

There have been many packaged "one-year supply of food" offers made by distributors. If you are tempted to purchase one of these packages, examine its contents very carefully. Compare the contents with the recommendations given in *Nuclear War Survival Skills* and in the Franz and Kearny report.

The mail order company will probably not be around in a crisis when you unfortunately discover that their one-year estimates assumed that your neighborhood was comprised entirely of sedentary 80 pound people with subnormal vitamin requirements.

If you take no other action regarding civil defense, at the very least buy a copy of *Nuclear War Survival Skills*, a shovel for each member of your group, and 500 pounds of wheat per person. Then sit on the pile of wheat, read the book, and follow its instructions in the building of an expedient shelter with your shovel.

We predict that this exercise will induce you to build a proper permanent shelter, complete the food supply, and work for a national or community civil defense system and a proper strategic defense system.

Switzerland

The Swiss Federal Office of Civil Defense publishes an excellent 28 page colored booklet entitled *Our Civil Defense*. It is available by writing to that office at 3003 Bern, Switzerland.

We reprint here the introductory paragraphs:

Why do we need civil defense?

Time and again crises and conflicts, catastrophes, wars, rebellions and revolutions shake our world. The severe political situation is a symptom of our time. This fact is felt as a menace, enhanced by the contrast between the two great military blocs in the West and the East. Moreover, the tension between these blocs is intensified by a constantly increasing escalation of armament. It is no secret that the stocks of arms all over the world have never before been so big and filled up as at present. In addition to increasingly stronger conventional arms, there are chemical and nuclear weapons which can be fired