

# Survival, Health & Travel Tips

Compiled from the Monthly Reports!

**"WITH SAMSON HAVING ASTHMA ATTACKS,** we have been desperate for solutions to help him breathe better, as it is a weakness & the Devil uses it. We have learned to avoid humid places, also trying natural essences from plants like eucalyptus helps, & orange tea calms the heart, but especially eucalyptus cigarettes which you can find in pharmacies helped him to breathe. Also a really calm & peaceful atmosphere & really trusting the Lord & claiming Scriptures helped. We hope these tips will be a help to others with the same problem."

**"WE'D LIKE TO RECOMMEND A BOOK FOR SURVIVAL SITUATIONS—"Grandmother's Secrets—Her Guide to Health From Plants"** by Jean Palaisul published by Penguin Books in England. It is also published in the original French. It tells which plants are good for what ailment & how to gather, store & use them. Another thing to have in your survival store is iodine. Iodine is so necessary to the body that the body will draw iodine from any available source. As nuclear fallout contains iodine, if you are exposed to it for even a very short time, you are more susceptible to cancerous diseases if you don't keep the level of iodine in your body at a good level."

**"HOW ABOUT TELLING US GOOD PLACES TO BUY USED CARAVANS & cars** (for instance the car auction in Holland) & how about some tips on how to fix up a 2nd-hand caravan?"

**"HOW 'BOUT A 'LIFE ON**



Diego-24, son of Pedro & Ruth Godpell in South America, loves camping out! "Why don't you try it too!" Photo by Daddy.

**THE FARM SERIES** for those of us who are considering setting up a refuge farm but know so little about farming. It could include tips on canning & preserving foods, taking care of animals, growing things etc. This could be for everybody, as there will be no cities any more, but Heavenly Homes!"

**BATHING WHILE CARAVANNING:** "Our trailer is not equipped with a shower so hair washings & even sponge baths were quite a trip in our 4-gal. bucket as water inevitably ended up all over the floor. We don't have room for a larger tub, but we've found a small inflatable child's swimming pool works great. It's compact when not in use but opens up large enough to catch the splashes & is pliable to maneuver into any shape or space."

**"YOU CAN BAKE A BIRTHDAY CAKE ON TOP OF THE STOVE!"** I use a heavy saucepan & put the lid on ajar, & have the flame down very low. Just check occasionally to see if it is done. I use a small recipe or cut one down to be sure the cake will cook thru' before it burns on the bottom. I've had success this way also with corn

bread, banana bread & yeast rolls."

**"THE BEST SURVIVAL BOOK I HAVE EVER READ,** & I've read quite a few is: "How to Survive on Land & Sea". It is the official U.S. Armed Services survival manual available from The U.S. Naval Institute, Annapolis, Md. 21402, U.S.A."

**"WE FOUND A BOOK CALLED 'THE NUCLEAR SURVIVAL HANDBOOK'"** by Barry Popkess which is full of concrete information about what to do before, during & after a nuclear attack. It is highly detailed & carefully compiled. Available from: Arrow Books Ltd., 3 Fitzroy Square, London W1P 6JD, England."

**"WE BOUGHT A VERY CHEAP VW VAN** which we had to throw away 'cause it would have cost too much to fix up. So this was a lesson learned—some money lost & a plea to all to beware of old rusted buses & vans!"

**"WE FOUND AN EXCELLENT BOOK ABOUT SOUTH AMERICA: 'The 1980 South American Handbook' (A Traveller's Guide to Latin America & the Caribbean),** edited by John Brooks, Trade & Travel Publications Ltd.,

The Mendip Press, Parsonage Lane, Bath BA1 1EN, England. It costs £8.50 & has 1274 pages full of up-to-date honest information, hints, addresses, maps etc. It even includes camping sites, road conditions etc., mostly written by travellers who have been there, some camping & hitchhiking etc."

**"VIRTUALLY THE CHEAPEST PLACE IN NORTH AMERICA TO GET MOBILITY NEEDS"** is Detroit, Michigan. Multitudes of laid-off auto workers are selling all kinds of excellent quality trailers, campers, trucks etc. for dirt cheap prices."

**"I'VE HEARD YOU CAN GET FREE BOAT PASSAGE TO BRASIL"** by working on boats from 'Hamburg Sud' ship company in Hamburg, W. Germany. Boats go very often."

**"FOR PARENTS GOING TO AUSTRALIA:** Do you know that for one of the parents to travel alone with a child or children in Australia requires a special letter from the other parent, notarized? This is the law in Australia as well as other countries. Please take the time to inform yourselves on all aspects of international travel with or without children. I was not well enough informed before leaving Europe. Also some airlines are free for babies up to 2 years, while others charge 10%. Some airlines are free for children up to 12, while others charge 50% after 4 years. Check & pray!"

**"WE BOUGHT A VERY GOOD SHORTWAVE RADIO** & recommend it for other Family members. It's Sony model 7600 with 5 shortwave bands, AM/FM, very small, thin & compact & reasonably priced. In

the States they sell for \$160-170, but we provisioned ours for \$140. We are able to get broadcasts worldwide & have found it very interesting to listen to Radio Moscow every evening at 7:45 p.m. EST."

**CARAVANING TIP:** "We found that by going on the street singing with a sign asking for a place for our trailer we were sometimes able to camp for free in some cities with all comforts of electricity & water! TYJ!"

**"TWO GOOD REMEDIES FOR DIARRHOEA** that we've learned since being here—plain white rice & black tea. Speaking of tea, I read this on the back of a box of herbal tea:

An American boy was enquiring of an older Hawaiian gentleman about the procedures of courting a young Hawaiian girl. 'Will she object to my color?' asked the boy. 'Your color, no,' replied the gentleman, 'but perhaps your traditions.' 'What do you mean by that?' asked the boy. 'Well, you see, according to her traditions she descended from a great goddess; while according to your traditions you descended from a monkey!'"

**"FOR OWNERS OF USED CARS IN COLDER CLIMATES** where salt is put on the roads during the winter season thereby causing the car to rust: Don't throw away old motor oil. Instead get a thick brush & smear the oil under the car. Some claim it's even better protection than system rust protection products."

**"ABOUT OLD BATTERIES:** If it's getting old & charging badly & using a lot of water, it could be because some lead has fallen off the cell walls & is lying on the bottom, more or less shorting it out! Pour the liquid

cell thoroughly with a water hose, turn it upside down so the pieces of lead can drain out. Then pour the old liquid back in, & it should be good for another couple years."

**"WE'VE FOUND SCOUT ORGANIZATIONS TO BE A GOOD OPEN DOOR** for campsites, as most scout organizations own land for their camp activities. Most of these scouts are based on a Christian belief & are willing to help. Usually there is access to toilet, water & electricity."

**"I USE A TOILET PLUNGER TO DO THE LAUNDRY** in the bathtub for big loads (or in a bucket). Works well—my portable washing machine!"

**SURVIVAL DIAPERS:** "Here the disposable diapers & plastic pants all in one are very expensive & mostly imported. The Lord showed me a substitute. The local brand of disposable diapers is much cheaper & easily provisioned. Then for the plastic part, you can use regular plastic wastebasket liners & throw it away when soiled (good for when water supply is limited). These plastic bags are very very cheap."

**"WE'D LIKE TO SEE SOME PRACTICAL TIPS ON IMPROVING YOUR CARAVAN** from some of our more 'handy' men—ie, making shelves, sealing the trailer for rain, carrying extra luggage, making racks etc., hooking up a 12-volt system."

**GOOD SURVIVAL FOOD:** "The 'ortie' (nettle) is good in soup or like spinach (eat it 12 hours after harvesting). You can find them everywhere, & it's also good for anemia. You can also dry the plant to use as a decoration. Be sure to pick it with gloves on!"

## Survival Jewels

Valuable tips that may save your life!

### BUTANE BEWARE!

**BE CAREFUL WHEN USING BUTANE CIGARETTE LIGHTERS!** Recently in Australia a major railroad has experienced 2 fatal accidents caused by disposable butane cigarette lighters. A spark from the welder landed on the butane lighter burning thru' the case, exposing the liquid butane which exploded.

**THERE IS THE SAME AMOUNT OF FORCE IN A BUTANE LIGHTER** when it explodes as there is in approximately 3 sticks of dynamite. You should be aware of the danger present with these lighters in areas where there are open flames or sparks.

**USE A CHLORINE SOLUTION FOR PURIFYING!**

**MAG 16 ON SURVIVAL WAS SO NEEDED & helpful.** I'd ask, however, to make a clarification about "Be Prepared" No. 858. In section II under water purifying, para. 2, it states that chlorine, 3 drops per liter, is to be used. Well, pure chlorine is a highly poisonous chemical, 3 drops of which can kill more than one person. For safety's sake, it might be better to specify the name of any commercial chlorine solution, & the fact that it must be a solution, not pure chlorine. GBY!

### STORED FUEL DETERIORATES!

**FUELS ARE PERISHABLE!** In a matter of months some of their components break down to form gums & lacquer which can quickly foul a carburetor. The fact is, in order for most fuels (excluding kerosene, propane & natural gas) to maintain their useful-

ness, they must be treated with a stabilizer.

**"GAS SAVER"** is an additive that has been used effectively for years by the oil companies & the military to protect their valuable supplies of stored fuel from deterioration. It's now available to the public.

**"GAS SAVER" IS AVAILABLE** in 1/2-pint containers (each treats 800 gallons of fuel) for \$9 each—or 2 for \$17.50—plus 50¢ shipping & handling from: BPS, P.O. Box 199, Mountain Home, North Carolina 28758, U.S.A.

**STORING VITAMIN C FOR SURVIVAL**

**WHY VITAMIN C?** After a nuclear attack is the danger of fallout which destroys the body's ability to defend itself against any kind of disease so that even a common cold could become lethal. At a time like this, Vitamin C, taken in doses of 1,000 mg. per day would continue to provide the protection the body needs. Should any symptoms of a disease become apparent, raising the dose to 1000 mg. per hour for a day or more is usually sufficient to destroy it. It is even effective in countering radiation sickness.

**IN ENGLAND WE HAVE FOUND WE CAN BUY VIT. C IN BULK** at a cost of only 1 p. per person per day at a rate of 1,000 mg. per person per day. We get it from chemical suppliers (not pharmaceutical suppliers), who supply the soft drinks trade. Since some suppliers deal only in minimum quantities of tons, provisioning only a few pounds should not be a problem to the Homes.

**STORING VITAMIN C:** The chemist said that an unopened container or bag of Vit. C will not lose any of its potency up to 12 months when stored in a cool dry place of about 15°C. He said to guard against moisture in the air as moisture may oxidize the Vit. C.

**WHEN OPENED, Vit. C** should be stored at 7-8°C. & refrigeration is suggested, as it would otherwise lose a percent of its potency. After 6 months if not always sealed & kept cool & dry, the Vitamin C may turn a bit yellow & have a 1-2% loss of vitamin content. However with too much moisture, a 10-15% loss can occur.

**THEFORE, WHEN OPENED,** keep the bag in a cool dry place & reseal with tape each time. To avoid opening the large quantity too much, pour a small amount (100-200 gr.) in to a small jar & use that every day.

**DEHYDRATED FOODS SUPPLIER**

**IN U.K. WE HAVE FOUND A MUCH CHEAPER SOURCE** of dehydrated foods from "Batchelors Foods Ltd.", Head office: Batchelors Catering Supplies Ltd., Wadsley Bridge, Sheffield S6 1NG, England. Their minimum carriage free order is £40; This company supplies the restaurants & catering trade so its prices are considerably lower than some others like Home Store, the Mormon place.

### CARAVAN HEATING TIPS

**CONDENSATION CAN BE A MAJOR PROBLEM** when winter caravanning. This has a direct link in many vans with the method of heating. As gas is consumed, heat, carbon dioxide & water vapour are produced. A simple butane gas fire will introduce at least 1/3 pint of water into

the atmosphere for each hour of burning. There will be damp walls, bedding, mattresses, clothing & curtains. For this reason alone,

**PORTABLE CONVECTOR OR RADIANT HEATERS,** including the catalytic type, cannot be recommended for serious winter caravanning. Even siller is the idea that an oven or stove can be turned on when the weather turns cold. The results could be simply lethal! The gas carbon monoxide, a potential killer, is the by-product of incomplete combustion & is particularly dangerous when produced by naked flame appliances.

**FRANKLY I WOULD ONLY RECOMMEND ONE FORM OF WINTER HEATING**—that which has the burning process taking place in a completely sealed combustion chamber. Air is drawn into the chamber via an underfloor intake, mixed with gas & then exhaust gases are vented away via the floor or thru' a flue in the roof. A number of excellent flued heaters on the market can be fitted on a DIY basis.

**SOME EXAMPLES:** Carver Trumatic, the Electrolux 3000 & the Morco 2000. Distribution of the air heated by the Carver Trumatic can, at extra cost, be pushed by a 12-volt or 240-volt fan thru' the lengths of special trunking to outlets sited at the far corners of the van.

**THE ULTIMATE IN CARAVAN HEATING SYSTEMS** hails from Sweden. It makes use of a series of small finned radiators which are linked to each other & the boiler by a common feed-pipe. Radiators are attached to the van walls at suitable positions. Only 2 of the Swedish systems are available in the U.K. They are the Alde (AB Optimus Ltd., Sanders Lodge Estate, Rushden, Northants) & the Primus (Bahco Tools Ltd., Bahco House,

Beaumont Road, Banbury, Oxon OX16 7TB). (From a British magazine article.)

### MATCH SAVING TIP!

**WHEN FORCED TO HAVE A B.M. inside your caravan** & you want to light a match to cover the odors, light 2 matches first, then alternate blowing out one & relighting it from the other, thereby releasing smoke equivalent to up to 20 matches!

**CAMPING TIPS**

**ALL CAMPERS SHOULD INCLUDE A QUALITY FIRST-AID KIT** in their gear. Even the largest & most complete kits aren't bulky or difficult to pack.

It should include assorted adhesive bandages; sterile gauze & cotton; adhesive tape; iodine, Merthiolate or Mercurochrome; burn ointment; ammonia; alcohol; poison ivy/oak solution; sulfa powder; boric acid powder; toothache drops; aspirin; laxative; diarrhea medication; salt tablets; water purifying tablets; scissors; tweezers.

**A CANTEEN FILLED WITH HOT WATER** & placed at the bottom of your sleeping bag will help keep you warm in cold weather.

**YOU CAN DRAW YELLOW JACKETS & HORNETS AWAY** from your campsite by hanging a dead fish in a tree some distance from your camp. Place a pail of water under the fish. The yellow jackets & hornets gorge on the fish & fall into the water. Another method is to place a dish of syrup away from the camp. The stinging pests will gather at the dish & stay out of camp.

**DITCHES AROUND THE PERIMETER OF A TENT RARELY ARE NEEDED.** However, in areas where rain run-off is poor they're beneficial. A drainage ditch should be about 5 inches deep with the dirt piled against the tent. Ditches should

be dug on the uphill side of a tent. Or, if camped in flat terrain, ditches should be dug on all sides of the tent—except, of course, in front of the doorway.

**YOU CAN LIGHT A CAMPFIRE UNDER ANY CONDITIONS** by using 2 batteries & a piece of fine-gauge (00 or finer) steel wool. Hold the batteries touching each other as if they were inside a flashlight. Hold one end of the steel wool so that it touches the bottom of the battery, then brush the other end across the terminal on the top battery. Sparks will start flying & the steel wool will catch fire. Nestle it in your tinder & blow.

**YOU CAN BOIL WATER IN AN UNWAXED PAPER CUP** directly on the coals! The water keeps the cup from burning. Bacon & eggs can be cooked in a paper sack held above the coals (Unbelievable! Eds.).

**BEAUTY FOR ASHES!**

**WHEN I VISITED A VILLAGE IN CHINA** I saw people there use wood & coal as their only fuel. They use the ashes to cover the toilet waste! It's really a good way—clean & dry! Also they use the ashes as a good fertilizer.—Gabriel.

### MAKE-IT-YOURSELF REFRIGERATOR

A food cooler using the principle that evaporation of water cools the air. The cooler is a wooden box with a hinged door. Outer walls are covered with cracked charcoal held in place by chicken wire. Water seeps from a tray atop the box, through burlap and on to the charcoal, where it evaporates. The inside of the box is cool enough to keep milk & vegetables fresh for two days.

The cooler takes two days to make at a cost of about \$15.

(From an AP newspaper article.)