

ON TARGET

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WORDS WON'T WIN - ACTION WILL

December 1966

The following article is somewhat different than most of the material we usually include in "On Target". We feel, however, that many readers who are not actually members of the Minuteman organization will be interested in this type of information.

FAMILY SURVIVAL TECHNIQUES

(Weapons and Supplies)

In case of total communist domination our first objective will simply be to survive. If we sell our lives cheaply then we will no longer be able to plan or work or fight for the eventual restoration of freedom.

The word survival usually brings to mind mountains and jungles; the catching of rabbits with snares and the selection of edibles from poisonous berries. As part of our training programs we often camped out for two or three days in some remote area. At the end of this time, we tell the students that the main thing we hope they have learned is the difficulty of surviving in wooded or mountainous areas even under favorable conditions. Perhaps one able bodied woodsman can do so but no one should think of trying to support their family on squirrels and wild berries. It just can't be done.

Most members of an American underground movement will have to survive in cities, towns and on farms, otherwise they will not survive at all.

Earlier we mentioned that an underground agent had two choices: either he must keep his political beliefs absolutely secret or, if his beliefs are already known, he must change his identity and place of residence. Our future survival may depend more on our knowledge of how to obtain fake identification papers than on our ability to cook the roots of cattail plant. Even now for a family to completely change their identity involves many problems ranging from social security cards to the children's past school record. It will soon be much worse. Yet, it has been done in the past and will be done many times in the future. To be most successful preparations should be made quickly but the actual move should not be done too soon.

Through Movies and television the American people have been led to believe that joining an underground movement is so dangerous as to be almost suicidal. This is not true. A careful study made of the Polish underground movement both under Nazi occupation and under communist occupation has shown that survival rate among underground members is better than that among the general population. Let's give just two examples as to why this is true.

During enemy occupation there are many different ways by which people die. A few are murdered by their oppressors but many more die from poor nutrition, lack of proper medicine, etc. If the average child in Poland today catches pneumonia, he may easily die. If the child of an underground

member has pneumonia, chances are that life-saving penicillin will be available.

It is a common practice of communists everywhere to simply round up a group of average civilians and execute them as an example to others or to force the population into submission. Sometimes an entire town will be surrounded and the population slaughtered just to promote their terror campaign. The average civilian has a fair chance of dying in this manner. Very few members of the underground or their families are ever caught in these raids simply because the underground has sufficient warning to get its people out in time.

Many American patriots have the mistaken idea that they can work just as effectively and even more safely by themselves than they can as part of an organization. The following are five basic reasons why it is beneficial to form or join an underground movement.

1. **Morale.** This is going to be a long, hard fight. Before it is over all of us will be tempted to give up a dozen times over but we must fight on no matter how dreary the outlook might be. To do this you will need the moral support of loyal companions.

If you are captured or held prisoner, it will be important for you to know that others are aware of your situation and that they will help you to escape if at all possible. It is important to each person's morale that they have the assurance of being hidden and cared for should they become sick or wounded.

Few people have the courage to fight on against a situation that seems hopeless when they are all alone. We must give each other the strength and courage needed for ultimate victory! Even if we must die it will be important to know that others will carry on the fight where we are forced to leave off.

2. **Information.** To defeat your enemies you must know all you can about them. We must know what kind of cars they drive, where they live, their physical appearance, their strong and weak points, their habits and travel patterns. In addition to knowing the enemy there are a hundred other types of information which you will need. The Minuteman organization has already compiled more information in its files than any one of us could accumulate in a lifetime.

3. **Equipment.** Each member is expected to provide his own gun, ammunition and other combat gear. These things are just the beginning of what an underground resistance fighter must have. The time may come that your life will depend on forged identification papers. The lives of your family may depend on counterfeit food ration stamps. Few individual members have the equipment necessary to engrave and print such documents.

Many conservatives are storing away food, ammunition, etc. What about photographic film? Communications equipment? Machinery to fabricate your own weapons? Surgical and medical supplies? Equipment for electronic surveillance? The Minutemen are obtaining and stockpiling such equipment which you may sometime need most desperately.

4. **People.** There are many things that one person can do alone. A single saboteur can wreck a train or demolish a building. One spy, with skill and nerve, may penetrate the enemy's most vital secrets. Still there are limits as to what you can do alone. Suppose you need a pilot but you can't fly. Suppose you need a radio operator but you have never learned the continental code. Suppose you have succeeded in intercepting a coded enemy communication but your band does not include a crypto-analyst. Suppose you succeed in capturing a number of enemy demolition charges but your band does not include an expert that knows how to use them safely.

There will be many times that your individual group will need the help of outside specialists which only an organization can supply.

5. **Coordination.** During World War II the guerrilla forces in Greece were almost annihilated by the Nazis simply because they lacked coordination. Time after time two different bands would attack the same installation. The first group would alert the German troops, reinforcements would be called into the area and the second group would walk into a trap. At night one band would frequently walk into an ambush or booby traps set by a friendly band. This situation was corrected only when British Agents were sent into coordinate the various guerrilla forces.

Without coordination the anti-communists will be almost as dangerous to each other as to the enemy. We must have coordination. This is the fifth reason why we must have organization.

American patriots are now living in a time of acute frustration-- a time when all too often the grass looks greener on the other side of the fence. This has led to a curious and tragic phenomenon.

We see conservatives already skilled in one occupation, going back to train for a different occupation that they think might be more useful in the future. We see others that are selling out successful businesses to invest their money in wilderness hideouts or in other businesses in which they have no previous experience. Others simply move from one part of the country to another where they feel they will be more secure. More than a few have been tricked into investing in some collective "Shangri-La" that turned out to be a confidence game.

No doubt, many people of known patriotic convictions will have to change their identities and occupations if they are to survive, but to make such changes prematurely will defeat their purpose. It's a good idea to build up a second identity ahead of time by spending your vacation each year in the same locality or through week-end visits if the distance is not too great.

Basic to a successful resistance movement is survival of the family unit. We face an enemy that thinks not in terms of years but of generations. The fight for freedom will never be completely won and, we hope, never completely lost. Each battle fought by the parents of today will have to be fought again and again by their children and grandchildren.

If conservatives wish to obtain property in the area where they are building their new identity it should be leased or rented rather than purchased. If you buy property, you would probably be tempted to protect your investment by buying it in your own name. In this case, the police state authorities can easily track you down. If property is rented or leased, it can be done in a fictitious name without financial risk. With time and ingenuity, suitable "identification" can be obtained to make this new identity seem quite legitimate. For now, patriots might be well advised to keep their personal situation as flexible as possible. While continuing with their present job or business, they can secretly be preparing to move quickly if and when this becomes necessary.

For the members of a resistance movement to be well acquainted with the people and geography around them is a great advantage. This is one reason why patriots should plan to live where they know how as long as possible.

If freedom is to survive, then our children must survive, not only physically, but ideologically.

That we must protect their lives is obvious, but we must be equally vigilant in protecting their minds from collectivist contamination. It is simply astounding how conservative children of conservative parents can attend some universities for a single year, then come home the following summer parroting the clichés of socialist dogma. Some of the reasons we have mentioned-- the new students are naturally somewhat awed by the physical aspects of the universities and they enter their classrooms pre-conditioned to accept and believe everything they are told. Other factors are the urge to conform and the fact that this dogma is presented as a supposed adventure in new ideas. Now many of our high schools are nearly as bad in this regard as the colleges.

In our larger cities especially, the schools are being built at ever greater expense and with ever more imposing architecture. The contrast to their own modest homes serves a double purpose-- it gives physical expression to the difference between the "stimulating new ideas" expounded by their teachers as compared to the sterile ideas of their parents.

To counteract their influences, every effort should be made to include the children in the development of a family survival plan.

Since most conservatives consider internal subversion as a greater threat than external invasion, comparatively few have built "fall-out" shelters for their own use. This is another area of thinking which we

might do well to re-examine. For one reason, we have no guarantee that limited atomic attack may not occur as a prelude to negotiated surrender or as one means by which a police state government might quickly establish rule by terror. For a second reason, the so-called fall-out shelter may have many other important uses.

To serve these other purposes, your fall-out shelter should be carefully hidden and its very existence should be kept secret. The door should be sufficiently well camouflaged as to avoid detection during a rapid search of the premises. Under these circumstances, the shelter can provide a temporary refuge in which your family could remain safely hidden during unexpected rioting or local terrorist activity. It can provide a safe storage area for guns, ammunition and other survival supplies that might otherwise be seized or stolen. The very act of building the shelter will have a good effect on family morale. It will help the children look to their own parents for protection instead of the great white father in Washington, D.C. It will probably stimulate the purchase of other materials which might not otherwise be obtained.

So far as survival supplies are concerned, most conservatives think first of guns and we are often asked as to what kind of gun is best and where they can be obtained. This is a subject in itself, but since interest in this field is high among conservatives that may have little previous interest in firearms, a few practical suggestions may be appropriate.

Obviously, there is no "best" kind of gun. If that were true, the arms manufacturers of the United States would not be manufacturing two or three hundred different types and models. Since the reader who is knowledgeable on firearms will already have his own ideas these remarks are meant for the reader who knows practically nothing about guns.

Most guns that can be easily held and fired by one person are referred to as "small arms". These may be divided into three classes: hand guns, long guns, and machine guns.

Hand guns are small weapons from roughly four inches to twelve inches long. They are usually fired in one hand and are comparatively easy to conceal on one's person. They can be divided into two main groups--revolvers that hold the cartridges in a cylinder and semi-automatic pistols which hold cartridges in a clip that slides up into the handle. Each time a revolver is fired, the cylinder rotates to bring a new cartridge into firing position. Each time an "automatic" is fired, a spring in the clip pushes a new cartridge up into firing position.

Revolvers are classed as either "single action" or "double action". With a single action revolver the hammer must be cocked each time before the trigger is pulled to fire the gun. A double action revolver fires with each pull of the trigger. Most double action revolvers will fire single action if desired. Double action fire is most rapid while single action shooting is more accurate.

Here are some advantages of a revolver:

(a) You can tell at a glance whether or not a revolver is loaded and ready to fire. This makes them a safer gun to handle, especially by persons not too accustomed to firearms.

(b) Some revolvers will fire cartridges that are much more powerful than can be fired in any automatic.

(c) Revolver cartridges usually fire bullets made of soft lead and if desired, will fire hollow point bullets. Both factors cause the bullet to expand when it hits flesh and thus gives it greater "knockdown" power than the average cartridge used in automatics. Bullets for automatics are usually covered with a brass jacket to make them feed more dependably through the self-loading operation.

Here are some advantages of a semi-automatic pistol:

(a) The automatic can be fired several times in sequence faster than a revolver.

(b) Some automatics will hold more cartridges ready to fire without reloading than the average revolver.

(c) For any given size of cartridge the "automatic" will be thinner than a comparable revolver and thus a little easier to conceal.

(d) Automatics can be reloaded faster than a revolver.

Long guns can be divided into rifles and shotguns.

The inside of a rifle barrel is grooved in a spiral. They fire one projectile at a time which is given a spinning motion as it passes through the barrel. This "gyroscope" effect stabilizes the bullet in flight and helps it travel in a much straighter path.

All modern handguns (revolvers and automatics) have rifled barrels for the same reason. The difference is that the average pistol barrel will be from two to seven inches long while the average rifle barrel is from 20 inches to 26 inches long.

The inside of shotgun barrels are smooth and the barrel length averages 28 to 32 inches. Shotguns, as the name implies, fire cartridges that contain many small round projectiles. They can, however, fire solid lead slugs which weigh about one ounce each. These solid slugs have a rifled pattern pressed into them so they begin to spin as they pass down the smooth bore of the gun. This gives them a certain degree of stability but their accuracy still cannot be compared with a rifle.

The number of shot in a shotgun shell varies inversely with their size. A regular 12 gauge shotgun shell will hold nine large shot of the size referred to as 00 buck. This is the largest size of shot commercially available. Each pellet is about .33 inch in diameter. Number four buck shot is .24 inches in diameter and the regular shell holds about 30 shot. As the size of the number used to designate the shot increases the size of the individual pellet decreases but the number of shot in each cartridge is greater. For example, number two shot is about .15 inches in diameter and a regular 12 gauge shotgun shell will hold about 90 shot of this size. Number eight shot is only .09 inch in diameter but the regular shell will hold about 400 shot.

Rifles are classified in various types that refer to the mechanism by which the cartridges are fed into the firing chamber: bolt action, lever action, pump, and semi-automatic. Bolt actions are the strongest and are usually used with very high powered cartridges. Semi-automatic rifles are fastest in getting off a second or third shot where needed. Older military rifles such as the Enfield and Springfield are bolt action types. The caliber .30 carbine and the Garand of World War II manufacture are semi-automatic, so are the newer M-14 and M-15.

Some shot guns "break open" so cartridges are placed into the firing chamber by hand (either single barrel or double barrel) while others hold three to six shells in a tubular magazine which are fed in by pump or semi-automatic action. "Break-open" shot guns make it easier to save the empty shells if they are to be re-loaded (or if you don't want to leave evidence behind) while other types are a little faster in getting off the third and subsequent shots.

Since the shot from a shot gun scatter to strike over a larger area, some people get the idea that this can compensate for a lack of shooting skill. Such is not the case. Seldom would a single shot kill a man. The penetration of the shot, the energy delivered to the vital area and other factors must be considered. At short ranges, it's just as easy to miss with a shot gun as with a rifle. At ranges beyond 100 feet, the shot have scattered and lost velocity so that a lethal hit would be just a matter of luck.

Advantages of a rifle are:

- (a) Longer range.
- (b) Greater accuracy.
- (c) Greater penetration through cars, walls of buildings, etc.
- (d) Ammunition generally weighs less and takes up less space.

Advantages of shotguns are:

- (a) "Natural pointing" qualities for quick shooting.
- (b) One gun can use several types of ammunition depending on size of game to be killed.
- (c) Best for riot control where it is desirable to wound large numbers of people without actually killing them.
- (d) Because the effects of a shotgun are so widely over-rated, they have a certain psychological effect.

At any range beyond a few feet, either a shotgun or a rifle is a more effective weapon than a hand gun. Revolvers and semi-automatic pistols have the great advantage of being easily hidden either on the person, in luggage, etc., but they lack the accuracy and usually the power of rifle or shotgun.

Ammunition of the type used in rifles, revolvers and semi-automatic pistols has four main components. The case (usually made of brass), the powder inside the case, a primer in the center of the back of the case, and the bullet (made of lead or of lead covered with brass) which fits into the front end of the case. When all four components are assembled, they are then referred to as a cartridge. The impact of a gun's firing pin causes the primer to explode, thus igniting the powder. Hot gases from the rapidly burning powder propel the bullet out of the case and through the gun barrel. The empty case is later ejected from the gun.

In addition to their general type, small arms are also designated by the size or type of ammunition they use. Most important in this designation is the diameter of the bullet. This referred to as the caliber and simply means the diameter of the bullet in hundreds of an inch. In other words a thirty caliber bullet is .30 inch in diameter. In the case of bullets to fit guns of European design the diameter is often referred to in millimeters. Some cartridges are commonly designated both ways. For example, .243 caliber is the same as 6mm caliber. The caliber .308 Winchester Cartridge is the same as the 7.62mm Nato cartridge.

The diameter of the bullet is not the only identifying factor of a cartridge. The 30-30, the 30-06 and the .30 carbine all shoot bullets of the same diameter but of different lengths. Also the cases are of different sizes and shapes. The type and amount of powder they contain also differs greatly. All this affects the speed at which the bullet travels and the impact with which it strikes.

The following table gives the velocity of bullet travel in feet per second, the energy of impact in foot-pounds, the weight of bullet in grains, and the approximate drop of the bullet in inches (all measured 100 yards from the muzzle) of several typical rifle cartridges:

<u>Cartridge</u>	<u>Bullet Weight</u>	<u>Velocity</u>	<u>Impact Energy</u>	<u>Drop</u>
.22 long rifle	36 gr.	1040	86	6.0 in.
.22 hornet	45 gr.	2030	410	0.8 in.
.243 Winchester	100 gr.	3080	1690	0.4 in.
.270 Winchester	130 gr.	2850	2340	0.5 in.
30-06	180 gr.	2470	2440	0.7 in.
.30 carbine	110 gr.	1540	580	2.8 in.
30-30	150 gr.	2020	1360	0.9 in.
.308 Winchester	180 gr.	2610	2280	0.8 in.
.338 Magnum	200 gr.	2690	3210	0.5 in.

Similar data on several pistol cartridges are given below except velocity and energy are measured at the muzzle of the gun barrel.

<u>Cartridge</u>	<u>Bullet Weight</u>	<u>Velocity</u>	<u>Energy Impact</u>
.25	50 gr.	810	73
.32	85 gr.	705	97
.38 special	150 gr.	855	256

.357 Magnum	158 gr.	1400	700
9mm luger	124 gr.	1120	345
.45 automatic	230 gr.	850	369
.44 special	246 gr.	755	311
.44 magnum.	240 gr.	1570	1300

For any given type of bullet, the impact energy is a rough indication to killing power. The velocity and shape of bullet are also important in this regard. A soft nosed bullet has more killing power than of full jacketed bullets, but the latter have greater penetration through wood, steel, etc.

Machine guns and sub-machine guns are very useful in certain phases of guerrilla warfare. Generally speaking, they waste ammunition to such an extent that they are not recommended as weapons for individual members of a resistance movement. In any event, a sub-machine gun is about the easiest of all firearms to manufacture with simple tools and readily available raw material.

Now as to some specific recommendations to the patriot who is thinking of buying one or more guns for family protection or survival. Once again, this is meant for the reader having little experience with firearms. Five pieces of advice:

1. Buy a gun that is new or nearly new. An experienced buyer will know how to accurately judge the quality of a used gun and its probable useful life. For the novice a new gun of guaranteed condition is well worth a few dollars extra.
2. Expect to pay a good price for a good gun. They don't come cheap and trying to save a few dollars could cost your life. Old guns and many cheap imports are about as dangerous to the man that shoots them as to the man getting shot at. On the other hand, a new gun of recognized brand is the best possible investment at this time.
3. Avoid civilian made copies of military firearms. This especially applies to copies of the .30 carbine. Generally referred to as the M-1 carbine, this light weight semi-automatic weapon has caught the fancy of many people and the demand far exceeds the supply. They are light to carry, easy to aim, and will fire 30 shots as fast as you can pull the trigger. As a result, many copies are being manufactured and advertised now at \$65.00 to \$85.00 retail. Some of these have receivers made of soft metal that wears out quickly. In other cases, the bore may not be drilled straight through the barrel or similar defects. In any case the carbine ammunition is getting scarce, is of low power compared with most other rifles and has very little "killing power".
4. Try to buy your gun in such a way that it cannot be traced to you. If you live in a state or city that requires a permit to buy a gun, go to some other state that does not have such a requirement. Most dealers will ask your name but few will ask for identification.
5. Don't wait-- buy your gun now. I recently (June 1965) made a 2000 mile trip to visit wholesale gun dealers both large and small. Most were completely out of American made pistols. Their stocks of good rifles were either low or depleted. Retail sources are running out of stock fast. Prices on some models are going up ten percent a month. Many others just aren't available.

Reluctant as I am to recommend specific makes, models or calibers of weapons, this is still the type of information desired by many new buyers.

Suppose the reader has no gun at all and is planning to buy one gun only. It may be needed as an offensive weapon in resistance warfare; in the home or carried for personal defense; possibly as a survival weapon for living off the land. What shall it be? Though it will surprise many people, my recommendation is a .22 caliber semi-automatic pistol.

Such guns have many advantages. They are light weight, easy to carry and easily hidden. With a two handed hold or rest, it is nearly as accurate at 50 yards as a rifle. They make comparatively little sound as compared to more powerful guns and this can be very important at certain times. Ammunition is very economical, universally available and light weight. Five hundred .22 long rifle shells weigh only 3½ pounds and you could carry them in your pockets. For comparison, 500 rounds of .357 magnum pistol ammu-

tion weighs 35 lbs. and would fill a briefcase. The same amount of 30-06 rifle weighs 75 pounds and would fill a fair sized trunk.

It's true that the .22 lacks the "shock" effect of a more powerful cartridge, but this is largely compensated for by the ease of putting a well placed shot into heart or brain. When needed a second well-aimed shot can be fired quicker from a .22 than from a more powerful weapon.

As a deadly weapon, their effect can be greatly increased by using hollow point bullets filled with poison. If needed, the hole in the point can be opened up further with a small drill. Sodium or potassium cyanide are two fast acting and easily obtainable poisons. Pharmacists or medical doctors will have ready access to succinyl cholina or tubocurarine which are excellent when used in powdered form. If nothing better is available ordinary household lya (thirty cents for a pound can at your local grocery store) will do nicely.

As to specific brand, I much prefer the Ruger (made by Sturm-Ruger Co.) Two models are available: standard, which retails at \$37.50 or target model at \$47.50. The Ruger has a big advantage in having the rear sight solidly mounted on the receiver rather than on a moveable slide action bolt. Other good .22 automatics include the High Standard, and Colt models. For those desiring a larger automatic pistol, my preference is the 9mm Browning Hi-power. The clip of this compact gun holds 13 rounds which is far more than any other hand gun of this size. This means 13 shots without reloading and if you carry extra clips, they can be changed fast-- even in the dark. They fire the same cartridge as the 9mm luger and have good penetration-- for example, through the door of an automobile. Ammunition is plentiful. Surplus Canadian Army ammunition is available at four to six dollars per 100 rounds.

For a small "hideaway" gun the .25 Browning automatic is unsurpassed. A man wearing slacks and sport shirt can easily carry one of these in his side pants pocket without its ever being noticed. Quality of material and workmanship on all Browning firearms is excellent.

When it comes to close in, one shot killing power, a larger caliber revolver has the advantage. Here again, quality is worth the extra cost. My personal brand preference is Smith and Wesson. The Colt line is second with none of the other brands coming even close in my estimation.

For being easy to carry, light weight and inconspicuous the .38 "Chief's Special" is hard to beat. The regular model weighs only 14 ounces and the light weight model even less. With practice, it will give good 50 to 100 ft. accuracy in spite of its short 2 inch barrel. Hand loaded ammunition using 6 grains of "Unique" powder and a deep hollow point bullet will greatly increase its killing power over that of standard ammunition.

Smith and Wesson makes three models in the .357 Magnum. The size of frame and shape of grips differ between the three and are a matter of personal preference.

Colt makes several snub nosed revolvers somewhat similar to the .38 Chief's Special. Colt's .357 magnum "Python" is excellent. One advantage of the .357 magnum is that they will shoot 38 special ammunition also.

For power the .44 magnum is in a class by itself, but the recoil is so bad that even experienced marksmen have trouble getting a second well aimed shot off quickly.

Whatever brand you get, there are two essentials to a combat revolver: (a) It must be double action and (b) the cylinder must swing out of the frame so all empty cartridges can be kicked out at one time and the cylinder fully reloaded at one time.

If my one-and-only gun were to be a rifle, once again it would be a .22. First choice would be the Browning semi-automatic which retails at \$69.50. This particular rifle can be quickly divided into two parts by just pushing a button and giving the barrel a half twist. The two pieces could then be carried easily in a small suitcase. The gun can be reassembled just as quickly and is very accurate.

Other good .22 rifles are available. Once again my advice is to buy a quality gun. The extra cost is well worth it. The easiest clue to

look for in determining the quality of a new gun is whether the working parts are "machined" from solid steel or if they are "stamped" out of thick sheet metal.

Most of the advantages listed for the .22 target pistol apply also to the .22 rifle. One advantage not previously mentioned is the ease with which these guns can be silenced. The possession of a "silencer" at this time is illegal but they can be made quite easily and quickly.

Imagine the psychological effect on an occupation army-- where any minute, a poisoned bullet may be fired without a sound, from any one of several million, .22 rifles now owned by the general population!

In more traditional types of warfare-- where groups of men meet other groups of men in open combat-- the .22 lacks the necessary range and penetration. Effective killing energy is required of combat ranges of 100 to 300 yards and at sniping ranges of 300 to 500 yards. Penetration is especially needed for combat in towns and fortified areas.

There are dozens of rifles that meet the basic requirement provided they are in good condition and fairly new. Older guns did not contain as good steel and might be dangerous to use with new ammunition. Any patriot that has a good rifle should hang on to it regardless of make or caliber.

In buying a new rifle, there are four basic choices:

1. Bolt action military type. This generally means a used 30-06 Springfield or E. field. These guns are available in some gun shops and from mail order gun dealers at \$30.00 to \$50.00 each. An experienced buyer can frequently pick one up worth the money, but for the novice, to buy a gun of this type is strictly a gamble. Needless to say, buying by mail nowadays is as bad as having it registered in your name.

It is sometimes possible to find brand new .303 British Enfields for \$17.50 to \$27.00. These are a good buy for the money if a person would also buy at least 1000 rounds of military .303 ammunition while its available at five to seven cents a round. It's not enough to just buy a gun and some ammunition and stick it away somewhere. It takes enough ammunition to sight the gun in properly, learn how to use it proficiently and keep in practice.

2. Semi-automatic military weapon. These include the .30 caliber carbina, the 30-06 Garand, and the M-14 in. caliber 7.62 Nato and the M-15 in. caliber .223.

The carbina has already been discussed and is a nice little weapon within its limitations. If used, the effectiveness can be improved by pulling the solid case bullets from military ammunition and replacing them with soft nosed hunting bullets that are commercially available.

Garand rifles are still available from some mail order companies specializing in army surplus weapons. Their condition varies from poor to very good and buying one by mail is a gamble. The price is from \$70.00 to \$90.00.

These rifles take the standard 30-06 ammunition, either military or soft point, which is loaded from the top in clips of eight. When the last shot is fired, the clip is automatically thrown out and the bolt locks back ready for another clip to be pushed in. These are rugged and reliable arms when they can be obtained in good condition. They are probably the most common gun owned by members of the Minuteman organization as a combat weapon. They are rapidly becoming hard to find and the average price is going up fast. At a cost of \$40.00 to \$50.00 they can be modified to take the 20 round BAR clip fed in from the bottom.

The Garand weighs 12 pounds. To me it seems awkward and heavy-- lacking the natural pointing qualities of a good hunting rifle-- but many others would disagree with this opinion.

The M-14 in. 7.62 caliber (.308 Winchester) is now widely used by the Marine Corps and some Army Units. A civilian model is made by Browning Arms Company in Belgium. A good many were imported and sold in this country at about \$175.00 each before the U.S. Government put a stop to it on grounds that they were too easily converted to full automatic. The military model

has a selector switch for full automatic or semi-automatic fire. Army surplus ammunition for these guns is readily available at five to eight cents per round and is generally of more recent manufacture than the available military 30-06.

Either the military or civilian models are fine when they can be obtained although the weight is about the same as the Garand and to me at least the feel is even more awkward.

There are many civilian hunting rifles that could serve well as resistance weapons. In fact, almost all will suffice but once again newer weapons in the best possible condition should be obtained.

Others may disagree but its my contention that the lighter weight (and also the stock design) of sporting type rifles makes for easier handling and faster aiming of that important first shot. Four pounds may not seem like much but its just that much less you won't be able to carry of something else. Two quarts of water weighs four pounds. A week's supply of dehydrated foods weighs four pounds. A sturdy hatchet, hunting knife and good first aid kit with belt to carry them weighs just four pounds.

Theoretically, the lighter a gun weighs, the more it will kick with a given size of cartridge. But here again the design of the stock and other factors come into play. I don't notice the recoil from my 6½ pound Winchester model 70 lightweight as much as I do from my 12 pound Garand though both are 30-06 caliber.

The obvious disadvantage with bolt action sporting rifles is their lack of firepower-- that is, the ability to fire a maximum number of rounds in a given period of time. The operation of the bolt action is slower and the box magazine holds only three or four rounds which must be loaded into the magazine individually by hand. This may not be as great a disadvantage as it seems. Ammunition is always scarce to guerrilla units and can perhaps be used to best advantage by well aimed deliberate fire.

There are only two sporting type semi-automatic type rifles in production today; one is the Remington Model 742 and the other is the Winchester Model 100. Neither is as rugged as the Garand but both are much lighter. Either gun should prove reliable if kept clean and properly cared for.

Both of these guns are clip fed. In each case, the clips hold only four rounds. Extra clips are available and can be changed fast. If a person plans to use either of these guns, at least six extra clips should be obtained. They cost about \$5.00 each and it will usually be necessary to order them from the wholesaler or from the factory.

A good gunsmith or sheet metal worker can extend the length of the commercial clips for greater cartridge capacity. One way is to "graft" a 20 shot BAR clip on to the regular Remington clip or a 20 round Nato clip on the bottom of the regular Winchester clip. Both BAR and Nato magazines are frequently advertised for same in Shotgun News, Box 378, Columbus, Nebraska 68601.

One disadvantage for a left handed shooter is that both the Remington 742 and the Winchester 100 eject the empty cases to the right.

None of the regular military arms were designed with the thought of using telescopic sights. Few of them have the accuracy required for long range sniping. The Garand ejects from the top which means a telescope sight must be mounted off to one side. A leather pad is then attached to the stock as a cheek rest to bring the eye into proper alignment with the scope.

Nearly all sporting rifles are drilled and tapped for easy mounting of properly positioned telescopic sights. There is considerable pro and con in the argument of open sight versus telescopic sights. For maximum accuracy at long range, telescopic sights are essential. For fast shooting at close in moving targets, they are a disadvantage. In actual practice, they are a matter of individual preference. One advantage of a telescopic sight is their light gathering capacity which is generally greater than that of the naked eye. Thus, at night, with just a little moonlight or starlight

(or artificial light in the area of the target) it may be possible to see and shoot accurately with a telescopic sight at objects invisible to the naked eye.

This light gathering ability in scopes is referred to as "relative brightness". It is designated by a number that may range from 8 to about 240 on different commercial scope sights. Maximum brightness is obtained by the combination of a large front lens and comparatively low magnification.

Regardless of what kind of gun you have or buy, start at once to buy extra ammunition. Without any public notice the government has already taken steps to limit the availability of ammunition. Don't wait, when you find it, buy it. If at all possible keep 1000 rounds per gun on hand at all times.

Once again the information that might be given on survival techniques and equipment is severely limited by space and time. The following thoughts are mentioned only to stimulate the readers imagination and to point out a few unexpected findings from actual tests conducted by members of the Minuteman organization.

Food requirements will depend greatly on the situation where they are needed. Consider three different cases:

1. Family hiding in a camouflaged fallout shelter. Confined completely for thirty days or more. Water system destroyed or shut off.

Water will be most important in this situation. The average person can easily live forty five days without a bite to eat. With restricted movement, the average adult can maintain body weight on 800 calories per day. In this situation dehydrated foods are almost worthless.

A good variety of canned foods is probably best for stocking the city hide-out and fallout shelter. Their storage life is better than most bulk foods. They are comparatively compact. Mass distribution keeps the price of such products down and economy can be further enhanced by shopping for sale prices or buying by the case. The water or juice contained in some cans will not be wasted.

In general, choose high calorie foods, canned sweet potatoes in preference to white potatoes, corn or peas instead of green beans or spinach. At least one-third of your food stockpile (by weight) should consist of canned meats as they have a high calorie content per pound and are almost completely digested.

A diet made up entirely of canned foods may be deficient in certain vitamins and a supply of multiple vitamins will also be desirable. Each tablet should contain approximately:

Vitamin A.....	5000 USP Units
Vitamin D.....	1000 USP Units
Vitamin B-1	1.5 mgm.
Vitamin B-2	2.0 mgm.
Vitamin B-6	0.1 mgm.
Vitamin B-12	1.0 mcgm.
Vitamin C	37.5 mgm.
Niacinamide USP	20.0 mgm.
Calcium Pantothenate	1.0 mgm.
Vitamin E	1.0 mgm.

The canned diet will contain plenty of minerals and the rarer vitamins so it is not necessary to pay inflated prices for these trace elements. The price of multiple vitamin tablets varies greatly according to the amount of sales promotion and percentage of profit. Their actual quality varies little. As long as they contain the vitamins and amounts shown above, buy the cheapest you can get.

Through Biolab Corporation (P.O. Box 68, Norborne, Mo.) we have arranged for patriots to be able to buy sugar coated "Multiple Vitamin" tablets of the above formula at the wholesale price of \$5.00 per bottle of 500 tablets, postage paid.

The disposal of garbage and human waste products is of vital importance. Even if the sewage system is intact, you will not have water to

flush a toilet. In some cases, it may be possible to leave the hideout occasionally to buy such material or in other circumstances, even this will be impossible.

One or more large garbage pails with tight fitting lids should be provided for storing such material until it can be disposed of otherwise. A small bottle of iodine poured into each container will keep down odors. Do not use Clorox or similar disinfectants for this purpose as they may release gas that would be dangerous in a small closed area.

2. In a different situation, we can imagine a group of people hiding out in a cave, or camouflaged shelter that has previously been stocked in a remote area. Such a location will have been chosen because of a dependable water supply, either from an all weather spring or from a good drilled well. Here they may wish to hide out for many months or even years.

We assume that the group will not be able to travel in search of food for fear of attracting the attention of the enemy. With plenty of water available, our choice of foods to store is considerably different. The object is to store a maximum amount of nutritious food with such limited money as the group can spare for this purpose at the present time. Suppose we are considering three years food supply for ten people. At only 25¢ per day per person (3¢ per meal) this comes to \$2,500.00. We assume that space is not a problem-- only money. The food we choose must supply all essential vitamins, minerals, proteins, fats and carbohydrates over this extended period of time.

Even without the consideration of cost, it would be difficult to go into a supermarket and select a combination of canned and dried foods that would be nutritionally complete. There is only one commercially available product that meets these qualifications. When we stop to think about it, it's not too surprising that this product is dog food.

Many dogs, such as those kept in commercial kennels, live their entire lives while eating nothing except dry dog food plus water. All the normal life processes, including reproduction, must be provided for by the nutritional ingredients of such foods. Although it may at first sound like a joke, anyone planning such preparations should consider dog food as a major part of their food supplies.

Dry dog food is far better than canned. It is more economical, takes up less space and is generally better tasting. With reconstituted dried milk (and sugar if you like) most dry dog food tastes not too different from dry breakfast cereal. A hundred pound sack of dry dog food contains as many calories as a ton of fresh potatoes. The dog food also contains protein, vitamins, etc. that the potatoes do not. The one food element that humans require which dogs do not is vitamin C (ascorbic acid). For this reason, the dry dog food may be deficient in this important vitamin which must be provided for by other means. The best natural source of vitamin C is from fresh citrus fruits, but since these probably won't be available, Vitamin C tablets should be stored to provide about 50 to 100 mg. per day per person. The paper sacks of dry dog food can be painted with melted paraffin to keep out moisture and insects.

Whole grain is another food that is nearly complete and is easily stored so long as it is kept in water tight and insect proof containers. Dried milk is very economical when purchased in 50 pound plastic lined paper bags. The wheat can be ground in a hand mill-- old coffee grinder-- or in some other improvised manner. Cooked (but not more than necessary) it makes a very tasty cereal with water, dried milk and sugar. The wheat and dried milk complement each other to provide a more complete diet together than either would be alone.

Uncooked whole grain can be sprouted under right conditions and is more nutritious after sprouting than before. Lay a wet towel in a shallow pan or tray, cover with another damp towel, keep in a warm, dark place for a few days. Eat when the sprouts are about two inches long. These sprouts, incidentally are a good source of vitamin C and could be used to complement the dog food mentioned. Certain other dried vegetables such as beans can be sprouted in a similar manner and should be eaten this way as time and space permit. By these means a person's complete nutritional needs can be supplied for as little as six cents per day.

3. Now let's consider a third situation where a person is moving continuously. Perhaps a small team is trying to travel a long distance

through a wilderness area. They cannot shoot large game as the noise might attract enemy patrols. They must move fast and therefore, cannot set traps to come back to later. They can gather some roots, occasionally eat a fish and perhaps occasionally shoot small game with a silenced .22 caliber rifle.

Edible grasses and "greens" will be plentiful.

Under these circumstances, what they will need most are calories. Those foods that provide maximum energy per pound are desired.

These are not the sugars, as some would think, but are the fats. A pound of lard will provide two and a half times as much energy as a pound of sugar. Whenever possible, therefore, the bulk of the food carried with them should consist of lard, butter or oleomargarine. Oleomargarine is the best of the three as it tastes better than lard and becomes rancid less easily than butter. These can be used to fry other foods found along the way.

If it is not expected that other foods will be available during the trip, a mixture of half butter mixed with half sugar will have less calories, but be more edible. Another good mixture can be made from equal parts of oleo, peanut butter and sugar.

These few comments made on the important survival subjects of guns and food are not nearly complete. A dozen other subjects equally important cannot be mentioned at all. Such information is desperately needed by all conservatives but while they are led into blind alleys of useless activity, they will not even seek such information-- let alone obtain it.

To survive, the patriotic movement must have the five essentials that only proper organization can supply: high morale, accurate information, proper equipment, trained people and close coordination.

All of these are valid reasons for the development of a patriotic resistance movement. Such a resistance movement must be the logical conclusion to the developing patriotic movement in the United States today. It will develop sooner or later. The freedom of future Americans will depend on its developing soon enough.