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# Mountain Views News

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BEST FRIENDS & MORE

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## Christopher Nyerges' Latest Book: *Urban Survival Guide: How City Dwellers Can Live Well, and Frugally, Even in Dire Times.*

**Practical guidelines to resourceful city living, self-reliance, emergency preparedness, and getting more for less.**

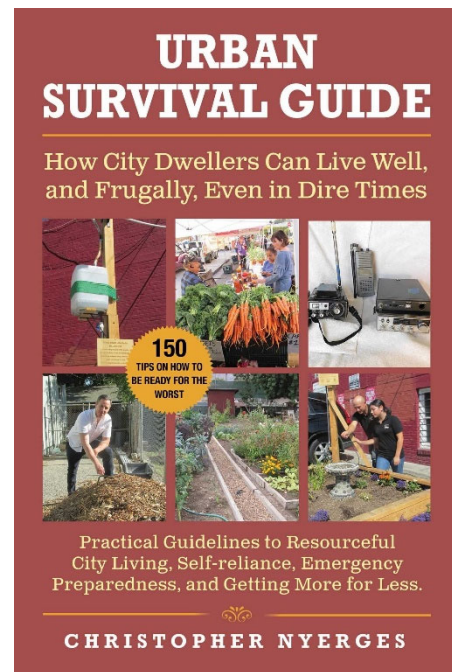
Published by Skyhorse, June 2022, 280 pages, color photos throughout. Information about books and classes by Nyerges is available at [www.School of Self-Reliance.com](http://www.School of Self-Reliance.com), or by writing to Box 41834, Eagle Rock, CA 90041.

*Christopher writes:*

The title of this latest book of mine might be misleading to "survivalists" who might think that the book is about choosing which rifle to buy to defend your supply of dried food supplies in your cellar when the apocalypse comes and your neighbors want your food. Nor is this book necessarily about surviving the next impending disaster, economic or otherwise. This is a book about looking positively to the future by embracing the sustainable life-embracing practices of the past.

"*Urban Survival Guide*" begins with a discussion of how cities ought to be planned and developed for the health and safety of everyone who lives there, and then goes on to demonstrate how houses can be more energy efficient by doing a series of simple measures to keep the house warm in winter and cool in summer. We often forget that over the life of a poorly-insulated house, we could spend more on the energy to cool and heat than we paid for the house itself. The many passive methods of cooling and heating are discussed.

There's a whole chapter on water - how to find it, purify it, and store it - since without water, there is no life. The practicality of rain water is included, as well as a discussion of some of the lesser known sources of water, such as dew, and the condensation from air conditioners. The book includes some of the standard methods of non-electrical food preservation, as well as how to grow food, and find food in the



lesser-known sources. There is a tutorial on how to grow oyster mushrooms in your home using old cardboard and coffee grounds.

From here, this book departs from the standard fare about "urban survival" by including the importance of hygiene, and not only how to make your own soap, but some of the common plants that give you a ready-to-use soap.

Next, the book includes a dynamite section called "Integral Health," repeating some of the ancient principles of Hippocrates for sound health. After all, what sort of life will you be living if you're hooked on doctors and drugs and unable to get around? The book details some of the work of Dr. James Adams, who co-authored "*Healing with Medicinal Plants of the West*" and who offers natural alternatives to opioids for pain. Adams is on a mission to show his followers how native herbs can have the same efficacy as opioids, without the side effects. Then we get to learn about the vast healing properties of the underrated prickly pear cactus, which is also a food. Prickly pear pads and fruits go back hundreds of years as a survival food, and are just starting to be recognized today as an ideal drought-tolerant survival food.

I try not to view "survival" in a parochial point of view, and so I necessarily include practical principles of "Economics" in the book. To increase your spending power, you can earn more or spend less, and I share the precepts of at least two serious minimalists who Lived good lives on very little income. Though this book is a presentation on how to live better today, and how to be more self-reliant in the present, it is worth noting that in our electronic age, most of us could not do financial transactions if the power went out. Besides having a backup power system, the individual can learn how to barter, and have a supply of items that would be in demand in a case of shortage. Of course, your skills and your experiences are far more valuable than your stuff that you store in your garage. One can never fully predict what to store for emergencies - I mean, who could have predicted the disappearance of toilet paper in the beginning of the Pandemic.

For me, "urban survival" is not about worry and panic and fearing the "end of the world." Rather, it's about positively and proactively learning to make the things you use, growing the food you eat, and becoming a positive part of your community. It's an adventure, not a war. It's a way of life, not a strategy to avoid a disaster.



*Nyerges dedicates his book to Thoreau, and Richard E. White, an extreme frugalist, pictured here with Sierra Madre resident Despina Arzouman.*