

Bio-Defense_For_Common_Diseases_2004.txt

From: serfsup@earthlink.net (serfsup)
Subject: Bio-Defense On The Cheap

Two years ago, my newsletter, "Serf's Up!: Common Sense For The Common Peasant", ran one piece of research I did on killer epidemics. I examined three such diseases that already exist in the U.S., huanta fever, bubonic plague, and cholera. As it turns out, all three can easily be defended from their natural sources.

Huanta fever has a 70% mortality rating and is very contagious. However, the common method of transmission occurs from human contact with the urine and feces of deermice. Several cases from the last big outbreak a few years ago in America's Southwest happened when folks cleaned out their barns, sheds, and garages. The simple act of sweeping the deermice debris with a broom placed it in direct contact with humans. The best, and cheapest defence is to always wear as much clothing as possible when doing these chores. Long sleeve shirts and pants, shoes or boots (no sandals), and wearing goggles and even a mask will reduce the odds of infection dramatically.

Cholera is another disease that can be avoided from natural sources with a modest amount of precaution. There are still cases in U.S. in the Gulf of Mexico coastal region. The Cholera seems to thrive in the beds of estuaries. Tidal and seasonal changes can cause shellfish to become infected. The most common method of contraction is through the handling or consumption of raw and under-cooked shellfish. Again, protection can be achieved through proper dress, as well as thoroughly cooking your food.

Out West, there are significant 'colonies' of Bubonic Plague in the U.S., especially near San Francisco and Lake Tahoe. The major means of contraction is from infected fleas jumping on humans who come in close contact with squirrels. Such fleas can jump, on an average, about a foot and a half. Campers are in real risk when they lay on the ground.

Bio-Defense_For_Common_Diseases_2004.txt

To defend your campsite or homestead, construct the following. You need four-inch PVC piping, in sections about three feet long. Drill a hole through the center clear through the pipe. The hole must be wide enough to accommodate a stake for securing the pipe on the ground.. Stake the pipe down along the perimeter of your site. Attach some bait for squirrels to the stake inside the pipe. At each opening, pour a generous heap of flea powder. That's it!