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This Month's Features

COVER: Campers at Camp Moosehead, Maine, participate in an
Indian Day—one of the many program ideas found in this
month's issuephoto Robert Browning Baker 1

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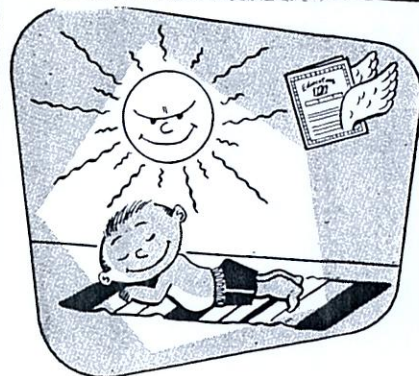
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Helping Campers Go to Sleep

How do you help campers go to sleep? Why, that's easy, says the movie in camping. All you have to do is tell a story and the little bundles of energy will pass into the arms of Morpheus without the least bit of resistance.

However, experience tells us that there is much



more to it than that. Story telling at bed time must be approached with thought. It is well to consider all the psychological devices we can.

We all know the value of deep sleep and relaxed rest periods for campers. We want to halt the seemingly endless vitality used in the day and to provide for long, quiet slumber. What can counselors do to make the transition a quicker and easier process?

There's no doubt that telling a story is one of the best ways. But, what is the best way to tell a story?

First, create an atmosphere of extreme quiet. Be sure to run a careful check at wash-up and bathroom time to eliminate reasons for campers getting out of bed.

When things are all quiet, lie down on a bunk yourself. Start your story with "Once upon a time." Then, wait about 30 seconds and slowly repeat, "Once upon a time." This time, wait about 10 seconds and start your story.

Don't let anyone belittle that famous introduction.

Mobile Unit for Small Group Camping

We have been experimenting with a new type of camping—Trailer Travel Camping.

The two-wheel trailer is approximately six by eight feet and the body is four feet high. The center compartment is for storage of tents, bedrolls, cooking equipment, tools, etc. The right side is the kitchen department. A lid drops down, making a work table. All dishes, some food supplies, and other essentials are stored there.

On the left side of the trailer a lid drops down and serves as a work table for various activities. There is also storage space on this side.

When the trailer is set up, an extension ridge pole is put in place and a canvas approximately 8 by 20 feet covers the entire trailer. This provides ample protection in case of bad weather.

"Once upon a time" is not an accidental beginning. For perhaps a thousand years those magic words have prepared children for the exit from a world of realities to the fantasies of dreamland.

Never, never read a story at bedtime. The best story ever written is not as good as your own version of it for the immediate purpose at hand.

Reading a story requires light and, though the light be but a tiny one, you will find that it reflects a gleam of hope in childish eyes. They will hold that light and try for another story—one more possible delay to make an exciting day just a bit longer and a bit more full. Just remember you are trying to put children to sleep but their ideas are just the opposite. So turn out the light.

If you are not a good story teller, try to become one. Look over the material before bed time. Add your own twists, make whatever changes you wish to extend the narration.

The story must have interest. But the kind of interest is another thing. Don't try for suspense or climax.

Fairy tales by Grimm and Anderson are my favorites. I have success even with children over 12-years old with these simple yarns. A long, rambling version of the Illiad is another favorite. Don't hesitate to change the original versions. Remember your campers are modern American kids. Automobiles, airplanes and other modern inventions can be worked into the stories.

One of the most important factors is your voice. It should have a low, pleasant pitch. Warm up to the story slowly and carry on in a loose, rambling style. Every minute that goes by, during which the conditions for sleep are present, rushes the campers down a comfortable path to sleep. The cabin is dark and still. Attention centers on your voice, less on what it is saying than upon the security it represents, and the children relax. Few campers can hold out long against the spell.

—Frank T. Bertsche, director, Ontario Shores Camp, Oswego, N. Y.

This unit accommodates a maximum of 10 campers and two leaders. It can be placed at a suitable location in camp and will serve adequately for an indefinite period. The only additional facilities needed are toilets and a water supply.

When the group travels, the trailer is pulled by a station wagon. The group makes up its travel schedule in advance, camping in parks or other suitable locations. We do not travel over 150 miles a day.

These trailers can be built for approximately \$500.00, if most of the labor is donated.

This form of camping is high adventure and attractive, particularly to older campers.

—Lloyd B. Sharp, National Camp, Matamoras, Pa.

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Using Disc

Many houses have a trash can, can in camp. By using the articles from articles doors.

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