

## SURVIVALISM

Survivalism is literally the art of staying alive.

In case of a disaster, every individual should keep an emergency knapsack. This should contain a miniature flashlight (with extra batteries), a small compass, a map, waterproof matches, dry lint (to use as tinder), a large knife, large plastic trash bags (for emergency shelter and camouflage), a "space blanket" made of aluminum or mylar, a metallic container (to cook, collect water, and signal), women's nylon stockings (nylons can be used to catch fish, filter water, scrub surfaces, and store things), two quarts of water (note that water weighs about sixty pounds per square foot), some (dried) high-energy food, money, and soft earplugs (to sleep in a battle zone).

Remember, the basics of survival are a fire, water, and food.

### SURVIVALISM (DANGERS OF)

Being a survivalist--using foresight to protect oneself from anticipated disasters--can itself be perilous.

In 1499, a noted German astrologer named Johannes Stoeffler claimed that a conjunction of the planets would cause a great flood on February 20, 1524.

Count von Iggleheim, to prepare for the disaster, built a three-story ark for his family. His foresight made him an early survivalist.

Oddly, heavy rains actually struck Europe on February 20, 1524. A terrified mob tried to enter the ark, and hundreds were killed in the riot, including the count himself.

The moral of this true story: all refuges must be defended.

### SURVIVALISM (FIRE AND)

Humans are tropical animals by nature: humans need technology (fire, clothing, shelter) to live in cold areas.

To make a fire, align regular "C" batteries in a row. A strand of steel wool--connected to terminals--will start a fire.

To start a fire "from scratch," using flint and steel is the only reliable method. If flint cannot be located, any rock that looks glassy will serve. The tinder receiving the spark must be absolutely dry. Mix some gunpowder into the tinder.

A friction fire is difficult to start. The Cheyenne Indian technique was to rotate between the hands a pointed stick of hard wood (they used grease wood) in a hole in a flat piece of soft wood (they used cottonwood). In the hole they put a little sand quartz and dry leaves or powdered buffalo dung (use gunpowder instead). Press hard, and blow the breath at the contact point.

A third method involves the sun. A magnifying glass, a pair of magnifying eyeglasses (reading spectacles), or a camera lens will work. The more light gathering the better, so the bigger the lens, the higher the sun, and the brighter the day, the better are the results.

Regarding the lens method, it is technically possible to start a fire with ice, but this is impractical. It is also possible to start a fire with water! Make a

hole in bark or in paper-- place a droplet of water on the hole--and use this makeshift lens to start a fire in dry tinder. If this method sounds dubious, note that arsonists have started forest fires by leaving half-filled jars of water on their sides in grassy areas.

#### SURVIVALISM (FOOD AND)

Although leather gloves can be eaten after a little cooking, in the long term the survivalist must survive on what he can gather, kill, or grow.

If foraging for wild plant food, avoid anything with a milky sap (dandelions, which are nutritious, are the exception). Avoid red plants, fruit divided into five segments, anything that smells like bitter almonds or peaches, grass and other plants with tiny barbs on the stems or leaves, and all plants that produce a dry, stinging, or burning sensation when applied to the skin or tongue. Also, avoid all old and withered leaves. The leaves of some trees and plants develop deadly hydrocyanic acid when they wilt.

Do not eat mushrooms. For the few nutrients mushrooms contain, mushrooms are not worth the risk.

If farming in a post-apocalyptic world, remember that five bushels of rice can feed one person for one year.

If raising pulses--such as peas, lentils, and beans--know that some species contain a toxic factor. When pulses make up a large part of an individual's diet, the toxins may cause health to deteriorate. The condition is called Lathyrism.

If hunting the meat of wild animals, be resourceful. Remember, sugar-fed rats from the cane fields were considered a delicacy in eighteenth-century Jamaica. In Aztec Mexico, the people ate ants, water-flies, white worms, and tadpoles.

When hunting game, beware of animals that are caught too easily. They may be diseased.

If raising livestock, remember that rabbits and chickens are the most efficient in terms of producing food. Cattle, in contrast, are highly inefficient, unless they are used creatively. The Masai of Africa, for example, live exclusively on the blood of their cows, mixed with milk and some urine.

Regarding meat, there is a limit to the amount of meat humans can eat and remain healthy. Liver function is strained when meat protein constitutes more than 50 percent of daily calories over a prolonged period, especially if the meat is low in fat. According to one authority, "a diet consisting solely of lean meat would kill a human in a matter of weeks."

In a famous experiment, however, V. Stefansson demonstrated that a human can live healthfully on just meat AND fat for an entire year, if 25 percent of calories are from protein and 75 percent of calories are from fat!

Oddly, fat is needed for good health. Fat is a critical source of vitamins and fatty acids and is a highly concentrated source of energy. Women in particular have a critical fatness threshold, and they need fat reserves in their bodies to ovulate.

#### SURVIVALISM (WATER AND)

Water is especially essential for human survival. A man may live without food for

three weeks, but he can live only three days without water.

The symptoms of dehydration are dark urine, nausea, and a nagging headache. The survivalist should always watch for these three signs.

The safest water is rainwater. There is no need to purify rainwater that has just fallen. (Do not collect the water off toxic vegetation, however.)

The water from a fast-flowing stream with a stone and sand bed is normally safe. As a precaution, boil the water for thirty minutes.

Note that drinking sea water will cause the kidneys to stop functioning, so it should never be done. On the beach, however, the survivalist can dig a hole into the sand just above the high-water mark. When the water seeps into the hole, fairly fresh water will gather on top, and saltier water will be at the bottom. The water collected should be boiled for safety.

Boiling all water for thirty minutes is always prudent. No water filter can stop viruses--they are too small--but heat kills them.

Another method of purifying water is to place two or three drops of iodine in every quart of water. Let the mixture stand for thirty minutes. (Remember that iodine fumes can be toxic in an enclosed space.)

Still another method to disinfect water is to add sixteen drops of liquid chlorine bleach (4-6 percent sodium hypochlorite) to each gallon of water. That is one teaspoon per five gallons.

As a general rule, human waste should be kept at least one hundred yards from a water supply.

## SURVIVOR

In terror actions, the "survivor" is someone left alive to tell the tale of the massacre.

The Mongols--the masters of calculated terror-- used wholesale slaughter together with the selective sparing of small numbers. The latter were induced to flee to spread panic.

When the Kutchin, a sub-arctic tribe, annihilated an enemy camp, they always left one man alive. This man, the survivor, would spread the word of the deed.

On April 9, 1948, when Israeli "freedom fighters" attacked an Arab village named Deir Yassin, they killed all its inhabitants, except two old women and one child. These survivors spread news of the massacre, causing many Arabs to flee their homes when the Arab-Israeli war broke out in the following month.

Sometimes, however, leaving a survivor may backfire.

In A.D. 680, the Sunni (the orthodox Muslims) almost succeeded in wiping out their rivals (the Shi'a) when the Sunni surprised and massacred virtually all the Shi'a, including the prophet's daughter Fatima. But the killers overlooked one sick boy--the son of Fatima--and from that one survivor the Shi'a tradition grew.