

shelter display that Fighting Chance built for the state of Idaho. The photograph was taken from a local newspaper article. This event included speeches by influential politicians including Senator Steve Symms and Congressman Richard Stallings.

This is the sort of activity that puts civil defense technology before the American people in such a way as to have a significant effect on our national preparedness. The displays are in six states now. They need to be in the other 44 states, too. Slowly, but as fast as our resources permit, we are putting these displays where the friends of American homeland defense can put them to work.

VERY LONG TERM STORAGE

The usual procedure for long-term storage of perishable items such as seeds and canned food is rotation. You simply use your supply and keep replenishing it. For example, we occasionally buy tuna fish by the case on sale at about 55 cents per can. We keep several cases of this in our family shelter as food to eat during a short term shelter stay. The shelter temperature stays about 45 degrees Fahrenheit. We gradually eat the tuna fish, so no cans in the shelter are more than one year old.

The usual methods of dry, nitrogen packed, vacuum packed, or carbon dioxide purged containers for long term storage of grain and beans have been discussed several times before in this newsletter. These, too, can be rotated, but they will store for many decades without rotation.

What about perishable and expensive items such as medicines - particularly medicines that are not routinely used, so they cannot be rotated?

Those of you who have, with a physician's cooperation, assembled the medical kit developed by Dr. Jane Orient and her colleagues at Doctors for Disaster Preparedness (and listed and recommended in this newsletter) may now be watching the expiration dates on your medicines. Some medicines become less effective with time. Some actually become dangerous with time! Moreover, protection from air by packaging does not protect many medicines from deterioration. Pills, for example, contain many chemicals in their formulations that can gradually cross-react and change the composition of their contents.

It is for this reason that we recommended that you store pure, crystalline Vitamin C. The pure substance keeps for many decades if protected from air. Vitamin C pills, however, deteriorate rapidly as the components cross-react.

There is an excellent method for very long term storage of most medicines, for seeds that will stand freezing and thawing, and for other relatively compact perishable items. The items are simply kept at a temperature so low that all chemical or biological processes of deterioration are markedly reduced. Most modern laboratories have at least one ultracold freezer. A typical model is adjustable in the range of minus 20 to minus 90 degrees Centigrade. Set at a moderate minus 70 degrees Centigrade, these freezers will usually run