elevated railroad routs to get thorough flooded areas, avoid blocked highways and use unobstructed bridges. Of course you do have to look out for trains! Just a thought.

CPR In Thirty Minuets

A recent study presented to the American Heart Association concluded that people who learn CPR in 30-minuets do it as well as those who take the 4-hour CPR course. Most of us CPR instructors suspected this for a long time! Another study demonstrated that doing 30 "full, fast, forceful" chest compressions and two full breaths is more effective than the various combinations (15 and 2, or 5 and 1) currently taught. They also found that the stop and check for breathing and pulse ever minute did more harm than good. The result is that effective CPR can now be taught to a lot more people in a lot less time. Contrary to what you see on TV, CPR very seldom results in a save unless a defibrillator is immediately available but some chance is waaay better than no chance.

The American Heart Association is now offering a "CPR Anytime for Families and Friends" kit that includes an inflatable training mannequin, CPR booklet, and a training DVD. The whole package costs just \$29.95. We are talking less than 30 minuets per person and less than \$30.00 per family to be able to save a life! Call 1-877-242-777 or go to www.cpranytime.org to get yours.

The Triangle of Life

Doug Copp a Rescue Chief for the American Rescue Team International (ARTI) who has crawled through 875 collapsed buildings has discovered that people who "duck and cover" *under* things (e.g. furniture, cars, door frames) are more likely to be killed than those who take cover *next* to such items. When structures collapse they do so with enough force to simply crush cars, furniture, beds, doorframes etc on the way down and this crushes anyone who may be in or under them. But these objects can only compact so far stopping the building walls and ceiling a few feet above the floor. This creates an open space next to the object were a person may not be crushed. This is called the "Triangle of Life" Mr. Copp states that most of the people that were crushed in their cars when the upper deck of the Oakland Bay Bridge fell onto the lower deck in an earthquake would have survived if they had been lying next the those cars. Of course (to be fair) the old Cold War "Duck and Cover" was more intended to protect against flash, blast and flying debris than building collapse. Tornadoes tend to lift and scatter more than collapse buildings. But in earthquakes and other situations

where heavy structural collapse is the primary hazard the “Triangle of Life” would seem to be safer the “duck and cover”.

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