1918

The Luther Gulick Camps on Sebago Lake

Charlotte V. Gulick

Follow this and additional works at: https://digitalcommons.library.umaine.edu/mainehistory

Part of the History Commons

This Monograph is brought to you for free and open access by DigitalCommons@UMaine. It has been accepted for inclusion in Maine History Documents by an authorized administrator of DigitalCommons@UMaine. For more information, please contact um.library.technical.services@maine.edu.
SPIRIT

MIND

BODY
CONTENTS

Introduction ........................................ 3
Physical Settings .................................... 7
Watersports .......................................... 9
Camp a Family ...................................... Inside 18
Health and Sanitation .............................. 23
Equipment (Girls) .................................. 25
Fee and Season (Girls) ............................ 26
Camp Timanous ..................................... 29
Fee and Season (Boys) ............................ 34
Equipment (Boys) .................................. 35
Location and Map (Boys and Girls) ............ 36
The Luther Gulick Camps
ON LAKE SEBAGO

Sebago-Wohelo for Girls of 8 to 18
Timanous for Boys of 7 to 12

Under direct supervision of
Mrs. Charlotte V. Gulick

SOUTH CASCO, MAINE
Address until May 15th, Hotel Hemenway, Boston, Mass.

TWENTY-EIGHT YEARS ago, while Director of the Physical Department of the International Committee of the Young Men's Christian Association, Dr. Luther Gulick originated the now world-known triangle of the Y. M. C. A. to symbolize his conviction that only in a strong, healthy body can mind and spirit realize their fullest possibilities.

He believed this applied to girls and women as well as to boys and men.

He believed that the simple, natural life out-of-doors, with abundant play for the mind's powers of observation and imagination, plus an attitude of true reverence for the creator of all the beauty and wonder of the world of nature would lay the best foundation of fine character.

The success of Mrs. Gulick's home camp, begun first for their own children and later expanded to include children of friends and of their friends, was a constant inspiration to Doctor Gulick. Here he saw the principles and ideals he stood for working out in concrete detail.

Later, he took an active part in building up the traditions of Mrs. Gulick's camp for girls, and of the camp for young boys which now, under title of The Luther Gulick Camps will continue the tradition of developing body, mind and spirit thru happy learning and living in the great out-of-doors.
Doctor and Mrs. Gulick wanted their children to have a practical knowledge of how to make daily life happier and better for the whole community, as well as for their own home and family camp.

A system of honors was devised at Camp Wohelo to cut up daily work and play into tangible parts, and to dignify attainment in commonplace things by suitable recognition of their value to home and community.

These plans, methods and devices, have been adopted as the basis for the Camp Fire Girls of America, which many hands and hearts have since developed and elaborated.

And as for young boys, Doctor Gulick, as President of the Playground Association of America, and as Director of the Public School Athletic League of New York City, was convinced that the same general principle applies, tho its method of application varies.

The central idea permeating both Sebago-Wohelo and Camp Timanous is that of establishing the habit of abounding health thru a love of doing those things that most generously bring it.

A girl or boy should learn outdoor activities so well and enjoy them so much that they will choose them as the very basis for their social life and recreation later on.

First let us consider the life of a girl at Sebago-Wohelo.
As to the physical setting of the Luther Gulick Camps. More people go to Maine for their vacations than to any other State in the Union. It is a clean State. When, after months of absence the bungalows and houses at camp are opened there is very little to do, only a few leaves and pine-needles to be swept from piazzas and tent floors.

It is a healthful State. Water, air and earth are pure and undefiled.

It is a beautiful State. Whittier, Longfellow, Thoreau, Van Dyke and many others have sung about it. "It's a country full of evergreens and mossy silver birches," wrote Thoreau. Nathaniel Hawthorne used to tramp over our camping ground when on visits to his Uncle in South Casco.

The camp property consists of one hundred seventy-five acres of pine, hemlock, spruce, balsam, beech and birch-wood; twenty-five acres of open and farm-garden land; five islands on Lake Sebago; more than a mile of rocky shore front, indented with smooth beaches of white sand running far out into shallow water; a never failing spring, and a beautifully wooded peninsula on the Crooked River, ten miles away.

The girls live in tents, bungalows and "cliff houses." There is a large assembly bungalow, a craft-house, two cliff houses, four cottages, a boat-house, farm-house and barn, sixteen tents and a large tepee, and a house-boat. The boys have three log cabins and a bungalow.

A cement tennis court has been set in the midst of a group of tall evergreens.

Add to these natural and wholesome living conditions the healthful program of camp life, and one understands why girls go home with a surplus of vitality and a readiness for work of any kind.
Girls love to live on the water. At Sebago-Wohelo they have six row boats, four flat-bottom boats, eighteen 18 ft. canoes, six war canoes for crews of 11 girls each (will accommodate 22 girls with safety), four motor boats, a sail boat and a large house-boat.

Careful supervision is given to all watersports. Girls are not allowed in canoes until they have passed rigid tests. Canoes are in charge of "Water-Witches" who must be able to:

1 – Upset and right a canoe all alone.
2 – Rescue an (apparently) senseless person fifty feet from the dock.
3 – Perform artificial respiration by the Schafer Method.
4 – Paddle well alone on a rough day.
5 – Paddle standing.
6 – Improvise sail, and sail canoe.
7 – Swim one-third of a mile.
8 – Swim six strokes in good form.
9 – Make four good dives.
10 – Bring up cup from 8 feet of water.
11 – Undress in deep water and save all clothing. (Bloomers, middy blouse, shoes and stockings are put on over bathing suit, removed one by one without touching anything, throwing each into boat or onto float.)
12 – Make a canoe shelter.
13 – Tie bowline, eyesplice, whip end of rope.
14 – Show good judgment, resourcefulness and leadership. (The most difficult test to pass.)

The joys of sailing, aqua-planing, etc., are reserved for girls who have demonstrated exceptional ability as swimmers, divers and all-round "watersports."
Sailing or paddling like this takes real headwork as well as muscle-work! Girls must pass rigid tests before attempting such fun. They must be at home in the water as well as in or on their canoes.
A canoe is as safe as an ocean liner and as tractable as a good horse when a girl has mastered it. Every girl is given an opportunity to learn the technique of canoeing.
THE first experience of doing anything good and useful should be a joy. Cooking should first be done over an open fire.

Suppers are served by committees which choose where to eat, whether on the water in canoes or house-boat, on the beach, on an island, or on Sunset Rock.

Only on rainy nights are suppers eaten indoors and once a week camp units are given raw materials with which to compete with each other in the cooking of attractive open-fire meals.

The art of the hostess comes easily and naturally to the girl who entertains her friends around a woodland meal.
GIRLS take up craft work because they want to, not because it happens to be on the program.

Emphasis is laid on results rather than on formal steps. Opportunity is given for doing attractive things. The daily work and play is divided into definite units which the girls like to check off, one by one, as they accomplish them.

For the crafts, there is a full equipment for modelling, glazing and baking pottery; complete jewelry making outfit with a library well selected to give suggestions and ideas for craft work; material for sketching and painting, and all that a girl needs to develop her taste for primitive art.

There is NO extra charge for the use of such equipment and materials.
The camp garden, under supervision of an expert in scientific gardening produces practically all the vegetables used at the Luther Gulick Camps.

The girls are welcome, as part of their weekly program, to help cultivate, harvest, cook and eat the good things which the soil brings forth.

Girls at Sebago-Wohelo and boys at Camp Timanous learn to do things in the very best way, instead of in any old way.

Last year our garden helped win the war. Garden products were bought from the girls by the camp and proceeds were given to the Y. M. C. A.

This season it will help America feed the world.
WAR canoe crew practice before breakfast brings more than a hearty appetite. From the launching of the great canoe (many hands make light work) thru the practice strokes, to the landing and dismissal for morning plunge, the girls feel the joy of working together, of being a team. There are no passengers. Everybody works!

A sample day's program at the Sebago-Wohelo would read as follows:

7.00 - First bugle. Crew practice. Those at the dock before 7.30 can take the morning dip.
8.00 - Breakfast, after which all gather for the morning sing and devotions.
11.30 - Folk dancing or setting-up drills on the cement tennis court.
11.45 - Swimming, diving and other water sports.
1.00 - Dinner.
2.00-3.00 - Rest hour.
3.00-3.30 - Letter writing.

From 3.30 until supper the daily program varies. It is the time for walking, tennis, horseback riding, canoeing, rowing, and sailing.

The evenings are all too short for the reading aloud and storytelling around the fire, or a ride in the launches, a long tow, any of the many things which are likely to happen. At 8.30 the bugle blows, lights out at 9.00.
A trip to the ocean, with a swim in the breakers of the Atlantic, is given every member of camp during the summer.

At the ocean-beach are the wonderful sea-pools. Barnacles, living and dead, sea-ferns in infinite variety, crimson starfish, teeming small-life of a thousand kinds—a real fairyland of color and life.

The roomy house-boat carries groups of girls adventuring into the remoter regions of Lake Sebago.
THE SONGO

Nowhere such a devious stream
Save in fancy or in dream,
Winding slow thru brush and brake
Links together lake and lake.

Walled with woods or sandy shelf
Ever doubling on itself
Flows the stream, so still and slow
That it hardly seems to flow.

In the mirror of its tide
Tangled thickets on each side
Hang inverted, and between
Floating cloud and sky serene.

Swift or swallow on the wing
Seems the only living thing,
Or the loon, that laughs and flies
Down to those reflected skies

So sang Longfellow of the Songo River. Every summer the girls are towed across the lake in canoe and war canoe, paddle up this winding stream to the still more winding Crooked River. There, after a thrilling adventure with the "rapids", they camp on a wooded peninsula, belonging to the Luther Gulick Camps, cooking their own meals and enjoying such experiences as only the romantic region of the Songo can afford.
Girls are given the opportunity to know and be able to identify the trees about camp, and to recognize a large variety of plants, wildflowers, ferns and wild life. This, not for the intellectual value, not for the sake of knowledge of names, but as a means for a deeper and truer appreciation and love of living, growing things.

An expert in botany, birds, bees and bugs walks and talks with the girls, who learn much thru mere association with her contagious enthusiasm for all living nature.

The Campers may bring in samplings of wild-life to morning song hour. Unconsciously are found "sermons in stones, books in the running brooks, and good in everything."
“Will Hiitini (Mrs. Gulick) read to us?” is a frequent call from groups of girls, especially when off on trips like this one to Jordan Bay.

THE TREE

I think I shall never see
A poem as lovely as a tree.

A tree whose hungry mouth is prest
Against the earth’s sweet flowing breast.

A tree that looks at God all day
And lifts her leafy arms to pray;

A tree that may in summer wear
A nest of robins in her hair;

Upon whose bosom snow has lain;
Who intimately lives with rain.

Poems are made by fools like me,
But only God can make a tree.

BY JOYCE KILMER

Who gave his life for France
Last season the girls chose The Spirit of Jean D'Arc as the theme of their camp Pageant-Drama.
Jean D’Arc was rendered in French, and the influence of her noble spirit was traced to our day as manifest in the work of the Red Cross and the Red Triangle “over there.”
The food at Luther Gulick Camps (except watermelons) is always well cooked and healthfully balanced under the eye of a trained dietician.

Vegetables are supplied almost exclusively from the Camp farm and garden. The best milk, eggs and meat are procured regardless of cost.

The use of candy between meals is not allowed.

Abounding bodily health is one of the Camp ideals, and by dividing the girls into groups, the "Too Fats," "Too Thins" and "Huskies", their diet is supervised expertly so that a demonstrable process of normalization in weight is evidenced by the girl’s weight chart at the close of the season.

Camp health and sanitation are as important for girls as for soldiers. The water from the spring, and from Lake Sebago (which is Portland’s water-supply) are absolutely pure and the water from the lake is pumped into camp thru long pipes.

All drainage is cared for by the safest sanitary methods.

Immediate and expert medical attention will be given any girl should she show or feel signs of illness.
She does not look injured or ill, but she must be laid on the stretcher and carried to "base hospital" because Dr. H. E. Robinson wants the other girls to practice first aid and the rudiments of nursing.

The camp program, equipment and personnel exists to help each girl to be as healthy as it is possible for her to be, for during the teens everything should be subordinated to this. The health of a woman for life largely depends upon her health between the ages of twelve and eighteen. Recent researches show that women who are thoroughly established in health during this period do not suffer from periodical disturbances to the extent usual among civilized women. The physical equipment obtained in outdoor sports is available for the rest of life.
The overnight hike is one of the most joyous and valuable of camping experiences. To sleep on a carpet of pine-needles spread over bare-ground, to waken in the night and see the stars peeping at you, and the moon looking quietly down on you, everyone around you sleeping; and then to be awakened in the morning by a bird singing over your head, is a wonderful experience.

One can get very close to her Creator, sleeping out under the arch of heaven with only interlacing boughs between.

And this tramping, cooking, sleeping out together, makes for the forming of fine friendships, trains for future comradeships between friends who have the love of outdoor things in common.
Uniformity of costume does for the camp just what the uniform does for the army, namely: promotes the feeling of team spirit, puts all on the same level, and avoids color conflicts which are irritating to sensitive people. A group of charming girls in beautiful uniform is a thrilling sight, thrilling not only to the spectator but to the girls themselves.

NECESSARY OUTFIT

Two pairs of dark blue bloomers.
Four white middy blouses and necessary outfit (unbleached blouses without color trimming).
Two French Peasant blue (galatea) blouses.
One dark blue middy blouse (flannel).
A heavy dark blue sweater.
A bathing suit. A bathing cap.
Black middy tie. Scarlet middy tie.
Six pairs black stockings.
Two pairs of tennis shoes.
One pair of heavy walking shoes.
A Southwester hat.
A navy blue tam-o-shanter.
Beyond these things the girl needs only her traveling suit.

One pair of woolen blankets and one army blanket.
One very large rubber blanket or poncho (60 x 90 inches).
Three pillow cases. One pillow.
Three ordinary or flannelette sheets.
Four bath towels. A bathrobe.
Two laundry bags. A jacknife.
Dark blue and white are the camp colors.
All articles must be plainly marked.
Bring tennis racket, camera, sketch book and any favorite music or musical instruments.
Steamer trunks or large dress-suit cases only are allowed in camp. Trunks should have owner's name.

All the above articles may be purchased from James W. Brine Co. (outfitters for Harvard University), 286 Devonshire St., Boston, who will furnish full information as to materials, prices, etc., on application. Articles made to order require two or three weeks during the busy season.
ONE FEE—NO EXTRAS

The Luther Gulick Camps have grown out of a family camp in which friends were guests.

It would be unfortunate to have differences in treatment of guests owing to differences in financial resources.

If any girl is to ride horseback, it is the wish that all should have that privilege. This applies to canoe, mountain and ocean trips.

To accomplish this a fee is charged which covers every activity undertaken and includes laundry. Money cannot buy for one girl what is denied another because of expense.

In considering the cost of a summer at Wohelo, remember that it is not a luxury. It is education. Each experience makes for a happy, healthy development of body, mind, and spirit.

Fee for the season beginning Thursday, July 3d and ending Friday, August 29th, $350.00.
TO SUMMARIZE: A girl at Sebago-Wohelo has a glorious, happy summer. Becomes vigorous and learns to preserve that vigor. Secures conscious and beautiful control of hand and body.

Grows into a deeper understanding of nature.
Obtains an equipment in outdoor sports which is available for the rest of life, making for wholesome social relationships.
Every morning the two camps, Sebago-Wohelo and Timanous, meet for a season of singing together to start the day aright. Short talks or readings on topics significant to the spirit of the times have their place here, and outside the flag is raised to the strain of our national anthem.

Boys and girls then march off to their own occupations for the day.
So named in memory of Doctor Gulick, whom the girls of Wohelo called "Timanous", (Guiding Spirit), strives to carry out the same fundamental ideals already sketched in describing Camp Wohelo.

The outdoor life in simple camp clothing, with the best of food and care, send the boy home established in abounding health and vigor of body.

Habits of observation, persistence in doing things well, the use of creative imagination in adjusting to new and primitive circumstances sharpen a boy’s mind and create a hunger and thirst after definite, concrete and useful knowledge.

Association with clean-minded, wholesomely living, enthusiastic young men who love outdoor work, play, and boys, plus the occasional influence of motherly women will direct a boy’s feelings and emotions into only the finer channels of expression.
A. E. Hamilton, Director of Camp Timanous, lived an outdoor life for many years among the mountains of old Mexico.

A growing interest in the training of boys brought him to Clark University where he received the degree of Master of Arts in Psychology and Education.

While lecturing in the middle west, he met Doctor and Mrs. Gulick, who seeing his genuine enthusiasm for their outdoor program of education, invited him to spend a summer at Wohelo. This he did and later, as teacher, lecturer, journalist, editor and director of boys' camps in the middle west, he has been a constant exponent of those principles which Doctor and Mrs. Gulick were expressing thru the Luther Gulick Camps.

Because of this continued interest and resolve to help carry on the work which Doctor Gulick had outlined and inspired, Mr. Hamilton was asked to direct Camp Timanous.

As a teacher, scout-master and camper, Mr. Hamilton's experience with a wide range of boyhood undoubtedly qualifies him as a specialist in boy culture.
The boys love Mr. Frank Welch, one of the old original pioneer Maine guides, a hunter, trapper, explorer and woodsman if there ever was one.

Mr. Welch is in charge of the properties of the Luther Gulick Camps, and likes to hike off with the boys to strange places, and tell them stories of bear and deer that spring from his own rich experience.

Big brothering is an art that can be practiced only by old and young men who love boys and are genuinely interested in their welfare.

Councilors at Camp Timanous are all tried and trusted on the basis of their record and experience with boys.

Selection and training of councilors is the keystone of the Camp Timanous program.
The boys live in three roomy, airy log cabins and a large bungalow set in among spruce, hemlock, fir and pine trees.

All that has been said about healthfulness, sanitation and care on page twenty-three applies equally to boys of Camp Timanous.

Indoor fires, plays and games, the telling and acting out of stories (Stephenson, Kipling, Poe, Hudson and Bible Tales are the camp classics) help make rainy days and evenings joyous.
Fear and discouragement kill endeavor. When a boy has been frightened in the water it takes weeks and months to overcome it. It is better to take a long time to accomplish an object than to let fright or dislike once do harm.

A boy at Camp Timanous learns to swim in quiet, shallow water with a competent councilor beside him.

A summer carries him thru the Dolphin honors, steps by which he becomes equal to the difficult feat of aquaplaning shown in the picture.

Boys share in the full camp equipment of boats, row boats, motor-boat trips, war-canoe practice and house-boat.

All boating is rigidly supervised by responsible councilors who know most thoroughly what safety first on the water means.

Not only does a boy learn to swim and dive, row and paddle, but he is expected to keep a row boat in order for a week.
Boxing brings a boy more than a quick eye, steady nerve and responsive muscles.

Rightly taught it brings him self-control, courtesy, and the chivalry of true sportsmanship.

It teaches him to "meet with triumph and disaster and treat those two imposters just the same."

So, throughout all the activities of Camp Timanous, hiking, swimming, horseback, archery, hut-building, treasure-hunts, woodcraft, Indian-lore, scouting, indoor stunts, stories, council-fire, music—we aim to draw out the best there is in a boy and make the best of him HABITUAL, an acquirement for life.

A summer at Timanous is not a luxury. It is education of the most fundamental kind, not bookwise, but thru joyous learning by strenuous doing, with plenty of rest and sleep.

THE FEE for boys at Camp Timanous is three hundred dollars ($300) for the season of eight weeks, beginning July 3 and ending August 29.

This fee includes ALL camp activities, trip to the ocean, hikes, horseback riding, camp and craft equipment, stationery, laundry, etc. THERE ARE NO EXTRAS.

Camp Timanous is limited to boys of thoroly approved character and from families of high standing.
NECESSARY OUTFIT

One gray worsted sleeveless Jersey.
Three pairs gray stockings.
Gray running pants.
One-piece wool swimming suit (navy blue.)
One gray flannel shirt.
Two pairs gray cotton sleeveless shirts.
Two white sport shirts. Two green ties.
Three pairs pajamas.
Dark green V-neck sweater.
One middy hat.
One pair hiking shoes.
Two pairs tennis shoes.
One rubber hat.
Two pairs all-wool blankets.
Rubber blanket or poncho—60 x 90 inches.
One pillow.
Three pillowcases.
Two flannelette sheets.
Four bath towels.
Two laundry bags.

All the above articles may be purchased from James W. Brine Co., 286 Devonshire St., Boston, Mass. Leaflets giving full information as to materials, prices, etc., and self-measurement blanks will be sent to applicants. Articles made to order require two or three weeks during the busy season.

Place order for outfit early and have all articles plainly marked.

Little else is needed. A boy may bring his jackknife, hatchet, kodak, butterfly-net, cheap watch, flash light or musical instrument if he likes.
The Luther Gulick Camps are located on Lake Sebago, near South Casco (twenty-five miles from Portland, Maine).

Postoffice: South Casco, Maine
Express: South Casco, via South Windham, Maine
Telegraph: South Casco, Maine
Telephone: Webbs Mills, Line 24 Ring 31

IMPORTANT—Send blankets by express, two weeks in advance, to Luther Gulick Camps, South Casco, via South Windham, Maine.

Boston Address
(Until May 15th)
Mrs. CHARLOTTE V. GULICK
Hotel Hemenway
Telephone Back Bay 3180
It has not been possible to give, in the space of this booklet, an adequate idea of the educational principles which Doctor Gulick stood for and worked into the tissue of American educational thought.

To those interested in the subject, we would recommend the reading of at least one or two of the following of Doctor Gulick's works.

The Efficient Life
Mind and Work
The Healthful Art of Dancing
The Dynamic of Manhood
Morals and Morale
A Philosophy of Play

The Gulick Hygiene Text books (Ginn & Co.) have brought these principles to thousands of American school children.