

At *Fighting Chance*, we work on each aspect of the civil defense problem which may help. America's back is definitely "against the wall", but few Americans yet realize this. We work on personal self-help, community mobilization, and national legislation. For each thing that we accomplish there are many more which we need to accomplish, but lack resources to undertake.

Each of our activities helps. Our best hope is to stimulate individual action by a small, informed, dedicated percentage of Americans.

To that end, we urge you to rise above the morality of self-interest and to act in accordance with the morality of crisis while there is still time.

*No matter what the merchants of greed and fear may tell you, you cannot profit from the demise of Western Civilization. You can, however, use your personal resources to prevent it.*

When you have purchased food for your family, then buy a supply for your neighbors. When your neighbors are supplied, buy food for your community. Store medical supplies for everyone, not just yourselves. When you build a shelter, make it large — as large as you can afford.

Provide to Americans all of the hardware for civil defense that you can possibly afford. Be a diligent and frugal shopper. No matter how much money you have, you cannot afford to waste it. Paying too high a price, whether for ventilation equipment or food, may mean not enough food or essential supplies to save lives in a crisis.

America needs immediate personal individual action on civil defense — not words and paper. Each of us can provide a lot more of that action than we might realize by providing actual civil defense for our families and communities and by working for proper national action.

## **FLUID REPLACEMENT**

On the Medical Preparation video tape (\$29.50 from the Oregon Institute of Science and Medicine), Dr. Jane Orient teaches that fluid replacement is the most valuable life-saving measure which can be implemented for victims of burns and some life-threatening diseases. She gives a kitchen formula for an oral fluid replacement solution which can be used in time of crisis.