

Our March 1988 article recommends the sugar, baking soda, and Lite salt formulation for all victims of dehydration including burns. While this will work satisfactorily, burn victims require only ordinary salt water. This is more likely to be available and does not use up scarce ingredients which may be needed for disease victims. The other ingredients are specific to replace intestinal fluid loss as in the intestinal diarrhea caused by cholera.

WATER IN YOUR SHELTER

One famous civil defense scientist, who shall remain nameless here so that we can continue to tease him by threat of exposure, recently had a floor-level flood in his shelter. It unfortunately damaged some stored items and required additional construction. The shelter was not water tight, and the water table under the shelter shifted unexpectedly.

One advantage of welded steel tank shelters is that they are dry inside. That is an advantage *if they have been supplied with an adequate water supply*. His shelter may have been flooded, but it still would have saved the lives it was designed to preserve.

A shelter really needs only three absolutely essential things. Without any one of these three, the occupants will die — or at least be forced out of their shelter which may mean death in a nuclear attack environment.

The shelter must physically protect its occupants from direct and indirect nuclear weapons effects; it must supply an adequate amount of air for breathing and, if necessary, cooling; and it must supply water for drinking. This should be at least 15 gallons for each occupant — the minimum amount for a two week period.

In fact, since one cannot live at all without air or water, it would be better to provide these in a modest fallout shelter than to provide a first-rate blast and fallout shelter with inadequate ventilation or water. There is a chance that you might only be exposed to a moderate blast and fallout danger — one that could be mitigated by a relatively poor shelter. There is no chance at all that you can live two weeks without air or water.

Regardless of what other water supply you have, the shelter should have three five-gallon containers of water or their equivalent for each occupant. These provide a backup for other water supplies which might fail, and they provide additional radiation barriers if piled in doorways or other openings. We much prefer several small containers to one large one. They are easier to handle and are redundant. All are unlikely to be broken at once.