

Do not flush lavatories, but store the clean water they contain by taping up the handles or removing the chains.

# CIVIL DEFENSE

## ● First – Know the Warning Sounds:

### THE ATTACK WARNING



When an air attack is expected the sirens will sound a rising and falling note. The warning will also be broadcast on the radio.

### THE FALL-OUT WARNING



When there is danger from fall-out you will hear three loud bangs or three whistles in quick succession.

### THE ALL-CLEAR



When the immediate danger from both air attack and fall-out has passed, the sirens will sound a steady note.

Items marked ● come from the government publication PROTEST AND SURVIVE

## AFTER THE EXPLOSION

Fire and blast can best be described by supposing that a 10 megaton bomb has exploded on the ground at King's Cross station, and we are travelling towards London from the outside. We might see the first damage to houses as far away as Peterborough and Southampton, 80 miles away, where the windows would be smashed. At Luton, Chelmsford, Guildford and Maidstone, 30 miles away, doors and windows would be blown in and interior partitions cracked. At St. Albans, Slough, Sevenoaks and Brentwood, 20 miles away, we would begin to see debris in the roads. At Epping, Watford, Uxbridge, Epsom and Dartford, 15 miles away, a few houses would be burning, and people who had been out in the open at the time of the explosion would be seriously or fatally burned by the heat-flash of the explosion

At Romford, Waltham Abbey, Stanmore, Harrow, Surbiton and Chislehurst, 12 miles away, the main fire zone would begin. Inside this zone, 24 miles across, almost every building exposed to the heat-flash would have been set on fire at the moment of the explosion. There would be so much blast damage that it would be difficult to make our way along the streets even if there were no fires. People who had been in the open in this area when the bomb exploded would have been charred by the flash.

Mass fires would stop us going any further into this area. Inside, there would be increasing blast damage, and in the ring bounded by Tottenham, Highgate, Fulham and Greenwich, 5 miles away from the explosion, all houses would have collapsed and the streets would be impassable until cleared by bulldozer. The area from Hampstead to Stepney and from Stoke Newington to Battersea, 7 miles across, would be completely flattened, a mass of dust and rubble.

King's Cross itself would be in the middle of a crater nearly a mile wide and deep enough to hold Nelson's Column and penetrate the deepest part of the London Underground.

As far as Nottingham, Birmingham, Bristol and Bournemouth, (100-150 miles away) anyone who had been looking in the direction of the explosion when it happened would have had their eyesight permanently damaged because the lens of the eye focuses the heat-flash on the sensitive lining of the eye, burning a hole in it.

The enormous number of separate fires that would be started simultaneously over hundreds of square miles would not stay isolated.

In the big fire raids of World War II when thousands of incendiaries were dropped on Hamburg, Tokyo, Dresden and other cities, the fires all joined together to make a single holocaust or 'fire-storm'. These huge pillars of fire caused winds of up to 150 mph, strong enough to uproot trees, to rush in towards the burning area. Only the contents of basements escaped burning. People caught in the street in the fire storm were soon burned to death. The fate of people in fireproof shelters was not much better. The air that they breathed had come in from the street, and the temperature of that air was 1,400 degrees Fahrenheit, or nearly as hot as molten glass. This forced some people to rush out of the shelters into the flames outside. Others were killed by carbon monoxide, a poisonous gas produced by the enormous fire. The fires burned for days and some areas were so hot that they could not be entered for weeks. Even then, the insides of some shelters burst into flames when they were forced open, and some were even red-hot.



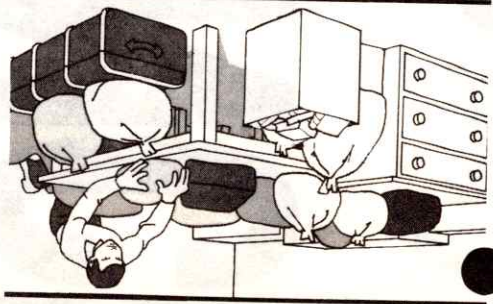
...in the second world war, it was possible to study the effects of last bomb outrage and try to learn best to defend against the next, by diving underground into reinforced shelters and awaiting the all-Remember the bonhomie of those R Raid Shelters? Remember that ink spirit, when everyone clustered er, united, for once, against a enemy? Remember the way me helped one another during an ? Remember the camaraderie, the the jokes, the despair as everyone in there, sometimes for as long as hours at a stretch? Well, forget it. chance of improving your defences first attack has long disappeared. ord of the official strategists is that attack will bring about almost confusion, with thirty millions of I, and the remaining half of the tion suffering in one of three o severely burned to be helped able of survival with assistance injured, or capable of bearing ries without assistance.

As far as I can understand it, categories (2) and (3) will be ignored, with differing results, the prime principle of defence, presumably to be obeyed also medically trained, is 'STAY AT

Weapons must be employed...  
...a decisive escalation of ant shock to convincingly de the enemy that he should the political decision to cease ack and withdraw. To evidence idarity, I am considering use in ons employing both UK and spon using primarily aircraft use would be restricted to Czechoslovakia, Poland, ia, Hungary and Bulgaria message from General Alexander the NATO command, during TEX 77 exercises

ome—that satisfactorily any ideas of community action, urive. This will be no time to : 'civil' means 'Polite, obliging, (O.E.D.). Civil Defence means into your home as quickly as nd existing as best you can, thought for any weaker than Survival of the fittest, come a vengeance. 'Home', in this incidentally, does not mean are lucky enough to live d hard for. Oh no. 'Home', to y far from the direct blast pans a room farthest away

In case you think I am making this up, let me quote 'Protect and Survive'...



Prepared in 1976, note, for the Home Office, it was intended for free general distribution only as a last resort. However, following a public spirited leak earlier this year, it was placed on sale, thus affording us more time for careful consideration than would otherwise have been the case during the period of an imminent nuclear attack.

As mentioned earlier, we are advised to designate a room furthest away from any external walls a 'fall-out room', and inside this construct an 'inner refuge'. Almost incredibly, the latter is best made by leaning three doors against a wall, and covering them with boxes, bags or furniture filled with earth, because, 'Radiation can penetrate any material, but its intensity is reduced as it passes through—so the thicker and denser the material is, the better.' Can we detect some hope here for some humans, if not humanity, as presumably those thick and dense enough will not be affected by any level of radiation?

Mr Robin Mead, vice-chairman of Civil Aid, said at a press conference yesterday (13 February 1980) that after a nuclear attack people would have to take what they could get. 'If you saw a frog running about you would have to wash it down to get rid of active dust, cook it and eat it.'

Despite the apparent spaciousness of the doors as illustrated in the booklet, application of Pythagoras' theorem states roughly that, when a door of 6' 6" is lean against the right angle formed by a wall and a floor, then for practical purposes the optimum measurements will be 5' 4" and 4' respectively. Those mathematical inclined will have ample time to calculate all the variations of height and width the theorem allows, as the Government, apparently in all seriousness, is stating that, in order to survive a nuclear attack, we must spend at least the first forty-eight hours after an explosion in this tiny refuge, when to venture out would be critical. If nothing else, what a splendid opportunity this advice offers to pacifists to show that, if we are impractical, as we are often called, you are a dreamer, an idealist, impractical for holding pacifist beliefs, what could be better than to lead your presumably practical accuser towards either their table or the cupboard under their stairs and continue the discussion thereunder, because the booklet cites two places as suitable alternatives, in the absence of doors. While you are both in there, remind your friend that this already cramped space would have to be shared with the rest of his/her family for at least forty-eight hours, along with sufficient food for that period, sufficient water, (2 pints per person per day, but, try to stock twice as much water as you need for drinking...you are unlikely to be able to use the mains supply

he died instantly as the volcano erupted on that fateful morning of 18th May, 1980—north of the volcano Mount St. Helens his observation post exactly five miles similarly optimistic figures as he namedologist David Johnston was relying on mile radius. Perhaps the unfortunate geobomb destroys everything within a twenty have already told us that a ten megaton words 'can kill!' when Government figures as a little optimistic (not to mention the severe that they can kill up to five miles from the explosion, this must be regarded as a little optimistic) 'Heat and blast so let later mentions. 'Heat and blast so general consumption. Although the book-mention of size for either, perhaps because distance' and a nuclear explosion—no ambiguity of the reference to 'a certain ventions will not matter. Notice, too, the nuclear attack and such blatant contra- tion Act will be repealed in the event of a an attack—presumably the Trades Descrip- attack, and then no protection from such their booklet, 'Protect and Survive', there they have baldly stated that, despite calling explosion will be totally destroyed—a thing within a certain distance of a nuclear to 'Survival', we are informed that 'Every- because, under the coy heading 'Challenge should not consider themselves safe, certain distance of a nuclear explosion' fall-out'. Certainly those within 'a effects of the weapons and the resultant considered safe from both the direct 'No part of the United Kingdom can be The booklet's first words inform us that,

Mr James Scott-Hopkins, Euro-MP releasing details to the general public of a Home Office pamphlet, 'Protect and Survive, describing what to do in a nuclear attack, would cause unwarranted panic and be an irresponsible action. With the limited amount of spending money available, Britain should place priority on building up its armed forces.

Worcester Evening News, 19 February 1980

...for the square miles' (Professor B. Booth, New Scientist, 26th June) it was what scientists call a 'clean' explosion meaning that it carried no radioactive side effects. Unfortunately, the explosions we are going to have to try to survive are what scientists call 'dirty' because they release extremely potent radioactive matter, to be avoided at all costs, in the following manner...  
...you will let's external walls a 'fall-out room', and inside this construct an 'inner refuge'. Almost incredibly, the latter is best made by leaning three doors against a wall, and covering them with boxes, bags or furniture filled with earth, because, 'Radiation can penetrate any material, but its intensity is reduced as it passes through—so the thicker and denser the material is, the better.' Can we detect some hope here for some humans, if not humanity, as presumably those thick and dense enough will not be affected by any level of radiation?  
...it is w article mirac for br equipm should forty-e inform the dai exposu your re cannot in your days, o is safe. stand a contem may br happen the fall- though,



water after an attack'), radios (2), batteries, torches, cutlery, crockery and warm clothing. It is not going to be a pleasant forty-eight hours, is it? Pitch black, extremely hot, extremely stuffy, extremely uncomfortable, and, worst of all, absolutely useless. Yes, useless, I'm afraid, unless you personally have had the foresight to install a method of breathing a continuous supply of fresh air. You personally will have to be responsible for this, as the Government has forgotten to mention it, although it did tell you that all the air surrounding your house, fall-out room and inner refuge will doubtless be completely contaminated. This is rather a large oversight on the booklet's part, isn't it, unless we are all going to be supplied with sufficient tanks of oxygen for forty-eight hours, perhaps. They do not mention this, anyway, which is odd, because most practical people consider breathing fresh air to be essential for sustaining human life. Has the Government forgotten this? Of course they haven't. They know that there is no practical way of providing breathable air in an attack for 30 million people, and even the gullible will spot the flaw in an instruction to hold one's breath for forty-eight hours, so all reference to breathing is omitted, in the hope that that will not be noticed.

**It is predicted from various possible patterns of nuclear attack on the United Kingdom that there would be extensive and overlapping areas of heavy fallout in which the early radiation intensity (measured as the dose rate in the air) might be of the order of thousands rather than hundreds of roentgens per hour...Whereas it used to be considered that the area of high intensity would be relatively small and would be surrounded by large tracts of comparatively unaffected territory, the present assumption is that over a large part of the country there would be no such areas readily accessible to those who found themselves in the worst affected places. People wishing to move could rarely be given sensible advice on how or where they could go.**

Public Survival under Fallout Conditions  
ES10/1974

That's the 'inner refuge', anyway, for what it is worth, and, for the purposes of this article let us suppose that, albeit somewhat miraculously, you are still alive and gasping for breath, not to mention the sanitation equipment which you were instructed to keep in the fall out room, into which you should not venture for at least the first forty-eight hours. What now? The booklet informs you that 'After forty-eight hours the danger from fall-out will lessen—but you could still be risking your life by exposure to it. The longer you stay in your refuge the better'. If you really cannot face that prospect, at least remain in your fall-out room for a minimum of 14 days, or until your radio tells you that it is safe. At least you will not be able to stand and stretch yourself, while you contemplate what the future holds. You breathe freely again, too, unless there

by the time you venture cautiously outside, those vicious radioactive rays which have a short half life will have died, so there will be negligible danger to exposed skin and tissue. Unfortunately for you, however, Strontium 90, which is the major nuclear product of any explosion, has a half life of 28 years, which is a very long time indeed to go without eating, and go without eating you must if you want to avoid the effects of Strontium 90, which is the production of cancer and leukaemia by absorption through digestion. The booklet's suggestion that you 'stock enough food for 14 days' begins to look a little inadequate, to say the least. It would be more realistic to suggest that you store a lifetime's food for you and your family and any subsequent generations, mainly because, despite the growing strength of the ecology lobby, the Government has forgotten that many worms and other 'lower' forms of life will not have had the good sense to shelter underneath three doors throughout an attack. They will continue to inhabit the top 9 inches of soil, like the fools they are, and, of course, will be totally obliterated the moment the carpet of fall-out dust emits its radioactive rays. 'So what?' you might ask, at this apparent digression, when all you are concerned with is protecting and surviving yourself, with perhaps a little thought for nature when you have eaten. The problem is that, without worms, you will have to stop eating very soon indeed, because nothing can grow in infertile soil, soil which has not been aerated and fertilised by worms and the countless millions of organisms which inhabit it, and which will have been destroyed by a mere fraction of the radioactivity required to make your eyes run. Thought for worms might not be as intellectually stimulating as discussing the penetration level and possible side effects of alpha, beta or gamma rays; nevertheless, it is a very practical point on which to confront those who try to say, as 'Protect and Survive' does, that on hearing the All-clear note from the sirens (which have miraculously escaped any blast effects 'there is no longer an immediate danger from air attack and fall-out, and you may resume normal activities'. Normal activities, indeed. On their own admission, the Government expects that one half of the population will be busy burying the other half, and yet it can talk about 'normal activities'. Just a fortnight, and it is all over, is the message that they are trying to deceive us with, to give some credence to their ideas of Civil Defence. Does the Government really think that we have



forgotten that eruption of Mount St. Helens on 18th May? Whether the event is conveniently forgotten or not is

## STAY AT HOME

**Your own local authority will best be able to help you in war.**

**If you move away—unless you have a place of your own to go to or intend to live with relatives—the authority in your new area will not help you with accommodation or food or other essentials. If you leave, your local authority may need to take your empty empty house for others to use.**

**So stay at home.**

Protect and Survive, HMSO

wherever the wind blows it. Within two days of the eruption it had thickly carpeted Manitoba and Ontario, 1,250 miles away, although admittedly the dust was not as thick as that in Yakima, 90 miles from the eruption, where snow ploughs were needed to clear some sort of passage for motor vehicles, whose engines ceased to function from the accumulation of dust anyway. As one moved nearer the crater the dust was eight feet thick, and at the mercy of any passing breeze, of course. It takes a very vivid imagination indeed to imagine how normal activities could even now be carried out if this dust had been 'dirty'. Even harder to imagine is somewhere in Britain that is 1,250 miles away from the effects of a nuclear bomb of ten megatons dropped on Rugby to destroy the vital radio transmitting stations there. Normal activities.

**If the whole 170 million Americans had Air Raid Shelters, at least 50% of them would die in a surprise enemy attack. In the last analysis there is no such thing as a nation being prepared for a thermonuclear war.**

Val Peterson, US Civil Defence Administrator

Such an insult to our intelligence ought to worry us, not only per se, but for what it shows of Government thinking—either the Government is stupid enough to believe in the civil defence methods that it preaches, which is reprehensible, but at least honest; or else it knows them to be futile and is deliberately trying to deceive us. What do you think? (To help you resolve this problem, recollect that the Government has just allocated £14m for restocking its deep shelters—how many doors can you buy for that sort of money?—I posed this question to Jim Pawsey M.P. and chairman of the House Committee on Civil Defence, but he has so far neglected to answer, perhaps through embarrassment).

**The alliance should plan to maintain an adequate conventional defence as long as necessary to negotiate an acceptable peace. If not successful in achieving its aims with conventional forces, NATO will employ nuclear weapons as necessary.**

Document (NATO 'secret') DPC/D/74/30  
Appendix B, Item 1

I hope that I have been able to show, on purely practical grounds, the idiocy of



attack we could neither eat nor breathe, and no amount of doors can alter these two basic bodily requirements. There is a less fundamental argument against civil defence, though, which you may care to consider; if we British, by judicious use of doors, can survive a nuclear holocaust, so then can any aggressor, which presumably means that the 'ultimate deterrent' is no more ultimate than the ratio of doors to people in any given country. The only logical inference from the term 'civil defence' is that 'mutual assured destruction' is ineffective. However, how can 'mutual

**The men in the nuclear laboratories of both sides have succeeded in creating a world with an irrational foundation, on which a new set of political realities has in turn had to be built. They have become the alchemists of our times, working in secret ways which cannot be divulged, casting spells which embrace us all.**

Lord Zuckerman, 21 January 1980

assured destruction' mean anything other than that any form of civil defence must be ineffective? Plainly these concepts cannot be simultaneously true, and yet this is exactly what the Government would have us believe. It will be an anxious time for Mrs. Thatcher and Mr. Pym, sheltering together in their deep bunker, wondering which will be the more effective, civil defence or nuclear attack—to put it more bluntly, doors or Tridents. Assuredly, one must be more effective than the other, otherwise the status quo will not be affected at all, a point you would think that they would be able to understand; and yet, the Government persistently refuses to grasp the fact that effective civil defence is not, and can not be, consistent with the idea of effective nuclear weapons. This is something which we can not stress too much—either nuclear weaponry or civil defence is effective, but never both. The two concepts must be contradictory—effective nuclear weapons must mean that there can be no civil defence, and yet the Government is trying to stress how easily we shall be able to defend ourselves against these 'ultimate' weapons—why is this?

**When radiological conditions permitted movement, district and borough London controllers should assume that one of the priority tasks for their staff, in areas where survivors were to continue residing, would be to collect and cremate or inter human remains in mass graves. Once the initial clearance of corpses has been completed, there would be still a problem of several weeks, and perhaps months, of an above average rate of dying from disease and radiation effects. Nevertheless, a return to the pre-attack formalities should be the objective in the longer term.**

Home Office circular No. Es 8/1976, issued on a "need to know" basis to chief

Why indeed? The answer probably depends on your degree of cynicism. To the sublimely naive who believe all they are told by successive governments, then perhaps the Government is correct to mouth about nuclear weapons and civil defence in the same breath—hopefully this is a small group, and can easily be recognised by their 'Keep politics out of Nuclear War' badges. At the other end of the scale is the more complex, thoroughly cynical explanation of the Government's hypocrisy. Simplified, the explanation is that, in order to justify increasing arms expenditure to satisfy the vested interests of those who manipulate government, then some sort of fear must be induced into the populace, who might otherwise consider that increased investment in the social services may be of more lasting benefit to society. Having aroused a fear of some external aggressor, the Government, like it or not, has the difficult task of maintaining this level of fear, so that additional funds will be provided without murmur—too little fear may cause money to be withheld as arms expenditure may appear unnecessarily profligate, yet too much fear may similarly cause money to be withheld as further arms expenditure may appear futile. Practice has shown that the level of fear required to allow people to part willingly with money for arms has to be pitched at a point of imminent war—a point easily reached once increased arms expenditure and hysterical shriekings have convinced the unknowing potential aggressor that they do indeed have reason to build up their arms. At this point the populace, not unnaturally, voices real worries about survival after a war, hence the present emergence of the sop of civil defence precautions. (Rather irrationally, those people who are now so worried about the probability of a nuclear war are exactly those people, who, for the past

**In order to make the country bear the burden, we have to create an emotional atmosphere akin to a war-time psychology. We must create the idea of a threat from without.**

John Foster Dulles, at the height of the Cold War

30 years, have justified enormous arms expenditure as the only way to prevent war; although it would be unkind of pacifists to start telling them, 'I told you so'.

In between the extremes of naivety and cynicism is the view of those who are paranoid about our lack of defences at the onset of the second world war, and are determined that we shall not be caught napping again—the fact that, even with so-called civil defence, we shall still be totally defenceless has not occurred to them, although doubtless it has already occurred to those potential aggressors at whom our 'prepared' state is being flaunted as yet another 'deterrent'.

At the heart of the belief in civil defence is the fact that it is in our very nature, as

**It is never envisaged that these weapons (Cruise Missiles) are in any sense a response to a nuclear attack from the Soviet Union which comes out of the blue. This is a lesser weapon, which would be deployed from these bases in times of tension, not only from the United Kingdom but throughout the other countries in Europe.**

Cambridge Evening News, 6 February 1980

vision of ourself as a survivor. Unfortunately this inability to perceive our own death allows us to believe that, however unlikely, we have successfully defended ourselves against all the odds, and therefore civil defence must be effective. Subjectivity and logic do not mix successfully, however, and, far from starting at the premise that we shall survive, we must accept that we shall all be killed. Painful though it is, we must all try to accept that it is not going to be everyone else who will be killed. It is going to be us, and this unpalatable fact must be stressed and stressed again to all those who view the proliferation of nuclear weapons with either encouragement or apathy. Nuclear weapons are made for use, and, once used, whether intentionally or accidentally, the end result will be the same for us all, and the best any individual can hope for is the blessing of a direct hit and a swift death, rather than having to endure the disgusting, lingering pain of a radiation racked body, a pain which will be inflicted so much more cruelly on those who trusted those words by the Government and made an attempt to protect and survive.

**The Home Office planners envisage that a nuclear attack on Britain would be in the order of 200 megatons, the equivalent of about 13,000 bombs of the type dropped on Hiroshima.**

Sunday Times, 17 February 1980

**The bomb that dropped on Hiroshima destroyed the city and killed up to 200,000 people. Some people are still dying from the effects of radioactive fallout.**

**Imagine, then, the equivalent of 13,000 Hiroshima bombs falling on this island.**

**Senior officials have never known such close ministerial interest in their 'doomsday' activities. Mrs Margaret Thatcher has already been through the steps she would have to take to launch a Polaris missile strike in response to a Russian nuclear attack on the United Kingdom.**

The Times, 26 February 1980

