

**STRUGGLE
FOR SURVIVAL**

TIME

Water



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For teachers' inspection ONLY

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What Do I Do Now?

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You weren't expecting it. You didn't see it coming, and it caught you completely by surprise. Life has taken a sudden, drastic turn, and a new reality has taken its place. Unfortunately, in this reality, your very survival is at stake.

You're hungry, thirsty, tired, cold, and suddenly alone. All the resources that were easily accessible to you just a short time ago have suddenly disappeared. All the government systems and agencies that you count on regularly are unavailable. You can't be certain what's really going on because your ability to communicate with others is limited. Cell phones? Not now. There's no water coming from your faucet. There's no power in your home, either, so refrigeration is not an option. What about your food? What if your cupboards are empty and there's nothing available to purchase at the stores? You *must* eat to survive, and you *must* have water. In fact, water is more important than almost anything else. But where will you get these precious things that your well-being—and your very life—depend on? What will you do, and more importantly, how will you survive?

Or *will* you?



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THINK LINK

- ⦿ What types of things could happen to create a **doomsday scenario**?
- ⦿ What basic skills do you think are necessary to help you survive?
- ⦿ Describe any **survival skills** you already have.



What Is Survival?

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Survival has become a popular topic in recent years. There are television shows that depict survival situations. And there are reality game shows in which survival is part of the game. You can even learn about survival in books, Internet videos, blogs, websites, and magazines.

But what is survival exactly? It depends on whom you ask. You are likely to find many different answers.

At its root, *survival* means to keep living. No one lives forever. But most people want to live long, enjoyable lives. Much of modern life has been dedicated to extending the human life span. At the same time, people have become dependent on **industry** to support survival. And we have created lifestyles that may separate us from more traditional, and perhaps even natural, ways to survive. Most people in modern cultures lack the skills that humans have depended on to survive and thrive for thousands of years.



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I Didn't Expect That!

What could possibly happen to create a doomsday scenario? The truth is, such a scenario is highly unlikely. The following types of events that require survival skills are more likely to happen:

- ⊙ an accident in the wilderness far from help (a rock slide, a tumble down a steep slope, etc.)
- ⊙ a natural disaster, such as an earthquake, a tornado, or a hurricane
- ⊙ getting lost in the wilderness
- ⊙ an automobile accident or breakdown in the middle of nowhere

Methods and Tools

Most of us depend on our modern way of life to survive. Healthy, clean, hot and cold water are available in our houses at the turn of a knob. We have heaters to keep us warm. Air conditioners keep us cool. We can buy clothes easily in stores. Food is available in restaurants and stores all around us. So, what can we use to help us learn to survive in emergency situations?

Today, learning to survive involves the use of methods and tools. What methods and tools are needed? Well, some methods may involve having different survival **strategies** at your fingertips. The strategies can be used in any number of unusual situations. For example, one strategy may be ways to find clean water. Another may be methods to keep your body warm. The tools are devices people can use as part of each strategy to survive. They may be things we already have, such as knives, blankets, or other things made in factories. They may also be **primitive**, or handmade from **repurposed** or natural materials. One survival strategy may be knowing how to make these things!

Changes to a person's current way of life may have **dire** consequences. That is especially true if the person doesn't have the basic knowledge needed to survive.

You Need Every Drop

Experts agree that you need about two quarts (64 ounces) of drinking water each day. In extreme weather or if you exercise a lot, you need about a gallon (128 ounces) a day. Under normal conditions, how much water would a family of four need to survive one week, in quarts, ounces, and gallons?



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Everyday Carry

To be prepared for emergency situations, some people carry small basic tools with them all the time. These tools might include a whistle or a multi-tool pocket knife. These are called everyday carry, or EDC. Equally smart is learning to make tools out of objects found in nature.

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Reader's Guide

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1. What would need to happen for a doomsday scenario to take place?
2. Why is preparation so important in survival scenarios?
3. Choose one of the survival scenarios described in the book, and explain your action plan for gathering food and water.
4. Make a list of pros and cons to building the vegetation stills and solar stills described on pages 32–35. Include ways that one is more useful than the other.

