

For post-attack preparedness, staple food storage is far more important than gardening. Even a good gardener might starve to death before his crops came up. Gardening is, however, a useful skill and a very enjoyable way to improve your nutrition and decrease your food expenditures even now. *Good health is also an important factor in attack preparedness. Your garden will provide healthful exercise and superior nutrition.*

A good gardening book for the maritime Northwest is *Growing Organic Vegetables West of the Cascades* by Steve Solomon. It is available from Territorial Seed Company, P.O. Box 27, Lorane, Oregon 97451, (503) 942-9547. This company also specializes in seeds which do well in the Pacific Northwest. Their seed catalog itself is a good gardening guide for maritime Northwest gardeners.

DEFENDING YOUR SHELTER

The very best way to defend your shelter is to include in it space, food, and water for as many of your neighbors as possible. The only truly effective way to provide a comprehensive defense for your shelter is to get a comprehensive civil defense system for all Americans. Your fellow Americans – their skills, knowledge, and abilities – are your most important survival asset. The more of them you keep alive, the safer you will be.

A few years ago a prominent survival expert described the arsenal which he needed to defend his stored food from the members of the small community in which he lived. After comparing the price of food with the price of guns and ammunition, he concluded that he could feed them more cheaply and with greater reliability than he could shoot them. He bought the food.

Regarding physical defense, there are three kinds of risk:

- Invasion of the United States by foreign armies after our unsheltered armed forces have been destroyed
- Seizure of totalitarian power by elements of our own government
- Attack by small bands of lawless elements.

In case of invasion – run. If you can't run – hide. If you can't run or hide – fight. You will almost surely lose. Ordinary citizens, no matter how well equipped, will not successfully resist a modern army. What, you may say, about Afghanistan? They lost 10% of