HAND BOOK
FOR
CANOE TRIP GUIDES

BY
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NOTE:
APPENDIX *1 FOOD LISTS & MENUS
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OUR CODE

TO SEE LIVING DEER. TO HEAR THE WILD FOX & WOLF.
TO KNOW HOW TO MAKE BOW & ARROWS OF WOOD
FOUND HERE. TO MAKE BASKETS OF BLACK ASH.

NO BOY SHALL LEAVE CAMP WITHOUT KNOWING:
(1) HOW TO SWIM  (2) AT LEAST 7 IMPORTANT
STAR CONSTELLATIONS  (3) HOW TO COOK WELL.

IN THE GREAT WALLED CANYONS OF THE CITIES WHERE
THE DWELLERS DO NOT KNOW ABOUT ANY WATER BE-
YOND THE TAP AND FOOD NOT GROWN IN CHAINSTORES,
WE ARE DETERMINED THAT NO CAMPER SHALL LEAVE
WITHOUT TRYING HIS HAND AT LIVING, FOR AT LEAST
ONE DAY, ON FOOD HE HAS GATHERED & COOKED; NOR
WITHOUT THE OPPORTUNITY TO MAKE A BED OF WILD
MATERIAL AND TO KNOW THE SECRET OF SLEEPING IN SAFE-
TY IN ZERO WEATHER, OUT IN THE OPEN.

TO WALK LIKE AN INDIAN AND “FREEZE” INSTANTLY LIKE A
HUNTER OF OLD; TO CARE FOR AND HANDLE AN AX
LIKE A WOODSMAN. TO LEARN THAT HEALTH COMES
NOT FROM THE HOTHOUSE COMFORTS OF CIVILIZATION
BUT FROM THE SIMPLE ELEMENTS OF EARTH AND
AIR AND WATER. IN OTHER WORDS, TO STAND AND
WALK AND LIVE LIKE A MAN, A PIONEER, A SCOUT.

“IT DOES NOT DO TO TURN ONE’S BACK
ON THE BRIGHT FACE OF
DANGER”

STEWART CHASE
DISCIPLINE

There must be no roughing, otherwise known as "horseing around" at any time. The deeds most obnoxious are -

1. Splashing of water between campers
2. Striking of water with flat of paddles
3. Rough romping among the tents and shrub and rocks
4. Shooting of Fire Crackers
5. Rolling rocks down the steep side of cliffs.

All of the above escapades have resulted in the past in serious damage to the persons of our campers or to our property.

The Guide is absolute authority for the duration of the trip.

Any violation of the above is classed as Gross Mutiny.

It is desirable that all canoes be washed out and turned upside down to dry and placed on rocks or other situation designated by the Base Camp Manager, at the close of the trip.

Packsacks, ponchos, paddles and tents are to be turned in by the camper and checked by the Base Camp Manager and signed for by the Guide, who is then cleared of further responsibility for that particular trip.

The Guide is to take the leadership in this check out and do it immediately and completely.

Some warnings:
- Never separate your party at any time.
- Do not accept a tow from any powered boat unless the whole party can be taken aboard and the canoes towed empty.
- If a serious storm arises it is safer to stay on shore until the blow is over.

FOOD

The preparation of food and its fair distribution is the definite responsibility of the Guide. He may organize all the help from Campers he needs or the ability the campers to furnish. It is desirable that all campers learn as much Trail Cooking as possible. An appendix of Recipes for cooking is attached herewith.

Campers are to be satisfied first. If anyone does without food, it must be the Guide. That is just plain good ethics.
FIRST AID

It is the duty of the Guide to be responsible for first aid, but please note that a second treatment is illegal. The patient must be furnished material and given instruction in the treatment of the case, so that he can take care of his own case, or returned immediately to civilization and Doctors for further treatment in a serious case.

There may be serious cases, however, when laws and rules must be set aside for the saving of life. This requires serious thought and mature judgement, which must be taken into consideration in the regular training period of the guide.

The experiences of the past indicate that with reasonable care and judgement, and constant watchfulness on the part of the Guide serious accidents do not occur.

BURNS
Burns are best handled with a generous smearing of Tannic Acid Jelly, which is found in the First Aid Kit.

Warm salt water solution is good for minor burns. Also lime water is good. Unguentine is an old time remedy, and many camp­ers still carry it.

Vinegar slopped on without rubbing is excellent for sunburn.

A pair of side cutting, strong jaw, double action pliers is furnished with each kit for cutting the barb of fish hooks so that they can be quickly and easily removed, then dope the wound with plenty of iodine.

Be very watchful of more than one person casting from one canoe—your fish hooks accidents occur in the case of more than one person casting.

A Bellyache does not always call for pills — several cups of hot water would be safe. An acute appendix situation may be the cause. Watch the case!

If the water looks bad or you are in small streams filled with beaver dams, boil drinking water for thirty minutes or use Halazone tablets - 1 to a quart of water, let stand after thorough stirring, for twenty minutes.
Pills are to be used only in the cases of known constipation. Constipation can be avoided by the early use of plenty of fruit which is furnished in the food supply - a big feed of prunes the first night will take care of 99% of these cases.

Watch your campers for sunburned lips - use any good remedy as Mentholatum or Vaseline.

Do not spare the iodine in case of cuts, scratches, or insect bites.

A gaping wound can be closed after cleansing - with strips of adhesive tape. Remember that in the case of a cut artery the blood really spurts. In a vein, it just wells up and flows steadily and would close itself in time without help.

Arterial bleeding means that the patient must be rushed to the nearest Doctor. Tourniquets must be slacked up every twenty minutes. This is no time for a panic, but swift and steady action is needed.

Sterile dressing can be made by charring any cotton cloth in the event the regular supply has become exhausted.

In the case of Diarrhea, give patient plenty of hot water to drink - hot compresses over the abdomen, and several hours of quiet - cutting the intake of food to the minimum.

Headache is usually from eye strain caused by the unusual sunlight - protect the eyes with shade, if that is not sufficient relief the case is probably stomach upset due to strenuous work, excitement and unusual hearty food. Remedy - cut food intake, drink hot water, investigate bowel condition.

The cases needing attention as proven by past experience are - in order of importance - sunburn; cuts and scratches; blisters from paddling; burns from hot water or fire; serious cuts; stomach disturbance; headache; or serious scalding.

Another remedy for Diarrhea is one tablespoon of white flour stirred into a cup of water.

Blistered foot, rub on a little laundry soap.

Poison Ivy - see remedy in First Aid Kit or use wood ashes and water for a wash. Plenty of soap and water - a thick lather and several washings are good if taken early after exposure.

Be Prepared - Use your head - Don't talk, Act! Keep your First Aid Kit handy and in competent hands.
FIRES AND FUELS

Very few of our campers understand the first principles of fuel gathering. A lot of patience is needed in the instruction of getting good dry poplar which is the "white coal of the camper"—maximum of heat and minimum of smoke. Get a good supply of wood before cooking.

1. Put your largest kettle on the crane, filled with water.

2. Start a fire under it.

3. Proceed simultaneously with laying out the cooking gear and food and getting fuel.

4. Do not allow campers to tramp through the kitchen.

5. Do not allow swimmers to warm by the cooking fire.

6. If a virgin camp site is selected, scrape away the leaf mold and moss so that the fire cannot spread.

TENTS MUST NOT BE LOCATED TOO CLOSE TO THE COOKING FIRE

Woods for fuel in order of major importance are:— Dry Poplar or Dry Maple; Dry Pine if it does not contain sappy resin; Dry Cherry or Willow; Dry Cedar — makes a hot quick fire, but sparks fly furiously — watch out; Dry Birch — good if not rotted and full of a soggy condition — good birch is almost impossible to find — don't let the wood-cutter off easy by allowing him to get by with the usual rotten birchwood; Dry Hard Ash that is standing and has lost its bark is good.

Wood should be cut about 2 feet in length and split to about 20" square. A few sticks should be laid away for kindling in the morning, under cover of course.

Upon arrival at the campsite a reflector should be built so that heat may be properly directed and consistently conserved.

PACKING

The food pack should be made as equal in weight as possible with the soft material next to the back of the packer. Bread must be carried in a sack, lined with cardboard.
Meat should always be carried in the same sack each trip, so that as few sacks as possible be made greasy. Meat must be well wrapped and when in camp, hang it up so that it will not heat.

A tag attached to each sack listing its contents is a valuable time-saver.

If a packsack develops a rip, tear, or pulled rivet, repair it at once.

A tightly filled packsack is more waterproof than a partly filled one.

Watch your campers in the matter of the rough handling of packs - not only to conserve the packs but to protect the safe carrying of food, also to avoid bad, on-shore, canoe upsets.

--- PORTAGING ---

Demand an orderly approach to a Portage, no crowding of canoes - each canoe's contents must be placed in one pile. Insist on each camper loading to his full capacity and returning for another trip immediately and repeat if necessary until all impedimenta is over.

Insist on all packs being placed properly on the shoulders - not carried by one strap or any other lazy stunt that teen year old Boys will think of (or as we often observe, a case of don't think) Do not crowd or jam any portage. Allow only the exceptional packer to carry a pack and a canoe both.

Do not allow a lot of miscellaneous impedimenta to be carried in the hands and hung around the neck, reminding those who observe him of a walking Christmas Tree.

Be as orderly and neat and efficient in packing and portaging as our friends the Commercial Guides, Rangers and Game Wardens.

--- TRAIL COURTESY ---

When other parties than ours are on the portage - be courteous - don't crowd - be very careful to prevent the mixing of the effects of both parties.

--- PAGE FIVE ---
If a party is going in the opposite direction, indicate that the Scouts give them a lift while coming back light - that does not cost much and leaves a wonderful impression of our superior strength, thoughtfulness, and courtesy.

If ladies are in the party of the strangers, take particular pains to be helpful unless such action is resented.

Address all persons in parties you meet with courtesy and dignity.

Do not allow campers to make smart remarks or wise cracks and under no circumstances allow campers to visit or set foot on the campsite of another unless especially invited, and if possible refrain from using the same vicinity of other parties.

Do not tag along with strange parties.

Clean up the campsite - pick up paper, string, and other debris - the real woodsman does not throw things down, therefore does not have to pick them up. Upon arrival designate a spot as Latrine and insist on its use; upon leaving cover with moss and pine needles.

Dispose of garbage - burn, cover, or bury if there is any soil. Lay tent poles straight in a neat pile - leave bough beds intact.

See that fire is out - well doused with many pails of water - then stir with a stick - leaving small dry stick across the fire to prove the fire is out.

Pile unused wood in a neat pile.

Lastly - be the last one to leave. Look over the whole site for articles left behind, or a dozen things that might not be in order.

Always leave a campsite better than you found it. Keep note of the Forest violations of others and report same to the Base Camp Manager or the Director. Do not allow too much visiting at the residence of the Canadian Posts of the Quetico Game Department.

Don't allow campers to be fish hogs, and see that all are provided with proper licenses.

If you go into our favorite lake for lake trout (if you don't know the lake see the Director or Head Guide) see that not more than two trout are taken per camper.

It must be constantly borne in mind that we are absolutely dependent upon the good will of the public for our business so that a Guide should be cheerful, thoughtful, and kind - always speaking softly. Be fair - take pains, but always carry a "Horseshoe" in the right hand glove of discipline, because Life and Property of others is in your hands. We have never suffered a major accident, we pray we never will. But prayer must have the backing of good sense and judgement, and also a cool head. Don't let anyone talk you out of what you think is proper procedure. Stick to the time-tried methods in major things.
HANDICRAFT

Insist on some development of handicraft. Use the Scout Knife to make paper knives. The knife has a reamer that can be used to make fine napkin rings from the trunk of young Jack Pine.

Why not develop the making of gavels from the trunk and one limb of small trees to present to members of the Regional Committee, and to the Council officers. Here is an illustration of a paper knife.

NATURE STUDY

Give your campers plenty of opportunity to study the flora of the Region. To teach a dog, you must know more than the dog; so said the village half-wit. So be prepared.

Teach trees, plants, ferns, their uses. The Cruise Director is plenty willing to help you get prepared.

CARE OF CANOES

Guard well the canoes in your charge -
1. Because they are your only means of transportation. Abuse of them is a gross misdemeanor.
2. You represent the National Council of the Boy Scouts of America, and there is national property in your care.
OFFICIAL NAMES OF CANOE STROKES -

- J-STROKE
- PULL-OVER
- DRAW
- SWEEP
- BOW STROKE
- BACKWATER
- SCULLING
- BOW Rudder
- RACING BOW Rudder
- UNDERWATER
A. Teach the proper portaging of canoes picking them up by the 1-2-3 method. Putting them down the same way in reverse. Regard as a traitor the fellow who throws a canoe down because he is tired or angry.

B. Do not allow standing in canoes on the shore line, or in the water. That breaks the planking and cuts the canvas.

C. Insist on minor leaks being repaired immediately.

D. See that canoes are safely places on shore, so no injury will occur to them.

E. In case of a hard blow on shore be prepared to either lay across them or protect them from being blown against some object that will cause an injury.

F. Know how to make a serviceable neat repair to any injury.

G. Do not allow overloading.

H. Inspect all yoke adjustments.

I. See that all canoes have two good paddles.

J. An extra paddle is not a good precaution, but there should be at least one good paddle extra in the party. The making of a new paddle by a rough culprit is a good character lesson.

K. Do not leave the base without a repair kit and plenty of amberoid.

L. Look over your canoes every night and check any places needing attention.

M. Be as hard-boiled about the care of canoes and observance of rules as possible. In after years the campers will respect you as a God.

--- TENTS ---

All tent pitching rules as written in the books go glimmering in our country, so use the methods that better men than you have developed. Use scissors poles for stability - plenty of rope for bracing and plenty of rocks to hold the edges of the tent down. Avoid depression or holes and you can be reasonably sure that the water will not run through the tent in the event of a hard downpour of rain - in many cases a slightly elevated section rock can be chosen that will slope away on all sides. The tent properly pitched will weather any storm that a tent is expected to weather.
Insist on all tents being pitched no matter how nice the night or tired the camper. Take pride in seeing to it that the tents of your party are well supplied with neat rope adequate to any tent pitching situation.

Check your tent capacity and the habits of your campers before you leave the Base Camp, so that all may be safely housed.

Here again you are the guardians of National property of considerable value. Guard it well!

---- NAVIGATION ----

Own and carry your own compass.
Don't forget your map - one is provided for each party.
Consult the Cruise Director and Head Guide on routes.
Instructions will be given by the Cruise Director in the whole subject of navigation.
Don't listen to too much advice of the campers.
Never admit you are lost.
Don't be such a fool as to think you can't get lost.
After you know your party, proceed to get lost and show a rather puzzled expression. The campers will get a big thrill out of being lost for a time.

YOU WILL FIND A GREAT MANY VALUABLE HINTS IN THE PAGES ATTACHED HERETO. DO NOT IGNORE THEM!
MEATLESS MULLIGAN

Boil rutabagas and onions and cabbage. Boil potatoes separately. They need not be put on until half an hour after other vegetables have come to a boil. When all are done, mix and add tomato paste, salt and pepper.

The bulk of the vegetables must be potatoes on account of the limited quantity of other vegetables carried. A little corned beef might help - or bacon grease or diced bacon may be fried and added.

Macaroni may be cooked separately and added. In fact, rice or oatmeal or any cooked cereal or flour paste may be added and used for thickening and to stick to the ribs.

CORNSTARCH PUDDING

Bring sufficient water to boil - sweeten water well - make thin paste of cornstarch. Stir in boiling water until thick and done. Flavor with mapoline or lemon juice or lemon powder.

BEAN SOUP

Boil a small quantity of beans in a lot of water, until done. Season to taste.

Beans may be boiled and then put in a frying pan when cooked. It will change the flavor without baking.

HUNTER'S STEW

Same as Mulligan but use a different mixture, so that it will appear different. The greater the imagination the greater the success - providing materials that blend well are used.

SQUAW CORN

Dice bacon and fry till done - put canned corn or dried corn well cooked into the hot frying pan with the cooked bacon and stir until mixed. Season.

Corn Fritters may be made by adding corn to the pancake mixture.

RICE - SPOTTED DOG

Put washed rice in cold water and cook until done. Caution: stir constantly when nearly done to keep from burning. Add cooked raisins to make "spotted dog".

POTATO SOUP

Dice potatoes and cook until done. Add any quantity of water depending upon the consistency desired. Season. This is a very rapidly prepared dish - very nourishing and a good "Pick-me-up".

OATMEAL MUSH

Stir meal into boiling salted water. Cold oatmeal may be fried next day.

DOPE

Mix brown sugar into melted butter to make a thick paste to be used as a spread.
MAPLE SYRUP
Make a syrup by bringing sugar and water just to the boiling point. Add maple syrup to make the desired flavor and color.

FISH
Fish may be baked in the reflector or empty meat cans or clay if same is available. Make cuts crosswise and put in strips of bacon, baste often with bacon grease.

GRAHAM MUSH
Bring water to boil and add salt. Mix the graham with water so that it will not be lumpy, cook until done, stirring constantly to prevent burning. Serve with condensed milk and sugar.

CORNMEAL MUSH
Cooked the same as Graham mush (above). Mush may be fried or it may be served with small pieces of meat mixed into it.

BLUE BERRY PUDDING
Boil blue berries and thicken with a little thin flour paste. Stir until flour is cooked. Set away to cool.

BAKING POWDER BISCUITS
To one quart of flour add a tablespoon of baking powder and a teaspoon of salt. Also add a tablespoon of sugar to make the biscuit brown. Mix well until you think it mixed enough and then mix some more. Add a lump of grease about the size of an egg. Work well through the flour. Add a little cold water - be quick because the baking powder begins to work as soon as the water touches it. Drop in spoonfuls on the reflector pan and bake quickly.

DARN GOODS
Use above mixture but drop in hot boiling fat and cook like doughnuts until done, then roll in sugar.

PANCAKES
Use same mixture, but omit the grease. A little cornmeal may be added in pancakes.

TAPIOCa PUDDING
Bring water to boiling point. Add tapioca. Cook until done. Add maple syrup or cooked fruit.

BANDED QUARTZITE
Cook macaroni by putting it in the water while violently boiling. Add cheese after done. Also tomato soup may be added.

TRAPPER'S DELIGHT
Fry grease out of salt pork. Remove pork, add sugar to grease, and stir. Lay slices of bread in grease and fry.

ONION CHOWDER
Fry salt pork, and when nearly done, add onions. Fry until almost done, then add potatoes (sliced) and enough water to cover. Cook until potatoes are done. Then add canned milk diluted with water. When this comes to boiling point, take off fire and season.
APPENDIX TO GUIDE'S HANDBOOK

RECIPEs

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SAGAGANA
Rice, onions, small cubes of salt pork. Let it simmer until thick.

LITTLE SAGAGANA
Small pieces of pork loin can be cooked with potatoes and onions. May be thickened with flour or white dressing. A little salt pork will add to the flavor.

POTATO CAKES
Boil and mash potatoes. Add ½ can of milk and ¼ cup of flour. Make into patties, sprinkle with flour and fry.

GRAVY
Brown four tablespoons of flour in frying pan, rub in 4 tablespoons of bacon grease, add dash of pepper. Work all into a smooth paste, add 3 cups of boiling water (or more as needed), stir and cook until smooth and done.

THE LAST STAND
1 pound of bacon and ½ pound of salt pork diced; put in frying pan with a little water, cook one minute. Pour off the water and fry until brown. Remove the meat, and into the grease rub ½ cup of flour and a dash of pepper. Mix until smooth. To this add a quart of water and a can of milk. Bring to a boil, stirring constantly. Then add the fried pork and serve.

This can be used as a gravy or a spread for pancakes, or may be put on slices of bread.

HASH PATTIES
Corned beef, one part; cooked potatoes, two parts; make patties of this mixture and fry and put on a slice of well-buttered bread.

SUGGESTIONS:
Use candy for lunches.
Boiled fish may be added to cold macaroni. This is better served cold with a little mustard.
Onion is excellent about the fourth day, served raw with vinegar. Onion may be creamed. Cook until done, add water and condensed milk - thicken with a little flour paste or corn starch paste.
Salt pork is a good addition to Hunter's Stew or Mulligan, pea soup, bean soup, potato soup, or barley soup.
Macaroni should always be placed in boiling water and when done and tender, if immediately drained, it will not be tough.
Tea should never be boiled.
Coffee may be made by putting the coffee in cold water and bringing it to a violent boil, or the water may be boiled and coffee added and the kettle removed from the fire. Some camp cooks are coldwater coffee fans, some hotwater fans.
Dried fruit may be cooked in plenty of water and then thickened with a little flour and water thickener.
OUTLINE SHOWING CHAPTERS

OF A PROPOSED THESIS ON BOY SCOUT CANOE TRIPS IN THE WILDERNESS

by

C. S. Chase

1. Preface
2. History of Canoes and Canoeing
3. Heroes of the Portage Trail & Waterway
4. Voyageur in Legend, Song, and Story
5. Canoe in Development of the Northwest
6. Canoe Trips of the Portage Country
6a. Canoe Construction
7. Canoe Trips - Operation, Promotion, Management
8. Portage Equipment and Camp Paraphernalia
9. Boy Scout Canoe Trips—The Last Great Adventure Offered to Boys
10. Canoe vs. Airplane
11. Canoeing Terms
12. Canoe Trip Directors Bookshelf
13. Conclusion
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PLEASE NOTE: Submitted for the approval of Dr. George J. Fisher, M. D.
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OUTLINE SHOWING CONTENT OF CHAPTERS

OF A PROPOSED THESIS ON BOY SCOUT CANOE TRIPS IN THE WILDERNESS

by C. S. Chase

1. Preface

In this chapter I am going to talk just exactly why I have chosen this subject and why I am writing this thesis. It must be developed purely from the standpoint of canoeing in the Portage country, mainly that type of country which consists of vast numbers of lakes of various sizes, lying very closely to each other.

In ancient times these were connected by Portage trails or miniature highways, enabling the people to travel from place to place in a light boat that could be transported on the shoulders of man over land and then become a mode of transportation when the water was reached.

2. History of Canoes and Canoeing

I propose in this chapter to treat not only the modern white-man constructed canoe, but also the dugout, the birch bark, and the skin boat used by the people in the North American continent, particularly dwelling upon the outstanding position that the birch bark canoe held in the development of two great nations.

3. Heroes of the Portage Trail & Waterway

In this chapter I have a wonderful opportunity of dealing with the real historical pageant of the great Northwest and the Minnesota-Canadian border line, and all of those outstanding and wonderful characters who played such an important part in one of the greatest stages of history.

4. Voyageur in Legend, Song, and Story

The particular characteristics of these men can very safely and interestingly be developed in this particular chapter. It might be a good thing to bring into these some of the songs of the Voyageur, provided the translations can be secured.

5. Canoe in Development of the Northwest

This chapter is closely related to Chapters 3 and 4. Considerable cleverness will be developed in this chapter if it is left as a part of the book on account of its similarity to the two preceding chapters.
6. Canoe Trips of the Portage Country

Here I have my first opportunity of unfolding what it is all about, and a definite vivid description can be developed of the canoe country and its possibilities. Most of the photographs that are to be taken and presented in this thesis will point quite directly to this particular chapter.

6a. Canoe Construction

In this chapter, definite attention can be given to the merits of various types of canoes.

7. Canoe Trips - Operation, Promotion, Management

I have here an opportunity to go into the technicalities, either on a commercial basis or on a welfare basis, such as Boy Scout trips, going into the minute and particular details of operation. I think that a great many statistics may be used, tables, even going so far as using menus and grub lists, in fact, all those things pertaining to the subjects, promotion, operation, and management.

8. Portage Equipment and Camp Paraphernalia

This chapter may be supplied with quite a number of useful photographs and also a large mass of descriptive material of particular kinds of equipment and camping paraphernalia in the canoe country.

9. Boy Scout Canoe Trips -- The Last Great Adventure Offered to Boys

The Last Great Adventure to Boys should be pointed more directly toward the philosophy and psychology from a camping standpoint of these trips, rather than anything on promotion and operation.

10. Canoe vs. Airplane

The Canoe vs. Airplane might be a good opportunity to accept the challenge which so often occurs; namely, that canoeing is liable to pass out of existence on account of the availability of the airplane.

11. Canoeing terms

Here we have an opportunity to develop a great many terms used not only in canoeing, but also in camping in the Portage country.

12. Canoe Trip Director's Bookshelf

This chapter would be very largely a bibliography of books dealing on canoeing subjects and those subjects
closely allied with canoeing that would be useful in developing Boy Scout canoe trips, so that the canoe-trip director might be well informed.

13. Conclusion

The conclusion might be used in two ways. One of them is to arrive at some particular point of logic, or it might be used in summing up the various ideas that have been presented throughout the thesis, or it might be used as a combination of both ideas.