-----WAR POWER. According to the latest report of the Institute for Strategic Studies, London, here's how America and Soviet Russia shape up in the arms race: Russia is narrowing the U.S. lead in H-bombs from four to one to three to one, but the U.S. has increased its naval ballistic missile superiority from three to one to four to one. In terms of potential death and destruction, however, the



BECAUSE OF LARGE MAIL VOL

Soviet armory outweighs the American. Half of the Soviet's intercontinental ballistic missiles boast warheads of 30 megatons or more. One megaton is equal to one million tons of TNT. Two 30-megaton bombs are enough to destroy New York City and its suburbs, engulf New England and the Middle Atlantic states in radioactive fire. Two 30-megaton bombs on the West Coast are enough to destroy pretty nearly everything from Oakland to San Diego.