

LIFESAVING
NUCLEAR FACTS AND SELF-HELP INSTRUCTIONS

NUCLEAR WAR SURVIVAL SKILLS

UPDATED AND EXPANDED
1987 EDITION
1999 ADDENDUM ON HORMESIS

BY
CRESSON H. KEARNY
AUTHOR OF THE ORIGINAL 1979
OAK RIDGE NATIONAL LABORATORY
EDITION

FOREWORD
BY
DR. EDWARD TELLER

Cresson H.(Author) Kearny and

Nuclear War Survival Skills: Updated and Expanded 1987 Edition



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This updated and expanded edition of Nuclear War Survival Skills gives instructions that have enabled untrained Americans to make high-protection-factor expedient shelters, efficient air pumps to ventilate and cool shelters, the only homemade fallout radiation meter that's accurate and dependable, and other life-support equipment. You and your family can improve your chances of surviving after and during a nuclear strike by learning the nuclear details and following a self-help guidelines given in this book. These instructions were developed by Oak Ridge National Laboratory civil defense experts and others, and have been field examined repeatedly under simulated crisis conditions. All the Kearny Fallout meter templates are reproduced at the right magnification to supply accurate calibration. It is bound in a long lasting field manual design with a water resistant cover. This edition of Nuclear Battle Survival Skills is produced by the Oregon Institute of Science and Medicine and is the only edition obtainable which was formatted, accepted and published under the direct supervision of the Author, Cresson Kearny. This edition also contains the authors last addendum on hormesis.



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A Necessary Resource for individuals who Plan An excellent guidebook to defensive preparedness, and nearly the only source available. The author documents the almost nonexistent Federal civil defense in existence, thus the necessity for personal initiative. He also counters the prevailing myths of the futility of survival in a nuclear assault or that of mankind would be destroyed. The author does not point out alternatives to 4 wheel vehicles. Russia, on the other hand, has massive civil defense structures and trained in place and programs to not just survive, but earn, a nuclear contest. On the con side, much of the info is dated, particularly when it involves radiation detection devices. If you do any prepping, you ought to have a copy of the book. Initial, he assumes that roads will be passable. old text, dry dried out dry. I've been through several evacuations in america due to impending weather and the roads became instantly bogged and non-passable. AWD were not in a position to move either. It could be great if references to scientific studies received more formally. Both of these myths have been perpetrated by the enemies of America who wish to demoralize us and generate acquiescence to their demands. Ought to be in your library Older information but still useful. This also will not tally with my encounters. In the lists of emergency supplies, firearms are never even mentioned. The writer apparently sees no need for weapons. Still, overall this is a valuable resource and easily had to make a list of the five most readily useful preparedness books, this would be about that list. The next assumption he makes is normally that the populace will end up being orderly, helpful, and compliant. You did your countrymen a great favor. Also, the author does go into detail about fleeing a location but makes two assumptions. Readable no mumbo jumbo Very concise and incredibly clear.) Should you have any fears that might possibly happen, this is actually the one publication that you absolutely will need to have! Needs updating. Better to have a difficult copy.) Best book on the subject that I've found, now fully updated. There are versions available for download free of charge, but if stuff will go south your gadgets aren't likely to work anyway. 4 stars for composing style and overall organization of content. However, 5 stars for importance of information. Just two wheel automobiles and travel by foot were possible. Even so, the info is apparently authoritative, based on actual empirical data from government laboratories. Since the majority of the shelters would have to be built just before needed to stay useable, they are impractical. The best thing I can say to recommend this book is that it dispels many myths about the survivability of a nuclear attack and what can be done to survive it. The true reason I rated this book 4 stars is that it's in serious need of an update. It is based on (large level) nuclear threats from the Soviet Union in 1987. Kearney. Because of the limited nuclear features, they can not utilize the same sorts of strategies the Soviet Union could have employed against us. Good, HOWEVER IN Need Of A Rewrite Overall, an excellent book, should you have a complex background. Finally, I'll mention that this book is mostly designed to aid individuals who have not made elaborate advance preparations. If you want to understand how to spend 36 hr digging an "expedient" fallout shelter in your yard when geopolitical occasions strat to get crazy and an strike is thought to be eminent, this reserve is definitely for you. If you want guidance on developing a long term fallout shelter out of reinforced concrete, you will need additional guidance from additional books. (This book addresses permanent shelters, but that's not its main focus. Note: FEMA has released guides for long term shelters that apparently lack adequate shielding and also have not really been tested, unlike the "expedient" short-term shelters discussed in this publication. Very helpful book! (you may need a hard copy for when your power shuts down. Items are warming up again therefore i figured it may be good to have. It explains developing a shelter, steps to make a precise radiation detector from material that you can find in your house, how to build a high volume air mattress pump from commonly obtainable

materials (an absolute necessity in warm weather),: basically almost everything that you should know to protect yourself and your family. Although I can make educated guesses how North Korea might assault us, it would be useful to have some clarity from those who have studied the issue deeper than I. However the book is in need of a serious rewrite to:Update materialsSimplify the writing and enhance the graphicsAdd a section on the likely consequences of the use of "filthy" bombsAdd a section on what to do if you live well away from any potential targets (should you build a shelter, or can you make your home perform as your shelter)Whoever does the rewrite must do everyone in this country a huge favor by making the updated books copyright free. I'd attempt the rewrite, but I'm too aged for such a project., but something is better than nothing. However, in today's world, we also encounter significant threats from little powers like North Korea. I ordered this to possess in my own SHTF reference library. One of the driest books I have ever read Tons of great first hands information in this reserve, but an exceptionally hard book to read. First time I read the book years back, I skimmed it since it was so boring. However when things were getting sizzling hot with NK I made a decision to read it again. I have read several science books, a few of which appeared to have been written on dirt with sleeping potion, but this book is an even more potent sleeping help. It had been worth keeping my eyes open since this book includes a wealth of first hand information about them. The concrete underground shelters are the only real choice but are far too expensive for the average person to construct. I've not yet finished the publication, but I've discovered quite a bit so far. The internal emergency shelters are of limited usefulness because of their small shielding results.On a personal note: Many thanks Mr. The majority of the shelters referred to are temporary since untreated solid wood doesn't last long underground. I came across the information extremely informative once I managed to actually read the book. Nevertheless, I find I cannot utilize it credited to how much it could cost and the space required. Four Stars information on everything needed Five Stars Succinct and well done. It's the traditional work that came out close to the end of the frosty war Era but not much has changed. Readable no mumbo jumbo, or complicated acronyms. I reluctantly enjoyed reading this. Five Stars Good book Five Stars Best!! What did you expect from nuclear battle, rainstorms? dry.! This is only accurate if someone is usually fleeing before mass general public evacuation. Reads enjoy it is usually, a government document designed to keep bureaucrats mounted on their seats. If the flag goes up, I anticipate much make use of in the privy. Five Stars ok



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