



CHYHL DEFENCE

CANADA'S HEALTH AND WELFARE SUPPLEMENT NUMBER 24

What is civil defence? It is a way of saving lives and property, of protecting you and your family should war strike Canada. It is a way of helping to keep you going, and to keep production going, in spite of atomic, biological or chemical attacks. Civil defence is your defence.

should we prepare? Because, in the event of war, there is a strong possibility that Canadian cities, and even smaller centres, would be attacked with atomic bombs. As long as this possibility exists, the sensible thing is to prepare to meet it effectively. Civil defence is a form of insurance against a disaster which may or may not come.

Who is needed? Everybody. Self-help and mutual help are the responsibilities of each and every citizen. At least 250,000 Canadians should receive civil defence training immediately. Everyone requires intensive education in self-protection.

CIVIL DEFENCE

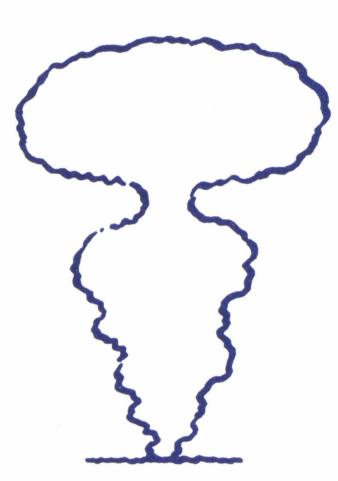
When will we be needed? Right now. Your own backyard may be tomorrow's front line. Today the planes of any possible enemy country can reach every major city in Canada. The hour may not strike this year, next year or ten years from now. But it could strike tomorrow—and we must be ready.

Where should we apply? Local governments are responsible for the provision of an organization that will give people the opportunity to work together as teams. Watch your local papers and listen to the radio to see how civil defence is being organized in your community. Then offer your services to your local civil defence organization.

can we plan self-help? Since the whole idea of civil defence is to help you protect yourself and your community, it is your responsibility to learn what is going on, to offer your services, to study available publications, to prepare your home against possible attack. The responsibility is yours; no one can do these things for you.

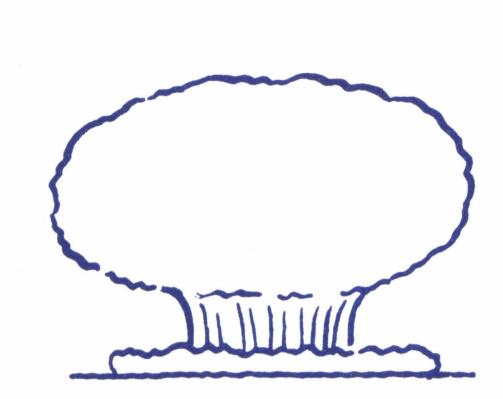
THE ATOMIC BOMB

TYPES ATOMIC BURST



AIR

The airburst bomb, used at Hiroshima, is likely to cause widest damage. It explodes about 2,000 feet over its target. goes off under the water.



UNDERWATER

The underwater burst, as yet unused in war but experimented with at Bikini in 1946,



GROUND

The groundburst, used only experimentally so far, takes place on striking the ground or some object like a building.

BLAST

When an atomic bomb explodes a huge ball of fire appears, followed by a dazzling flash of light, scorching waves of heat and radioactive rays, then a terrific blast. This blast will flatten almost anything in the target area but, farther away, its effects on people are not serious.

FLASH

The heat flash, which can The presence of radioactivity burn a person fatally and start fires, travels at the speed of light. Like light, it cannot go around corners or through solid walls. Therefore, away from the centre of the explosion, clothing offers some protection and buildings complete protection.

RADIOACTIVITY

is the chief distinction between atomic and conventional bombs. Despite current myths, the effects of radioactivity, except in the case of some underwater or ground explosions, are much less dangerous than those of blast or heat flash.

EFFECTS

NOW

So as not to be caught napping, now is the time to get rid of all fire hazards in your home, to prepare a suitable shelter and stock it adequately, to have fire-fighting equipment and window-covering material handy, to know how to cut off water and electrical services and to make sure every occupant is familiar with air-raid drill.

UNDER ATTACK With Warning

If outside, make for a public shelter or a large building. At home, make final preparations and get to your shelter before the raid occurs.

Without Warning

Immediately drop where you are. Outside, choose a low or protected spot if handy; inside, get against wall or under strong furniture.

AFTERWARDS

These depend to a large extent upon whether you were inside or out when the explosion occurred and upon the type of burst. If outside, remain flat on your face for at least two minutes. If inside, wait a few minutes after an airburst, then go out to help others. After the other types of bursts, wait at least an hour to give radioactivity time to disperse.

PRECAUTIONS

"If we never need what we learn in civil defence, we lose nothing. But, if we never learn what we need, we may lose everything!"



Let the garbage man relieve you of fire hazards

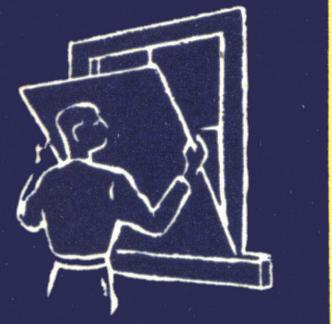


Pails of water and a sand box will help fight fires



Construct your shelter in the safest location available





Window-coverings
will cut down
on blast damage

Be familiar with air-raid warnings and know what to do



If caught outside, drop in the "shelter" of a building



Know the shelter

Know the location of your nearest shelter



Pull switches, close heating apparatus at first warning



If caught in the open, clothing is a partial protection



In any building, get under furniture if caught unawares

Speed is essential but calmness is even more important



Park car well off the road, not blocking the street





Have your shelter stocked with canned food and water

Use the telephone for emergency calls only





In case of contamination, have clean clothes available

SHELTER

AT HOME

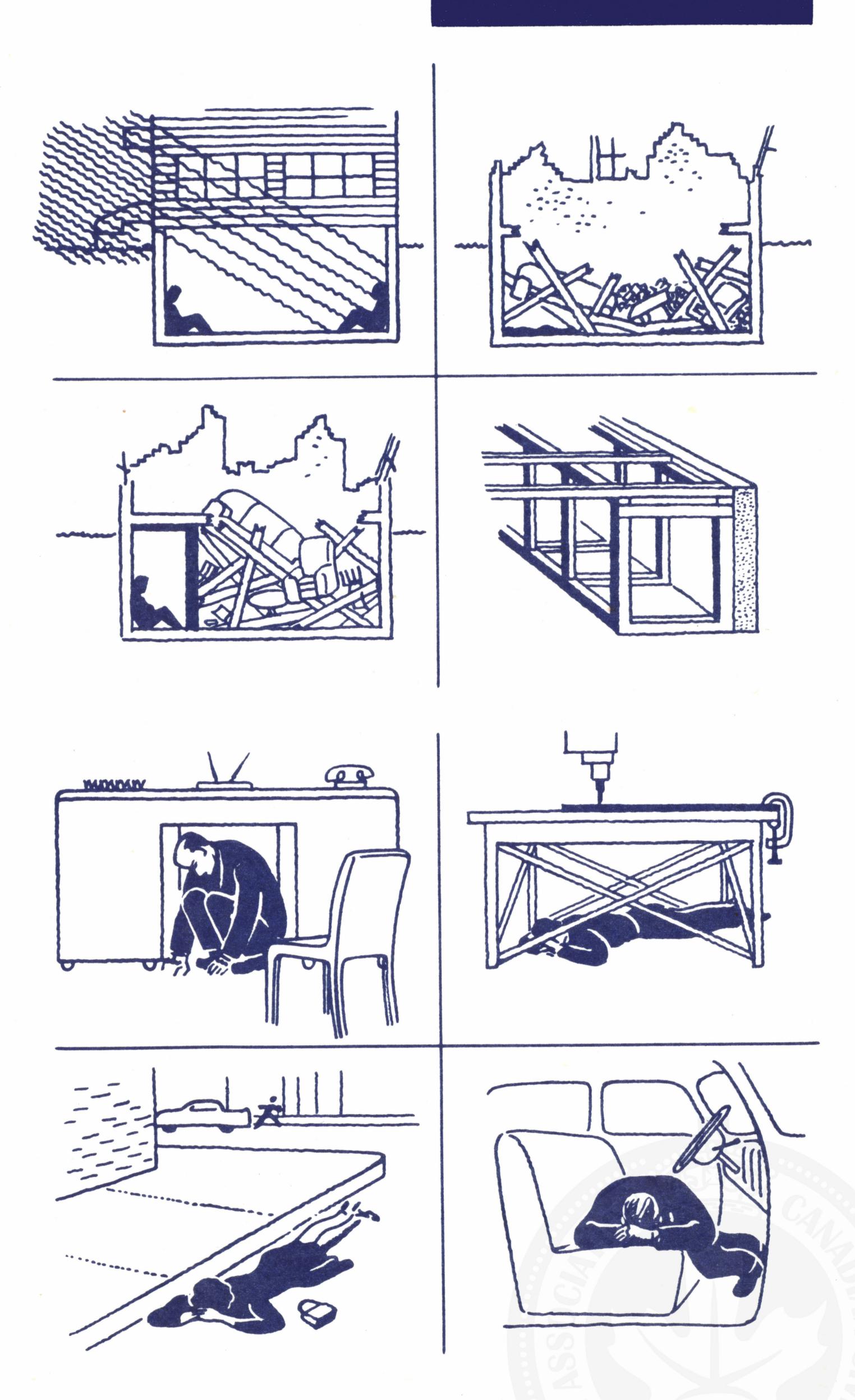
Official manuals give detailed instructions on the construction of basement shelters. A basement will protect against heat flash and blast but gamma rays can penetrate the walls unless earth intervenes. Therefore, choose your position accordingly. The reinforced basement shelter also provides protection in case the house collapses; otherwise you might be crushed. A satisfactory shelter can be prepared inexpensively with little labor and with simple materials.

AT WORK

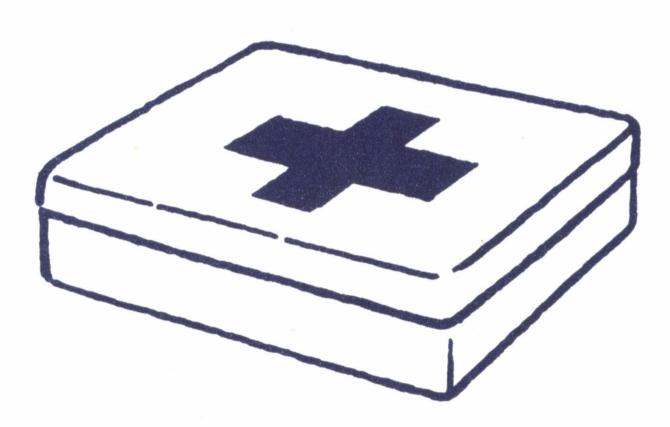
In office, school or factory, shelters should be provided. Where many people are gathered under one roof, adequate advance preparations and practice drills are of the utmost importance. When the warning sounds everyone must perform prearranged tasks, then descend to the shelter. Lacking warning, drop under the nearest desk or workbench. If near an inner wall, lie down close to it. The main thing is to get down fast.

IN THE OPEN

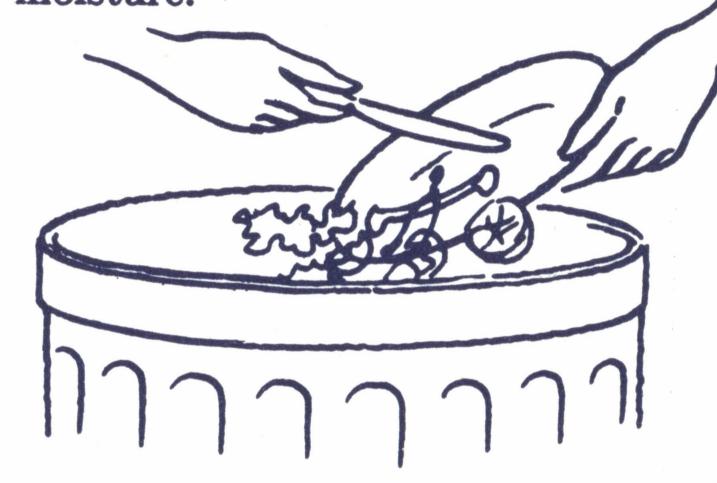
If there is sufficient time when the warning is sounded, make for a public shelter. If you don't think you can reach it before the attack, get into the nearest large building or store and lie down flat on your stomach near a wall. If driving, park your car well off the road and make for some kind of shelter. If caught in the open with no warning, drop to the ground shielding the face. Crouch face down in your car, if caught driving.

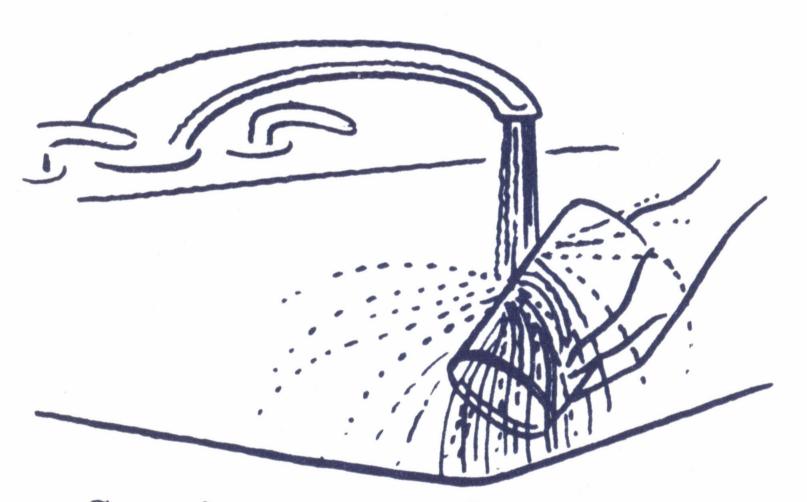


HINTS TO HOUSEWIVES

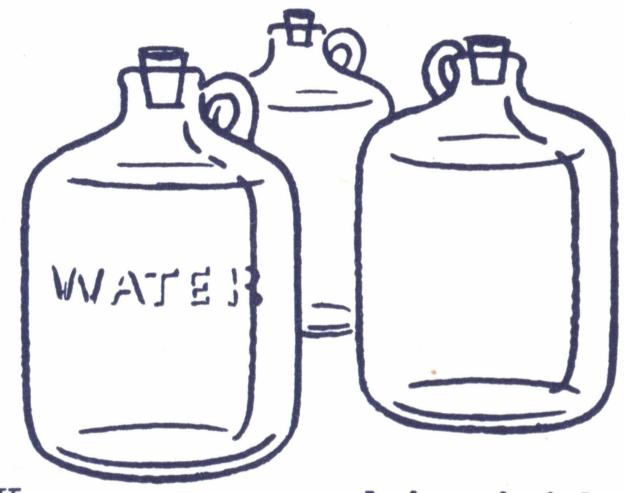


Keep a well-stocked first-aid kit in the shelter. Plenty of soap, detergents and scrub brushes and a box of tools are also important. After an underwater or underground burst, destroy all unpackaged food that has been exposed to radioactive dust or moisture.





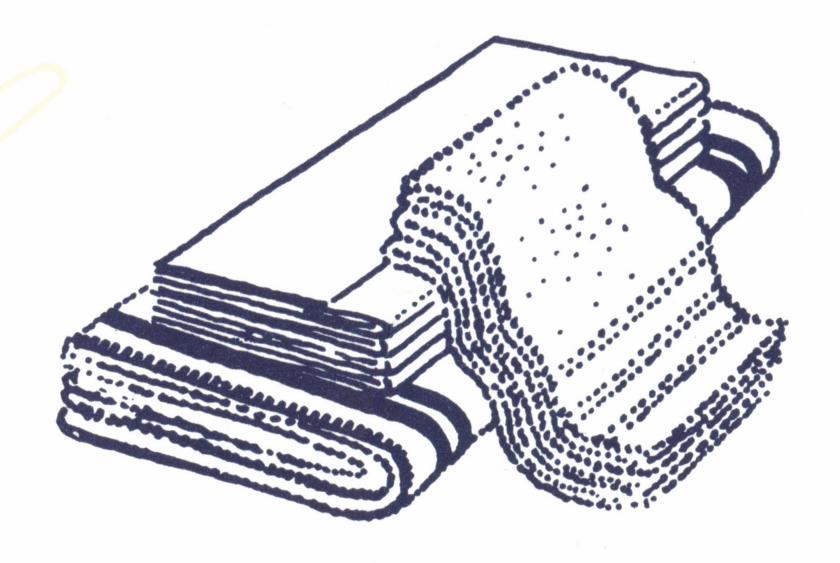
Containers exposed to radioactive dust or moisture should be washed thoroughly. If airtight, their contents should be quite safe to eat or drink.



Keep water stored in airtight bottles or jars in the shelter. Don't use city water after an attack until advised that it is safe to do so.



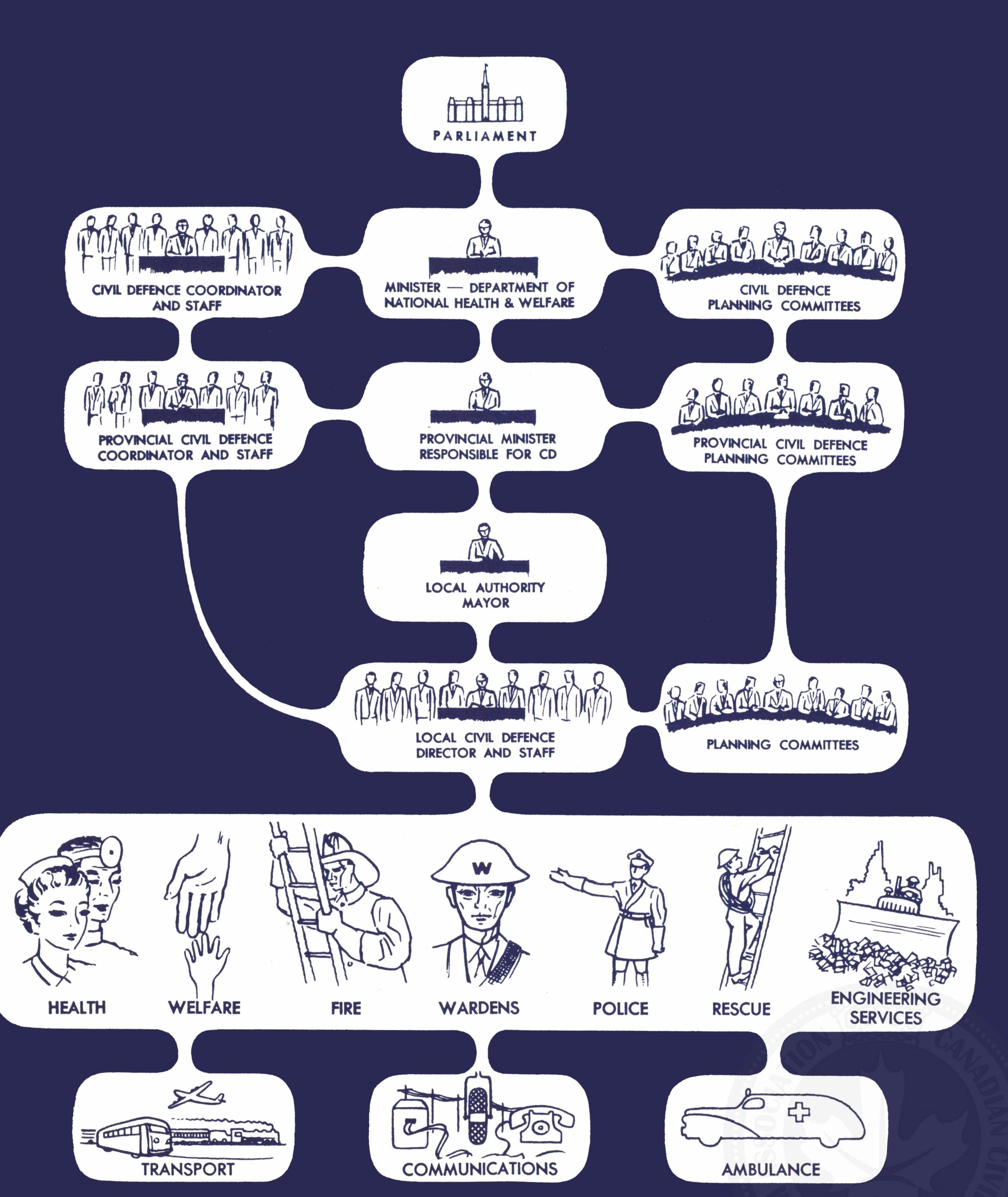
To protect food and drink against contamination by atomic bomb explosion, keep as much as you can in airtight containers in the refrigerator.



A plentiful supply of blankets, sheets and towels should be on hand. Keep some in the shelter, in addition to changes of clothing.



CIVIL DEFENCE ORGANIZATION



FEDERAL ACTIVITIES

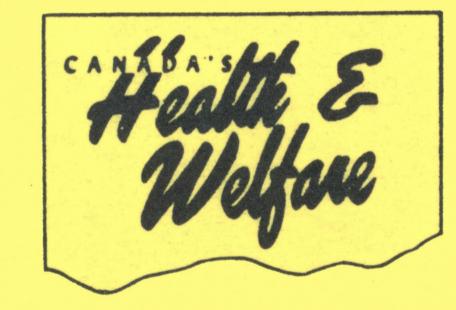
Each and every citizen must assume the responsibility for knowing what to do for his own self-preservation. Local governments, the basic units for civil defence planning, are responsible for the setting up of an organization through which people can work together in teams. Provincial governments are responsible for the provision of mutual aid between municipalities. The federal government is responsible for overall CD coordination.

Since February 1951 the federal CD organization has been a part of the Department of National Health and Welfare. The federal coordinator has visited all the provinces, enlisting their cooperation and agreement to a comprehensive program, as well as the United Kingdom, European countries and the United States to study their organizations. A federal Civil Defence Coordinating Committee and many sub-committees are functioning, provincial and local officials have been appointed, administrative and technical officers and instructors from municipal, provincial and federal groups have been trained at CD schools in England and the United States and at special schools organized in Canada. Besides extensive internal arrangements, conferences with United States authorities have prepared for effective international cooperation.

In addition to overall planning, specialized training and the supply of certain essential equipment, the federal organization has prepared several publications for distribution through provincial and municipal CD coordinators or, at nominal charge, from the King's Printer, Ottawa. Most important for the average citizen is Personal Protection under Atomic Attack, a 48-page booklet providing basic information. Other titles already available, most of them designed for special groups, are Organization for Civil Defence, Effects of the Atomic Bomb on Structures and Personnel, The Training Plan, Basic First Aid, Industrial Plant Protection, Health Services Manual, Welfare Services Manual and Civil Defence in Schools. In preparation are Technical Guidance on the Provision of Air Raid Shelters, Biological Warfare, This Is Civil Defence, Operation and Control of Civil Defence Services, Auxiliary Police Services and The Warden Service.

PROVINCIAL CIVIL DEFENCE MINISTERS AND COORDINATORS

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NFLD.	Hon. L.R. Curtis Attorney General	Hon. L.R. Curtis, Provincial CD Coordinator Office of Attorney General, St. John's
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