

Although vitamin C is an especially important example of this principle, it is well to keep it mind regarding all medications and supplements which you habitually use.

In case these supplements become unavailable, you should have a supply on hand. If you must have the supplement for serious medical reasons, try to keep at least a two year's supply on hand and rotate your usage to keep the supply fresh.

If you do not require the supplement for a serious medical reason, keep at least a two or three months supply on hand. Then, if your source of supply is cut off, gradually reduce your dosage while you use up the remaining supply.

The health consequences of abruptly terminating nutritional and medicinal supplements during normal times are often so mild as to go unnoticed. Under the severe stress of a crisis, however, these consequences would be life-threatening for many people.

GROUND BURSTS OR AIR BURSTS

War games and attack scenarios are very popular with civil defense "planners." These are all done with paper shuffling and computers, require additional planning staffs and contracts, and generally avoid the effort of actually delivering civilian defense hardware to the American people.

In our view, these exercises are useful when they are used to evaluate the worst damage our enemies are capable of inflicting, so that we can prepare and protect ourselves. This is particularly true of radioactive fallout estimates, since tens of millions of American lives could be saved from fallout with even the small amounts of money currently allocated to civilian defense.

Unfortunately, most of these exercises describe what the bureaucrats *hope* the Soviets will do, rather than what they are able to do. These hopes fit in well with decisions to spend our meager civil defense funds on paper shuffling rather than hardware.

We are told in the latest FEMA evaluations, for example, that the Soviets will use minimum force and will not kill civilians intentionally.

The Soviets recently intentionally killed over one million innocent Afghan civilians, and more than 95 million innocent civilians have been killed behind the Iron Curtain in "peacetime". Nevertheless, the peace-loving Soviets, who have built a giant first-strike