

Am still recovering from the symptoms of the after
 over-exercise last Wednesday. I was tired, weak, dizzy,
 feverish feeling - general malaise.
 But started exercising half my usual morning exercise.
 then a warm shower.

MAJACIANG
 MANILA

Feb. 11, 1970
 Sunday

On national security —
 Our principal problem is still internal subversion
 not foreign aggression. We are protected by the oceans from the
 latter. But more than this we are protected by the following set
 of circumstances:

1. Red China's present internal problems of development
 which occupies her energies, funds and resources.
2. The frequent quarrel between Red China and Russia.
3. Japan's present allergy to the suggestion to rearm.
4. The presence of the US in Asia.

The first three circumstances may not be there after
 a decade. The only deterrent would be the presence of the
 U.S. through bases in South Korea, South Vietnam, Thailand,
 southern Japan and the Philippines. This was what Ambassador
 Baker must have been referring to in his Rotary
 speech last November after the elections.

The ideal situation would be if the US wanted
 its presence with its nuclear umbrella in Asia, without
 the indignity of American bases in the Philippines.
 If the meantime the American military bases,
 if they have to stay, must be governed by agreements that
 should be updated to the level of other countries treaties on the
 same subject - like that of Spain and Thailand.

And now as in the years to come, the
 Philippines must watch the balance of power in Asia. If
 Red China has no counterforce, it may find the time to
 establish its dream of Asian hegemony. The counterforce
 could be Russia which is trying hard to become an Asian
 power, and Japan which will ultimately rearm.
 The ideal is Russia and Red China not settling their
 quarrel and Red China and Japan not being too friendly to each

part to whatever the international situation is, we must be prepared to defend our country alone. The basic defense on the air is the concept of the guerrilla which must be supplemented with the concept of a massive posture too costly to be undertaken lightly by potential aggressors. I must establish communications at the barrios covered by the Barrio Home Defense Force.

Sitio San Juan Barrio Maricao, Tarlac, Tarlac was raided yesterday morning (after dawn) by guerrilla huts out to terrorize the Barrio Home Defense Force. These huts fought back for 20 minutes. If there had been an alarm system, helicopters could have brought sugar flashlight battery run and chaps and jungle buzzer call system. One wound was killed and five were wounded.

Two helicopters helped capture in Barrio Palling, Cajas, Tarlac, Chief Commander Rody Dizon alias Rody and four companions. Dizon was still carrying the armelite of S/Sgt. Rector In Maricao of the 311 PC Ranger company. The name of Maricao was still on the butt of the armelite.

We will use the helicopters more and more. One should be based at 21 PC Zone Hq and three at Base Airfield on alert.

According to the men in the field, the huts are in dreadful fear of the helicopters.

Everybody in the city speaks of the "warfare" when they were ordered disbanded a long time ago.

On foreign exchange earnings, we can offer the products of our parks, forest reserves and even the area to be mined from our mineral reserves with good down the work provided the buyers now advance a few hundred million dollars. I'm looking into this possibility as well as selling our old coins and minting new ones - of gold.