

AMERICAN SURVIVOR

Survival Information For The Prepared Citizen

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IN THIS ISSUE: Human Waste Disposal, The Self-Reliance Challenge, Light as a Defensive Weapon, End of the Long Summer
This Issue Is Abbreviated To Accommodate Your LIVE FREE REPORT mailing

HUMAN WASTE DISPOSAL (Ewww)

This article is a continuation of our long-term self-reliance series that will cover replacement of every "system" provided survival necessity

Introduction

Sanitation is the most often ignored subject of survival and self-reliance preparation. At best it is touched on in short-term preparedness manuals and military manuals. These publications assume that normal sewage system will be functional with a short time or that (in the case of the Army) the site will be moved in a few days or weeks. The challenges of an indefinite or permanent lose of sanitation systems in a highly populated area is seldom addressed. In this article we will cover the needs of immediate sanitation for short-term (days 7 weeks) sanitation as well as coping with the permanent termination of sewage systems.

A Brief History of Sewers

Once humans began to inhabit permanent, large towns the accumulation and disposal of human waste became a problem. In fact the ability to cope with human waste was the key to the rise of

the city-states and of advanced civilizations. Most ancient cities were built on rivers and near the ocean to provided a convenient method of flushing away waste. While Roam and many other cities did have some fairly sophisticated underground sewers, they served only a small part of the population. Open sewers, gutters and "honey wagons" carried human waste to the nearest waterway and outhouses served the peripheral areas. Sewage limited the growth of cities to thousands or a few hundred thousand through the 18th century. In town outhouses were common right into the early 20th century. A city could grow only as far as the technology for waste disposal would permit. When this was exceeded disease usually reduced the population quickly. Only the advent of steam and diesel powered digging equipment in the late 19th and early 20th centuries allowed the construction of massive piped sewage systems that allowed millions to live in crowded cities without being buried in waste or cut down by diseases. Until the middle 20th century most systems depended on gravity to sustain a flow to the outlet, but as cities grew it was

necessary to pump sewerage and treated it before discharge. Most sewage systems today are dependent on constant maintenance and power.

What Could Happen

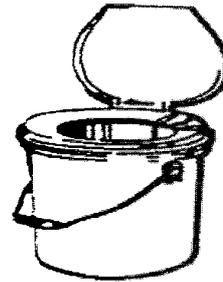
Any kind of lengthy interruption of power, fuel or chemical supplies would cause a shutdown of sewage systems. Civil disorder, epidemics or economic collapse would certainly mean the abandonment of these complex facilities. Even general budget cuts could eventually result in system failures and unrepaired collapses. Keep in mind that any failures of the sanitation system will immediately impact the safety of the water supply and result in spreading diseases. While the toilets may be flushed for a while the sewage will eventually fill the sewers and back up into streets and homes in the lowest areas first. Untreated sewage may also flow into the rivers and lakes. Urban areas will become stinking, fly infested and disease-ridden hells.

Anyone dependent on the existing water supplies or sanitation systems will be forced to abandon their homes or die. As with water, food and fuel, big cities are untenable without existing technological systems.

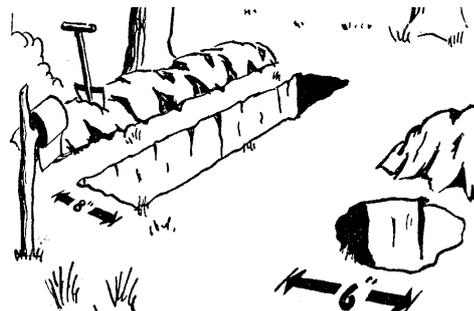
Short -Term Sanitation

In short term emergencies the sewage system may still be functional for weeks. Although the water to flush the existing toilets may be hard to spare. So-called "brown water" from bathing and cleaning can be used to flush the toilet. Dumping about 1-gallon of any kind of water will cause it to flush. Rainwater, pond water or any other water source can be used for this purpose. If the toilet is not available at all, you can improvise a toilet using a 5-gallon pail lined with a heavy-duty plastic bag. As it fills add some bleach and bury it in the back yard if possible. This is one

of the reasons to have bleach, plastic bags, buckets and shovels. Waste can also be dumped into a pit with quick lime and covered. In Vietnam the Army often burned human waste in oil drums using gasoline. While effective, it is unlikely you will have fuel to waste and no one will appreciate the smell.



Basic "Port-A-Potti" kit consisting of a toilet seat mounted on a bag lined 5-gallon pail, Sells for about \$28.00 or make your own for less.



Basic, shallow, pit toilets. Note the shovel to throw dirt in and handy toilet paper holder. Such facilities would be sufficient for short terms or in temporary camps only.

Long-Term Sanitation Facilities

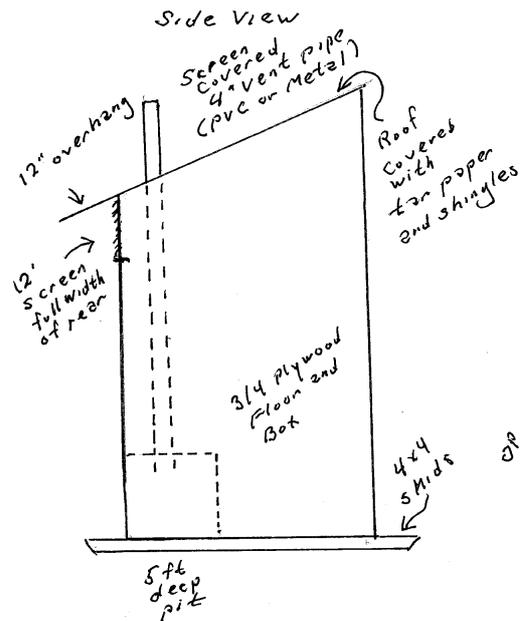
Small towns with gravity operated systems and uphill well water supplies may do okay throughout a catastrophe. Most suburban areas and urban areas will experience traumatic population reductions through epidemics, famine, evacuation and violence. The shortages of water, food and other critical needs will

probably thin the population before the sanitation systems fail completely. Those having access to large lots can probably build outhouses. These “facilities” provide a reasonable safe and sanitary means of waste disposal. Screening and proper ventilation will keep flies out and prevent the accumulation of flammable gasses. Yes they can blow up! My Grandfather had a permanent outhouse about 200-feet from the house. He had a small toilet room inside for use at night and in cold weather. You had to hauled the bucket out and dump it in the outhouse hole every morning. Lots of fun. There was bucket of “quick lime” and a scoop in the outhouse. So after you had dumped, you through in a scoop of lime to start breaking down the waste. If you don’t have quick-lime you can use ashes from your fireplace instead. He had also had a movable outhouse. He planted pumpkins on the old location and got a 70-pound pumpkin that won the county fair.

Outhouses'

Depending on your location and materials available you may chose to build a permanent facility or a movable one. If you chose to have a permanent location you will need to have a large hatch in the lower rear of the structure to remove the accumulated waste. You can ether have a bucket in there that need to emptied ever few days into a remotely located pit or a lined box that you rake out and shovel every week or so. More fun. If you have enough room to move the outhouse around, you will need to build it on skids so it can be towed from place to place. It will need to be moved every time the pit gets about half full. That means digging a pit and then covering it. You can build an outhouse from plywood or convert a prefabricated shed into one. We are assuming that municipal regulations are no longer an issue under

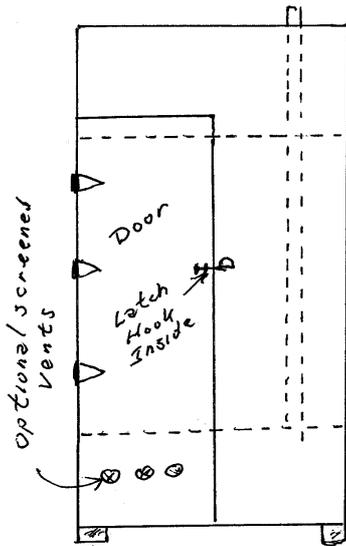
these conditions. The illustration here is based on one that Live Free members built in the 1980s. This design met international standards for size and ventilation. Shortages of materials may force you to make some compromises and adaptations.



SIDE VIEW:

Materials

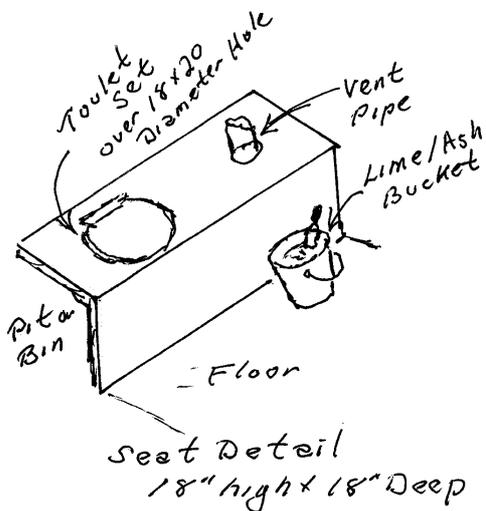
1. 3/4" x 8' Marine plywood
 5. 1/2 x 8' Marine plywood
 15. 2" x 8' x 8' pine
 - 1 4" dia. X 8' pvc or metal pipe
 - 1 toilet seat
- Miscellaneous roofing, nails, hinges, paint, screening, hinges and door latches.



FRONT VIEW

The building is 4' x 4' x 8' high in front and 6' high at the rear, with a 24" wide by 6 1/2 high door.

Note: painting all surfaces will help prevent rotting. Be sure to bend down or cut off any protruding nail as even a scratch could cause infection



SEAT DETAIL

If a pit is used, it should be 4' wide x 4' wide x about 5' deep. Move the building when the hole is 1/2 full. Any waste disposal pit should be at least 300 feet from your water source.

Conclusion

Any disruption of the sanitation system will cause massive problems and epidemics. The true survivor must be prepared to cope with the short and medium-term issues of human waste disposal. If there is a complete and sustained breakdown of urban and suburban sewage systems, areas with high population density will become untenable. Suburbs and smaller towns may be able to sustain occupancy and recover if they are able to effectively adapt to sanitation methods that have worked in the past. Would-be survivors should have all the necessary items for short-term sanitation and at least the basic materials and knowledge to go further if necessary.

Light as a Defensive Tool in All Places, by Rudi

If I were to ask the average man (or woman) on the street, "When I say the word 'weapon', what comes to your mind?" I think the vast majority of people would say "gun"; a few might say "knife", but I doubt if anyone would say "club" or "light". The club is probably man's oldest weapon, and I previously wrote a 10-page paper on impact weapons. However, in this essay we are considering light as a defensive tool.

Imagine the early caveman without the means to make fire: nighttime was probably a frightening experience where one did not dare to tread far from the cave. But with the advent of fire, man was able to fend off dangerous creatures, and feel more secure at "home".

Certainly crime does occur during the day, but like our ancestors we feel more vulnerable at night; this is probably rooted

in our biology. And similarly, criminals feel more confident at night, where darkness can hide their activities. Not only is crime an issue at night, but power failures can throw a town or city into disarray. Disasters bring out the best in people, but it also brings out the 'wolves' who want to take advantage of the situation. So let us now consider four settings where you need light as a defensive tool.

Your Work: If you are very fortunate, your place of employment may have back-up generators; but typically, these expensive solutions are only available at hospitals and other high-tech situations where property damage or risk to life would be present. I've been through two, one-week blackouts at work. Battery-powered emergency lights on the walls are pretty much standard, but don't expect them to last more than a couple of hours. What if you are in an elevator or someplace else where there is not a emergency light? On both my work key-chain and my car key-chain, I have micro LED lights: The Photon Microlight II. Some of its features:

- Ten-year shelf life.
- 18+ hr run time.
- Output of 4.5 lumens can be seen for one mile
- Lifetime warranty.
- Made in America
- Replaceable lithium battery will work in subzero temperatures.
- Priced at \$8.28 on Amazon.com.
- Available with a white light or in five other colors of light.

Although tiny at 6.7 grams, it is powerful, and can help during an evacuation. All employers should have hand-held flashlights and larger fluorescent lanterns, and you should have a flashlight at your desk or in your briefcase; these need not be exotic or expensive.



Your Vehicle: Headlights can fail due to a dead battery, but they are primarily there to help you drive your car, not to defend against a criminal. Here are three other types of lights to have and where to have them within arms length:

1. A **powerful spotlight**. Police cars usually have their spotlights mounted externally on a control rod through the door pillar; these are expensive to install and limited in their directionality. As most fishermen know, light bounces off water and glass; thus, it is important to buy a hand-held spotlight whose beam will 'cut through' the glass of your car with no reflection. One model that does is the

Brinkmann Blue Max 12-volt spotlight, which puts out 3,000,000 cp. The lens penetrates fog, rain, haze, smoke, glass and water. This can be bought on Amazon.com for \$24.03. I have a spotlight in the car for three reasons:

- a) Helping light the scene in an accident or breakdown;
- a) Finding a house number or street sign at night, and especially when it raining or foggy; and
- b) Fending off criminals in a car. If someone is shooting at you from another vehicle, you obviously want to get away. But I can envision a scenario wherein the spotlight could be used to temporarily blind a driver

who is using his car as a battering ram against your vehicle. If you have a passenger, he or she could be handling the light while you drive. However, there may be legal risks in doing so – consult with an attorney.

By using Velcro on the back of the light and on the top of the box on the transmission hump, mine snugles securely between the driver's and passenger seats.

2. A **flashlight** that can also double as an impact weapon: my favorite is the 5-cell 'C' size Mag-Lite® flashlight. Not only will this help you change that flat tire at night, but it is a potent impact weapon. Mine is mounted on the dash in front of the passenger seat. Mag-Lites are sold on-line and in many stores.
3. **Road flares (fusse)**: whether it is day time or night time, a road flare can be a lifesaver when it comes to accidents and alerting oncoming drivers. But just like the caveman fending off the dangerous beasts of the jungle, a road flare can be used as a defensive tool: the average criminal may not be smart, but he will understand the power of fire! Flares ignite at 376 degrees F, and burn as hot as 2,900 degrees F. Given their low cost, there is no excuse for not having at least three to six in every vehicle you own. And one flare should always be in the map pocket of the driver's door. Buy them at Wal-Mart or your local auto parts store.



Your House: First, light is a **passive deterrent**: a well-lit exterior is less inviting to a criminal as compared to an un-lit house. Your choices include low-wattage landscape lighting, solar lighting, all-night security lights, and motion-sensor security lights. While I like low-wattage landscape lighting (using a step-down transformer), my experience is that these last a few years then develop problems. Similarly, some solar lighting is poorly made and/or not bright enough to serve as a deterrent; but I have found a company that sells quality solar lighting: Earth Tech Products (www.earthtechproducts.com). Many all-night security lights throw out a light equivalent of 60 to 100 watts, while only using 13 watts of electricity; I have two of these. Also, there are now solar-powered motion-sensor security lights. While solar lighting will cost more initially, I think in the long run it is worth the investment. Most of us have been through many power outages, which may last from a few hours to a few days to a week or more. The company I previously mentioned carries power-outage lights that will last for 8 hours. If your home still has outside lighting, courtesy of the sun, I think it will be a less inviting target to criminals.

Moving inside: should a criminal breach your exterior defensives, you will

need a flashlight to use with your firearms. Gun magazines and books have thoroughly covered the 'fighting flashlight' and techniques for use, so there is no need to repeat what is well known. The other option is a mounted flashlight on the barrel of your weapon; the choices are numerous and these have been well covered by gun writers. I do want to put in a plug for the Night Sentry, which holds your flashlight, handgun, and pepper spray, all on a hard plastic piece that goes between the box spring and mattress. When the bed is made, the covers will conceal the weapons. I don't know if this is currently being made or sold, but there are similar products on the market, like the 'Close & Ready Bedside Holster Caddy', Item J94-18048, sold for \$29.95 by Dillon Precision (www.bluepress.com).

Your Person: When I grew up, a gentleman always carried a pocket knife; similarly, you should also carry a small defensive light when you leave your work, vehicle, or home. Besides disorienting attackers, a small tactical flashlight has many other uses. Up until recently, you had to pay \$1 for every 1 lumen of light; thus, a 60-lumen flashlight would cost \$60, and 60 lumens are considered the minimum for light that disorients an attacker. Another drawback of these early tactical flashlights was their runtime: 60 lumens would last only 60 minutes, and the batteries were **very expensive**. Many years ago I upgraded my Surefire Z2 Combat Light to 110 lumens, and the runtime dropped to only 20 minutes! However, with the advent of Cree® LED light bulbs, the cost dropped dramatically and the runtime greatly increased: I now have a 350 lumen flashlight at home that cost only \$69. While its length makes it idea for defense at home, you need something smaller on your person. Fortunately, 300 lumen compact

flashlights can now be had for around \$125. One example is the new ASP Triad USB rechargeable tactical light: 300 lumens with approximately 90 minutes of runtime. The retail price is around \$125, but there are **many** other makes of small lights that can be had for \$40 and up. While these compact torches could be used as an impact weapon in a pinch, I prefer the flashlight be in the weak hand (left for me) and the weapon in the right hand, i.e., gun, knife, or pepper spray. If you want a small impact weapon to carry on your person, consider key-chain batons: Persuader® and Kubaton®, or tactical pens. The latter **actually write**, but are devastating impact weapons in disguise. Prices are under \$25 and are made by such companies as S&W, Schrade, Uzi, Crusher, CRKT, and others. I've never had these seen as weapons by law enforcement. Another recent advance in flashlights are multiple modes, e.g., high-power, low-power, strobe, constant on, and momentary on. The strobe should prove very disorienting to a would-be attacker. One caution: some lights require a twisting of an end cap, and this requires two hands; I prefer a push-button on the end cap or on the body of the flashlight, which is easier to use.

Legality: Unlike firearms, knives, pepper spray, and impact weapons, I cannot think of any laws that apply to the light tools that I have discussed in this paper.

Book Review

The End of the Long Summer

By Dianna Duminoski

"The future in the modern imagination has always stretched out ahead like a broad highway drawing us onward with the promise of tomorrow. Now rather suddenly, as it becomes impossible to

ignore dramatic physical changes taking place across the Earth, the future looms like an urgent question. Whatever the coming century brings, it will not unfold smoothly as some improved but largely familiar version of life as we know it. This is the only thing that seems certain” So begins this book. Thus stating that gnawing reality that most of the population still desperately tries to avoid. The author establishes the question as follows:

“ The question is, simply stated, whether in the face of these changes, the Earth will remain a place that can support complex, interconnected global civilization or, in the extreme sustain human life at all.”

The answer to the first part is a well-documented NO. The answer to the second part is MAYBE. The readers may agree or disagree with the author’s environmentalist and evolutionist approach to why things are happening, but what is inescapable. Whether we have caused a change in the environment or just accelerated it is going to be irrelevant the coming generations coping with shortages, famines, epidemics, droughts, mass migrations and conflicts.

When I was a boy we were taught about how man had conquered nature. The global economy and the social programs of the state were founded on a rising population (to tax) and an unending supply of cheap fuel. Science would solve everything and we would populate the stars. Now we desperately try to hold on to “normal” with windmills and electric cars. Although the author is an environmentalist she has no elusions about our ability to “save the planet” That ship has sailed. **We face an increasingly unstable and hostile climate that is developing much faster than previous climate changes.** The book details the complex and delicate

balances that were necessary for life to exist. At best the planet will be a lot tougher to live on and at worst it may not be habitable at all. In addition it is conceded that we are running out of the fossil fuels we need to sustain our civilization under these conditions.

The fact is that we have built exactly the wrong civilization for what we face. **A global economy, big centralized governments, socialist programs and complex interdependent societies are doomed.** The special interests and vested interests of these institutions will buy time and delay and even use violence to hang on, but they will fail. Unfortunately failure to change will result in greater chaos and casualties. The book takes us through a lot of history and science to document that we are in deep,deep trouble. We already knew that, but it helps to have experts prove it.

The author finds hope in the past adaptability of mankind, but worries that we may not be quick enough this time. We may stay in denial too long. Fundamental shifts in the way we think, live and govern are necessary and they must happen in the next few years. None of us want to live in a ruined, post apocalyptic world of desperation and violence. If we are to hold on to our values and liberties we must prepare and adjust as communities. **Simply put: Twentieth Century systems will not work on the energy depleted, meteorologically challenging Twenty-first Century planet.**

The End Of the Long Summer, Dianne Dumaoski, 311 pages, hardcover, from Crown Publishing, www.crownpublishing.com, \$29.95

2013 ANNUAL MEETING

SUNDAY MARCH 24th, 2013, 1:00 PM.

**AT: CABELA'S Sporting Goods Store, Second Floor Conference Center,
7700 Cabela Drive, Hammond IN,**

Just South of I-80 at the Indianapolis Blvd. Exit. Details to be provided in next issue

- **Reports on 2012 progress**
- **Challenges and Opportunities for 2013**
- **Chapter representative reports**
- **Election of Officers for 2013-14**
- **Final plans for Camp Independence 2013**

Presentation; ORGANIZING DURABLE PREPAREDNESS TEAMS

CAMP INDEPENDENCE 2013

FREEDOM THROUGH PREPAREDNESS

Saturday, May 4th 2013

COME FRIDAY NIGHT, STAY TILL SUNDAY MORNING

**Tippecanoe River State Park, Winamac Indiana
(in the Potawatomi, Group Camp)**

Activities Start at 8:00 AM/EST , Run Through 6:00 PM

Advanced Registration Before April 10th Individual \$20.00,
Family \$25.00, Add \$20.00 for a cabin. Registration After April 15th or At The Site
Individual \$25.00, Family \$35.00, Add \$20.00 bunk in a cabin.
Group Cabins while available \$100 LF members, \$150 non LF

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