Nuclear War Survival Skills: 2001 Edition

LIFESAVING
NUCLEAR FACTS AND SELF-HELP INSTRUCTIONS

NUCLEAR WAR SURVIVAL SKILLS

UPDATED AND EXPANDED
1987 EDITION

BY
CRESSON H. KEARNY

AUTHOR OF THE ORIGINAL 1979
OAK RIDGE NATIONAL LABORATORY
EDITION

FOREWORD
BY
DR. EDWARD TELLER
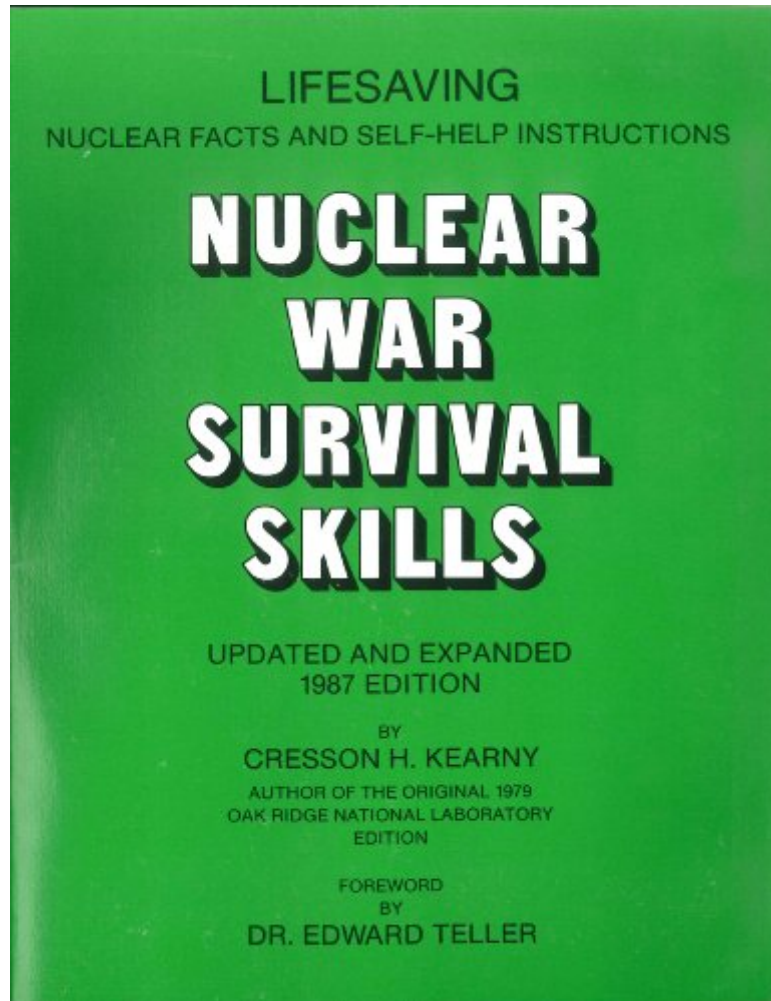
Synopsis

There are a number of do-it-yourself guides to civil defence available, but most seem to be aimed at hard-core survivalists who have crack outdoor skills, and lots of specialized equipment. This book is very different and is written for the average citizen by a former U.S. Army officer, Major Cresson Kearny, field geologist and civil engineer who built and field-tested the "expedient" shelters described within while still employed at the U.S. Department of Energy's Oak Ridge National Laboratory.These shelters can be put together within a few hours by ordinary, untrained men and women. (It is a good idea to take a weekend and practice building them.) They provide good protection during the weeks it may take for fallout to decay to negligible levels of radioactivity. (Expedient blast shelters, which also protect against the shock wave from a nearby explosion, are also discussed.)The author is clear and thorough throughout, supplying check-lists for supplies, equipment and materials; detailed building instructions and descriptions of the genuine (as opposed to fanciful) effects of nuclear weapons. There is also a valuable discussion of the purchase and use of potassium iodide compounds for protection of the thyroid gland from absorption of radioiodine. Finally, detailed plans and instructions are provided for the construction and use of a home made fallout meter(!) to indicate radiation levels. (It is a lot more accurate than many of the over-priced, defective-or-uncalibrated war-surplus "Geiger counters" on the market!)The 2001 edition contains a new chapter on the hazards of trans-Pacific fallout, which could drift eastward to the U.S. mainland from a nuclear conflict in Asia. (Such as India vs. Pakistan, or a North Korean nuclear attack on the South or Japan.) There is also a new appendix detailing the persuasive medical and scientific evidence that low levels of ionizing radiation below a certain threshold do no harm to humans or other forms of life, or their descendants. In fact, it may make them healthier. (Far from being crackpot, this concept is known in Biology as "hormeisis" and is discussed in a recent article in DISCOVER magazine; see "Is Radiation Good for You?", DISCOVER Vol. 23 No. 12, December 2002.) This should help to dispel the superstition that radiation is some sort of magic poison, and that any amount is deadly.Anyone not living in a fool's paradise realizes that the chance of a nuclear detonation in an American city is probably higher now than it ever was when the United States and Soviet Union were locked in mutual stand off. Nuclear deterrence may have worked even on hardened Soviet or Chinese apparatchiks; but to depend on it alone now against psychopaths and apocalyptic fanatics is to invite hideous disaster. The nuclear bomb (fission based) has been around for over 70 years. Say that again, 70 years, with how intellectual property is freely available on the internet, and the fact that many smaller countries now have the bomb, its only a matter of time before the people that really, really hate America get one smuggled into the USA and detonate it in

New Yord City, DC or LA or Dallas or some place where it will have maximum terror. When that happens you are going to wish you had this book in your hands and ready to follow its instructions for a radiation shelter, because a family can quickly make a radiation shelter in the back yard, even in the house itself, with the proven instruction in this book. When everyone else is going to be wondering if they are safe, you will know that you are safe and as we said earlier, how to construct a radiation fall out meter is included in this book, and it does not use any electricity. I'm serious. Its called the Kearny Fallout Meter (KFM) and it works on basic physics. This book is also available on kindle on but if are reading this before a disaster, you really want to have a hard copy of it on hand and ready to go.

Book Information

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Customer Reviews

Many books on the nuclear threat are fear-mongering, shallow and written with a political twist. This book is the complete opposite.It deals with the survival challenges after a massive nuclear war with Russia, but it can be applied to any nuclear emergency. Some of the things covered are:- Myths and facts about nuclear bombs.- Mental preparations.- Evacuation considerations.- Building fallout

shelters.- How to build a radiation meter from household items.- How to construct a shelter ventilator.- Nutritional requirements, processing foods in primitive conditions, food storage matters and cooking methods.- Surviving without doctors, the proper use of potassium iodide, obtaining antibiotics.The style is simple, straightforward and practical. This manual is superb.

This edition is not as good as the previous versions. the format is smaller and the pictures and illustationa seem to be scaned from previous printings having severe image degradation. The information is still great.

This is a must read for anyone interested in what a nuclear blast would do. Also have very detailed instructions on how to protect your self from the blast and what to do after. In the place the world seems to be at now, I would highly recommend this book to interested people. Not as dry as I thought it would be either.

This really does have quite a bit of good information. It will scare you if you are not in the frame of mind to internalize the information, but the research is well done and I believe if you have and understand the information contained within, you will have a much better chance of surviving a potentially very scary experience.

Not that I'll (hopefully) need to enact any of the steps outlined here, but it sure is interesting (and chilling) to learn what I'd need to do to survive in the event of global thermonuclear war...

Reading is easy and pics and illustrations are too! For anyone with interest in this subject... this is the book to have! Look no further. This has it all and more!I have highest recommendation for this book to anyone concerned or interested in this subject.

An important book to have in your library if the worst happens. After reading several books on how close we have come to a nuclear attack, intentionally or accidentally, I wanted a resource book. The information in this book was what I needed. It's a little dated but has what you will need to know.

The author Cresson Kearny has truly given what I wanted to know; how to survive when North Korea fires nuclear bombs into the Metropolis of Seoul, South Korea. It's well detailed yet easy to understand by laymen. The myths and facts about the dangers from nuclear weapons in the

Chapter 1, page 3, are fine advisory information about nuclear weapons.If not yet translated into Korean, it should be. All the citizens of Seoul should read this book in order to get their peace of mind.Sang So Nam, retired architect, Seoul, South Korea

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