

AMERICAN SURVIVOR

Survival Information For The Prepared Citizen

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lfinow@aol.com, or write: Live Free, P.O. Box 3295, Munster, IN 46321



IN THIS ISSUE: Famine Food & Power, The Self-Reliance Revolution, Splinting.

FAMIN, FOOD And POWER

I don't write much about food for survival. That's because it is so well covered by thousands of articles and books. Next to air and water, food is the most important survival necessity. Most healthy people can get by without much food for several weeks or longer. Most homes have a few weeks worth of food around and most areas have additional food available on store shelves, or in the lakes and forests. Of course the wise prepper or survivalist should have both stored food and the capacity to grow and gather further food for longer emergencies. In this article I will explore the effects of hunger and the power of food on the society. All of the great wars, migrations and revolutions of history come down to a quest for food. We need oil (energy) so that we can grow, transport and earn money to get food. Our ancestors migrated, colonized, pioneered, settled and displaced others for land to produce food. The temporary supply of cheap oil energy and industrialization of farming distracted the masses from the land, but land is the new oil and control of the food supply is (as it always was) the foundation of power.

Americans have no concept of hardships whatsoever. Our interpretation of being hungry would have been a feast to those who suffered through true famines in Europe and Asia. As a child I did experience hunger, but I still had some food and enough energy to get to school and play. During the Civil War and the Great Depression there was hunger and malnutrition, but not massive starvation. By contrast Eastern Europe and Asia have experienced massive crop failures, wars and sieges within the past 50-100 years that resulted in significant population reductions and population displacements that still affect their societies today. Studying books like Leningrad (now St. Petersburg) Russia by Anna Reid who interviewed the survivors of 872 day siege of the Russian City by German forces from 1941 till 1943 that starved approximately 800,000 people to death gives some indication of what a true famine can do.

As would be expected the very young and the very old were the first to die off. On a diet that provide from 300 to 800 calories per day people started dying off at from 5 to 10 thousand per month from July till November. As the cold weather started death rates rocketed to from 55 to 110 thousand per month until dropping in June. By then most of the infants, ill and elderly were gone along

with many others. Of course government workers and those with connections did better. Food crime was rampant. Youths often lurked near the few food distribution centers and would kill mothers for a few slices of bread or a turnip. Of course no one had any weapons to defend themselves. Early in the siege people would go into the surrounding countryside to trade “valuables” for food from farmers, but soon no amount of gold or jewelry was worth even a bag of potatoes. If one had food everyone else hated you, even if you were a friend or family member. Anyone who looked well fed was under suspicion of hoarding or stealing. People ate boiled leather goods, wallpaper paste, rats, cats, dogs, tree bark and occasional resorted to cannibalism. All edible game and plant life was gone within the first few months.

Education, wealth, relationship, age, religion all meant nothing. You had food or you did not. Food was the common cause. The younger people and those truly committed to the communist state did little to prepare as the German Army approached. They had confidence in the states ability to protect them and to provide for them. This was amplified by the state propaganda that constantly understated the threat. The older people and those less trusting prepared as best they could. Older residents had experienced several famines in the past. At the beginning of the war they bought all the bread they could get and dried it in the sun. They even went into the countryside and traded for “cattle cakes” intended to feed cows. Of course they were labeled “alarmist” and “defeatists” so they had to keep a low profile. Does any of this sound familiar?

As the people became weaker and weaker industry and civil services began to fail. Workers were unable to get to their jobs, much less function. Police,

fire, sanitation and other services were just unavailable. Even after minimal food supplies were restored people kept dying. Apparently starvation reaches an irreversible point after which the restoration of food cannot save the life. It appears that after the body consumes its fat, it starts to consume muscle and then even organ tissue. At this point the body no longer has the capacity to resume digestion and processing of nutrition.



The communist system had completely failed to anticipate or cope with the siege. The population had psychologically abandon the communist system, but had no choice since the enemy at the gate was an even more oppressive force committed to their extermination. Had the enemy been less appalling they probably would have revolted. When the siege was lifted the communist quickly suppressed any reports of the famine and sent many of the most creative survivor to the gulags. Many diaries and photos remained hidden until recently.



Actual World War Two ration book and stamps that my parents had to use to get food and fuel. The black market was alive and well throughout the war. Particularly when it came to fuel, sugar, tobacco and tires. This could come back in the late 21st Century or sooner if war or nature effects the food supply.

Conclusion

Hungry people will do anything to get food. Hungry people will obey any ruler who can provide food. Hungry people will attack anyone in order to obtainer food. Once food becomes scarce social relationships, political ideals, religious convictions and governmental systems distort, weaken and fail. Mao Tse-Tung said that “Political power grows out of the barrel of a gun” but that is true only of the person holding it is well fed. Even in “normal” times those who control the production and distribution of food have the true economic and political power. As fuel supplies decline there will be a return to smaller farms and localized supplies. Poor and overpopulated countries will experience significant chaos and death rates. More affluent countries will experience deurbanization, civil unrest, political instability and shifting values. Major political and economic interests will attempt to retain control of the food supply through regulation, intimidation and perhaps even rationing. Those who are food self-sufficient will have a great advantage, but will be assaulted both by those who are hungry and those who

seek to use food as a source of power and control. Therefore it is critical that food self-reliance be accompanied by defensives capability. Here are the steps that one must take to food freedom:

1. Store enough food for short-term (6-month to a year) emergencies and to buy time to convert to food self-reliance for longer or indefinite situations.
2. Start now to develop food producing and food preserving skills and equipment. Hunting, fishing, trapping and foraging are important, but remember that these resources will quickly be wiped out when everyone is doing them without regulation.
3. If you can get a few acres of farmable land, do it now. It will be a good investment (far better than gold) and maybe save your family.
4. Start a freedom garden in your yard. Even a small raised bed, intensive vegetable garden can provide a significant supply of food, but get the experience now. Also start saving vacuum packed seeds and learning to create mulch.
5. Network with others to build a food trade system within your immediate area. This will necessarily include mutual security for crops, stores and transport.
6. Most importantly; spread the word and teach the skills of self-reliance. The more people that can take care of their own families the fewer you have to worry about and the more you

can trade with. The more folks who are on your side the less likely it will be that demigods, gangsters and dictators will rule the future.

The SELF-RELIANCE REVOLUTION!!

If we don't happen to the future, the future will happen to us.

We tend to think of the "Survival & Self-Reliance Movement" as passive and reactive in nature. That is to say that it does not effect the social, political or natural environment, but simple works to survive and adjust to it. Historically, "revolutions" do not start out of thin air by some radical idea. Revolutions (including the American Revolution) start as people try to survive and adjust to a failing political, economic and social system. They are not necessarily violent and they do not necessarily change things for the better. Managing the current revolution is a challenge we all must rise to.

As an existing system increasingly fails to meet the needs of the people, the people increasingly find alternative methods of meeting these needs. As the participation and wealth of the people withdraw from the system it becomes weaker. In reaction, the system will usually apply more extreme and coercive methods that only worsen the situation and drive more people towards the alternatives. This cycle continues until the system is replaced. By this definition many of the things advocated and taught by survival and self-reliance groups are actively revolutionary. They hasten the decline of the current system while building a new one. There is nothing seditious or

subversive about this kind of revolution. It is a constructive revolution to save America and Americans. But it is to be expected that those who have benefitted most from the false economy will resist the revolt and departure of their victims.

Demonstrations and political action can help reduce resistance to changes, but the revolution is in the changes in how people think and how they live their lives. The revolution is in replacing dependency, compliance and vulnerability with independence, self-reliance and security. What the governments and the systems do will not change the people. How the people act and what they will and will not do will change the government and the system. It is moving back to more localized government and localized economies. It is not anarchy by any means, but it is the way we will secure the blessings of life liberty and happiness in the future.

The reality is that the existing political and economic system that was developed in the late 19th and early 20th century is clearly failing. Depleted resources, overpopulation, climate shifts*, corruption, greed and a changing world economic reality has all combined to doom the system that we currently depend on for every necessity of life. Centralized government power, centralized economies, and massive regulations are simply unsustainable in the 21st Century world. They will fail and be gone by the end of this century.

Fortunately the United States Constitution was designed for just the kind of decentralized, limited government that the coming collapse will initiate. It is the fact that the constitution was not intended for a highly industrial, highly centralized and world-influenced state that has necessitated its corruption and distortion throughout the past decades.

Unfortunately, over one hundred years of building bureaucracies, fortunes, and power based on these failing paradigms has built powerful people and powerful forces that will resist these inevitable changes. They may simply defend the old system while persecuting the advocates of change. There may even be attempts at violently suppressing personal independence and self-reliance. The worst danger is that a person or an "ism" (as in socialism or fascism) by other names will be put forth as the savior of the system. We can all hope that in America our Constitution and the fact that our population is well armed will assure a relatively peaceful and just shift in power and wealth. The outlook for Europe and Asia is grimmer.

The challenge is that there is no easy or non-traumatic way to get from the mess created in the Twentieth Century to a working political and economic system for the realities of the 21st Century. We will have to survive shortages, losses, disasters, epidemics, civil disorder, and breakdowns in vital services, famines, and governmental chaos. There could be violence ranging from riots to regional revolutions and even wars over sources of fuel, water, food and other resources. Internationally there will be real wars as the United States is no longer able to play peacemaker. Most experts predict a major reduction in the world population by the end of the century. The effects of the climate change * will escalate much of this.

Towards the end of the 19th Century a number of interrelated events and conditions worked to create the political and economic paradigms that dominated the 20th Century. The discovery of cheap coal and oil energy launched the "Industrial Revolution" that began to explode the population and

centralize them in big cities. Massive land and natural resources were available to exploit and use to support larger populations, higher living standards and faulty economic systems. The natural environment continued in an unusually nonviolent phase. These conditions combined with the exigencies of two world wars lead to the rise of the centralized and regulatory state throughout the world. The supporting conditions (e.g. resources, fuel, climate, land, etc.) no longer exist. Therefore the population, living standards, and big, centralized government cannot survive.

Throughout the Twentieth Century the public adopted (were sold) a paradigm that shifted families from self-reliance and financial independence towards system dependency, debt and taxation. Formerly people created at least 50-percent of their living value themselves. They often produced and packaged a substantial part of their own food. They made and repaired their own clothing. Used limited amounts of fuel and energy. Saved for things they wanted. Dealt in barter or cash. Prepared 90+ percent of their meals. They created value through work that filled their need, but this value was not taxable or traceable or subject to regulation. Getting the women out of the home and into the workforce where they would make taxable wages and be forced to buy prepackage or fast food from other taxable sources was one big step away from family independence. Pushing "consumerism" needs for junk and disposable products made more waste while creating more tax opportunities. When the value of the work being done in the US fell below the manufactured needs of the population the whole system was kept going on credit. Once the credit ran out and the jobs ended the value disappeared. Now we have families that need two jobs just to pay

increasing debts, with less family time, fewer freedoms and no security.

The self-reliance revolution is simply people who have been wise enough facing the realities and adapting. It is growing because these folks are helping more and more citizens who are freeing themselves from old paradigms and building new and more independent lives. These “revolutionary” actions include.

1. Family emergency preparedness reduces the justification for centralized, bureaucratic, and costly programs that justify regulation and taxation.
2. Abandonment of urban areas where taxes, regulation and intrusion are most prevalent.
3. Shifting programs and responsibilities down to families’ communities and counties.
4. Use of cash and barter removes centralized tracking and control of personal finances.
5. Shifting towards self and family produced value such as gardening, canning, sewing, repairing, water gathering, solar and wind energy, etc. Decreases the need to taxable wages for taxable goods, thus defunding the bureaucracy and bypassing regulations

Simply put: the Self-reliance revolution makes the state and the banking system less relevant and less powerful by draining away their access to funds and information.

The rise of the prepared and self-reliant family replacing the compliant and dependent ones is the revolution. The battles are won family-by-family and community- by- community. The

solders are the teachers, organizers, supporters and advocates. There may be resistance, coercion and even violence as the old systems breakdown, but what works will always prevail over what does not work. There is an old movie I once saw where the south American dictator who had once been a rebel himself is in his office when his General runs in and shouts “El Presidente, the rebels are in the suburbs” to which he replies “the rebels are always in the suburbs”. People who are changing values, life-styles and attitudes are the true rebels in our suburbs, towns and cities. Welcome to the self-reliance revolution.

**Not necessarily caused by anything mankind has done*

BASIC FIRS AID: BASIC SPLINTING

Continued from Previous Issues

Any kind of musculoskeletal injury can be fatal under survival conditions. Extra care must be taken to avoid this kind of injury. Being disabled may prevent you from escaping further danger and inhibit your ability to take necessary survival actions. Effective splinting can partially restore mobility and prevent further injury to the limb. In extreme cases splinting may be the only treatment available in the long-term. It can be difficult to determine the difference between a simple strains and more serious sprains. Even fractures are often hard to identify. Dislocations of joints are usually very obvious. The resetting of dislocations and badly out of alignment bones is beyond the scope of this article. When in doubt splint

Strains are a stretching or tearing of muscles only

Sprains are a partial or temporary dislocation of a joint resulting in damage to ligaments

Both of these can be treated by the three I. C. E actions

- I = Immobilize the injured joint with a splint or elastic bandage
- C = Cool the injured joint with ice packs to reduce pain and swelling
- E = Elevate the injured joint to reduce pain and swelling

Signs of musculoskeletal injuries

- Pain at the injury site
- Bruising at the injury site
- Swelling at the injury site
- Loss of function of the limb
- Deformity of the limb.

Diagnosing Injuries

- If in doubt (strain, sprain, fracture?) treat it as a fracture.
- Check for deformity by matching the injured limb against the uninjured limb
- Consider the forces involved (bullet, baseball bat, fall). Would this likely cause a fracture?

Splinting Procedures

- Check for pulse and feeling and movement below the fracture. If there is no pulse the victim is in danger of losing the limb!
- If there is an open fracture where bone is exposed (visible or not visible) stop the bleeding and cover the wound before splinting
- Splint the fracture or dislocation in the position you found it. DO NOT attempt to realign or reduce it.
- Only in cases where there is no pulse below the fracture before or after splinting and no hope of prompt medical attention you may need to try realigning the bones enough to restore the pulse

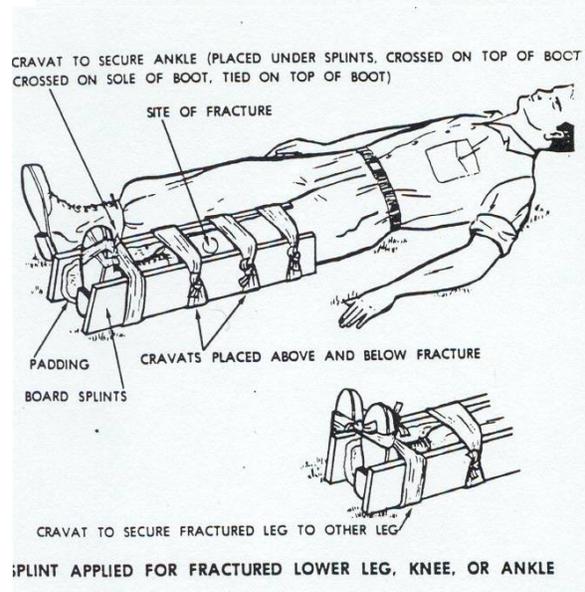
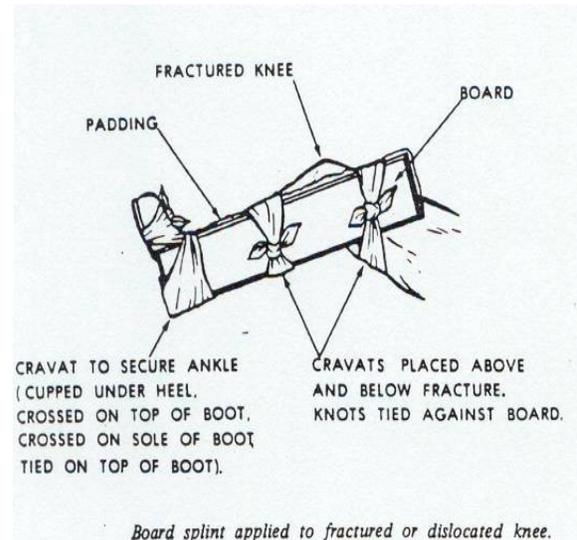
•Anything (newspapers, magazines, blanket, etc) that will keep the bone or joint from moving is good.

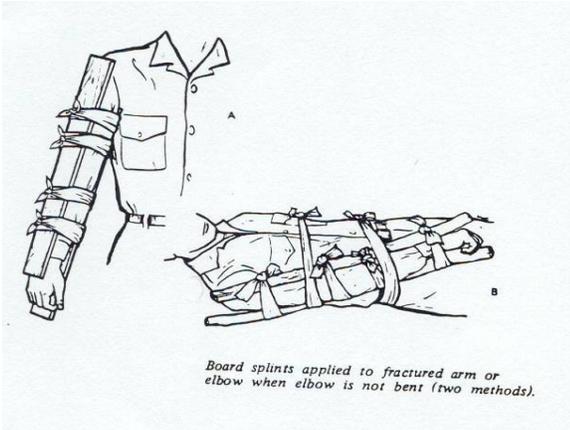
•If nothing else is available splint the injured limb to the body or uninjured adjoining limb.

•For fractures you must immobilize the joint on either side of the fractured bone

•For dislocations you must splint from the bone on one side to the bone on the other side of the joint

•Always check the pulse below the fracture before and after splinting





Please excuse this slightly abbreviated issue of AMERICAN SURVIVOR. Reducing it by one page allowed us to include your copy of LIVE FREE REPORT for the same postage. We will add an extra page to the next issue

<p>Staff</p> <p>Executive Editor: James C. Jones, survivorjj@aol.com</p> <p>Managing Editor: Open</p> <p>Distribution Manager: Tim Powers</p> <p>Contributing Editor: Christopher Nyerges, Christopher_nyerges@yahoo.com</p> <p>Inquiries Address all general inquiries, subscriptions and advertisements to: Live Free, P.O. Box 3295, Munster, IN 46321, USA or lfinow@aol.com</p> <p>Copyright 2012 by Live Free, USA. Munster, IN, All rights reserved</p>	<p>Disclaimer Live Free, USA provides information as a service to its members and the public. The use of this information is solely at the discretion of the reader. Live Free, USA, its officers, representatives and members can accept no responsibility whatsoever for any loss, harm, damage, or injury resulting from the use or misuse of information provided. Opinions expressed in this publication may not necessarily be those of Live Free, USA, or of its officers, representatives or members.</p> <p>Contributed Material Contributed articles are welcome and needed. We do not pay for material but we are tax-deductible. All articles must be in MS-Word or compatible format via e-mail or on a diskette.</p> <p>Advertising In order to provide the maximum useful content to our subscribers we do not accept advertising in this publication</p>
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