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The Luther Gulick Camps on Lake Sebago

Charlotte V. Gulick

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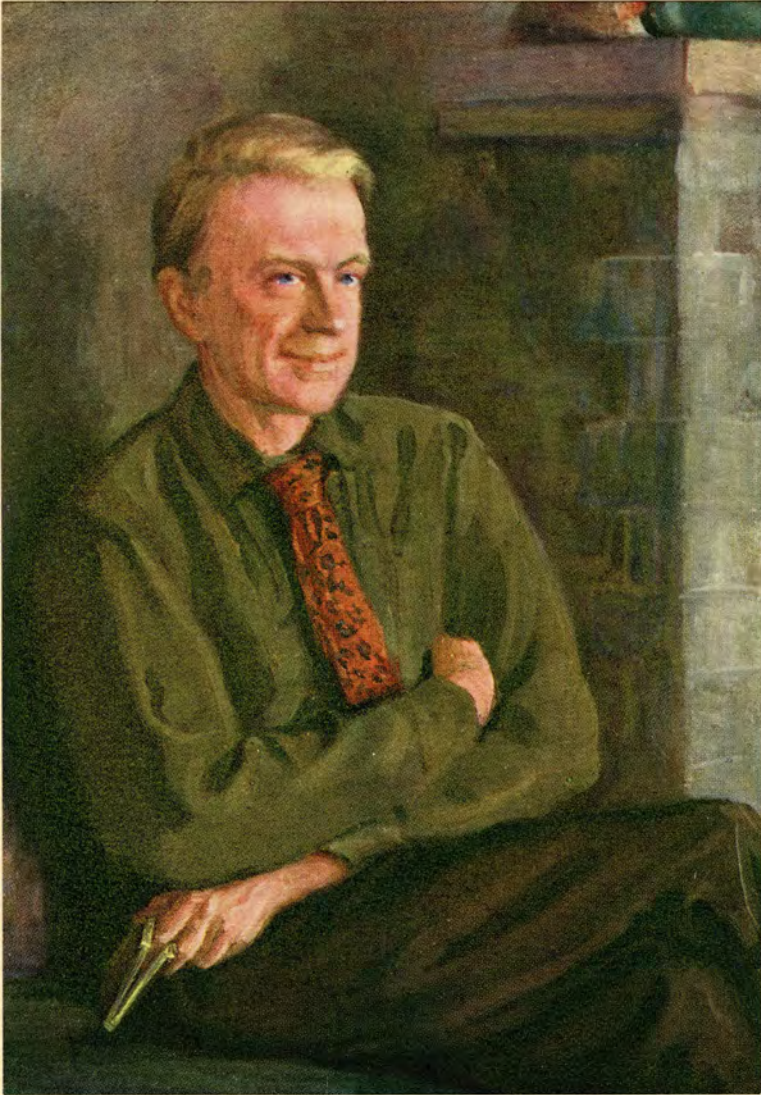


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Summer of 1919





**"A PERSON IS PRESENT WHEREVER HIS EFFECTIVE
INFLUENCE IS FELT"---Bergson**



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The Luther Gulick Camps

ON LAKE SEBAGO

Sebago-Wohelo for Girls of 13 to 18
Little Wohelo for Girls of 7 to 13

Under direct supervision of
Mrs. Charlotte V. Gulick

SOUTH CASCO, MAINE

Address until May 15th, Hotel Hemenway, Boston, Mass.

TWENTY-NINE YEARS ago, while Director of the Physical Department of the International Committee of the Young Men's Christian Association, Dr. Luther Halsey 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 such an active part in building up the traditions of the camps that they became known before he died as the Luther Gulick Camps. Under this title they will continue the developing of body, mind and spirit through 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.

The central idea permeating the camps is that of establishing the habit of abounding health through a love of doing those things that most generously bring it.

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

Let us consider the life of the girls at the two Wohelo camps.





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 two hundred acres of pine, hemlock, spruce, balsam, beech and birchwood; 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 Sebago-Wohelo girls live in tents, bungalows and "cliff-houses". There is a large assembly bungalow, two craft-houses, three cliff houses, four cottages, a boat-house, farm-house and barn, twenty-three tents and a large tepee, and a house-boat. The girls of Little Wohelo 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 Wo-helo they have eight row 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 water-sports. 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-around "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.





Water Sports Day comes on August 24th. Parents and friends are cordially invited to visit camp on this day and see the accomplishments made in eight short weeks.

The camp is open to visitors also on the afternoons of August 24th and 25th to see the craft exhibit and the gardening and horseback riding exhibits.





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.



EMPHASIS on craft work 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 modeling, 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, as part of their weekly program, help cultivate, harvest, cook and eat the good things which the soil brings forth.

Now that the war is over gardening is continued as a necessary part of the education of every girl.



WAR canoe practice before breakfast brings more than a hearty appetite. From the launching of the great canoe (many hands make light work) through 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.
- 9.30-11.30—Craft work—pottery, jewelry, dyeing, wood-blocking, weaving, basketry, and gardening. Horseback riding.
- 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 story-telling 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 beach are the wonderful sea-pools. Barnacles, living and dead, sea-ferns in infinite variety, crimson star-fish, 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 through mere association with her contagious enthusiasm for all living nature.

The Campers may bring in specimens of wild-life to morning song hour. Unconsciously are found "sermons in stones, books in the running brooks, and good in everything".



The Luther Gulick Camps are essentially a family camp. Mrs. Gulick and her three daughters, Louise, Frances and Katharine, her son Halsey, and her sons-in-law Doctor H. E. Robinson and Mr. A. E. Hamilton all take a vital interest in the camps. This year Mr. and Mrs. Hamilton have transplanted Mrs. Gulick's boys' camp to Panther Pond five miles



distant. It is now under their supervision and management but closely affiliated with the Mother Camp.

The grand-daughters Charlotte Robinson and Elizabeth Hamilton, youngest registered campers, added much to camp spirit and the family feeling this last summer.



The Senior Councillors are tried and trusted friends who feel themselves and are felt to be, strong branches of the camp-family tree. Their personal interest and long association help make the homey atmosphere.



Not how large a camp, but how friendly a camp it is possible to get together is the ideal and policy of the Luther Gulick Camps. Its numbers are necessarily limited and for two years we have had to inform many inquirers that there was no more room for these seasons.



“Will Hiiteni (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

BY JOYCE KILMER
Who gave his life for France

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.



“The Healthful Art of Dancing”, one of the resources for the expression of the joy of life, a resource that is related to health, vigor and beauty.





The unit system of grouping tents, five tents to a unit has been found not only beautiful, but has simplified the management of camp. Each unit of twenty girls, including councilors, has a war canoe, three 18 foot canoes and a row boat.





The food at Luther Gulick Camps is always well cooked and healthfully balanced.

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 through 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.

***Parents are requested not to send candy to camp during the camp season.**



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.



An overnight hike or gypsy trip 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.
 Two white middy blouses (unbleached blouses without color trimming.)
 Three French Peasant blue blouses
 One dark blue middy blouse (flannel).
 A heavy dark blue sweater.
 A bathing suit. A bathing cap.
 Black middy tie. Scarlet middy tie.
 Black headband. Scarlet headband.
 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.
 Two laundry bags. A jackknife.
 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.

To preserve the uniformity of costume, which has much to do with camp spirit, it is necessary that the blue blouses and the scarlet bathing suit be purchased from James W. Brine Co. (outfitters for Harvard University), 286 Devonshire St., Boston. The other articles can be purchased elsewhere, although it is easier and we believe more satisfactory to purchase the outfit through this firm. Mr. Brine will furnish full information as to materials and prices, etc., on application. Articles made to order require weeks in advance 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 Friday, July 2nd and ending Friday, August 27th is \$400.00.



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 camps, Sebago-Wohelo and Little Wohelo 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 upon occasion the flag is raised to the strain of our national anthem.

The girls then go to their occupations for the day.



A FEW QUOTATIONS FROM DR. GULICK IN REGARD TO GIRLS

"There is hardly anything more important to establish in a girl than those habits of action and of thought, those desires and those social relations that make her vigorous, able to work hard and joyously, that give her quiet nerves, sound sleep, regular habits and the joy of living—joy of cold water, strong winds, long roads, brown earth, open fires, friends on the hike, skating, swimming, diving, canoeing, the road to the hill and round the lake."

"It is not enough to take regular exercise and hate it. It is not enough to have regular habits when you think of it. Get all these deep down in your loves and in your habits. Hike and camp out until it is a part of you. Go with your best friends, so that all your life long you will turn to the life-giving out-of-doors for your happiest times with your friends. To do this you must begin young and keep at it. The out-of-doors is yours if you win it, and you will belong only as you give yourself to it."

"In walking we go back to levels of activity that I suppose are literally as old as the hills. The nervous processes involved in walking are profoundly established. This is an activity so old that it flows readily along well worn channels and tends to give strength rather than exhaustion."

"There is no activity which gives so much pleasure to those who understand and love it as walking."

"There is no possible harm in a girl sleeping all that she can. There are no dangers in over-sleeping; there are many dangers in not sleeping enough. The amount that a girl likes to sleep is one measure of her wholesomeness. The eagerness to be up and at work when one should be asleep is not usually wholesome; it is usually the result of excitement or pressure. When a girl is well and rested, sleep is normal, long and peaceful."

"We do not know what women may become—they have never been exposed to as varied opportunities as boys have during the teens."

"We do not know that boys and men have more aptitude for team work, government, etc., than girls nor shall we until girls have been given equal opportunity during the teens."

"Women have not generally wakened as to what a team is. To a large extent the usefulness of women in community affairs is determined by whether or not they have learned to keep step and do team work during the teens."

"We are building a national consciousness among girls for team social service."



Little Wohelo

for little girls between the ages of eight and thirteen is under the supervision of Miss Frances J. Gulick, who has recently returned from France and Germany, where she has been since 1917 in Y. M. C. A. canteen work for our boys during the War.

Miss Gulick has had wide experience in summer camp work, having grown up with the Luther Gulick Camps. She organized and directed the first camp conducted by the National Headquarters of the Camp Fire Girls at Shawnee on the Delaware. She has had two years experience in Community Service work, a year in a sea coast town of Alaska and one in the crowded city of Greater New York. For this work she received training in the New York School for Community Service.



Each day at "Little Wohelo" is begun with the morning exercises at "Sivad", where the children and older girls gather for camp songs and talks by leaders.

The rest of the day is spent in doing useful and interesting things, —in learning to make pottery, to know and love the trees, flowers and birds, to work in the garden, to ride horseback, to swim, to row, to cook out of doors, and many other things which people love to do all the rest of their lives. Rest hour and letter writing time come every afternoon, and the evenings are all too short for little plays, stunts, dramatization of stories and fairy tales.



The girls at "Little Wohelo" live in three roomy, airy log cabins and a large bungalow set in among spruce, hemlock, fir and pine trees. The cabins have been built purposely near shallow water where the sandy lake bottom slopes out very gradually for fifty feet or more from the shore. Here the little girls learn to swim without fear, soon becoming rivals of their big sisters at Sebago-Wohelo.





An experience such as that which a child gains at "Little Wohelo" is not a luxury, but a necessary part of education. It is education for leisure time. If little children become thoroughly grounded in outdoor crafts and sports, they will enjoy them for the rest of life.

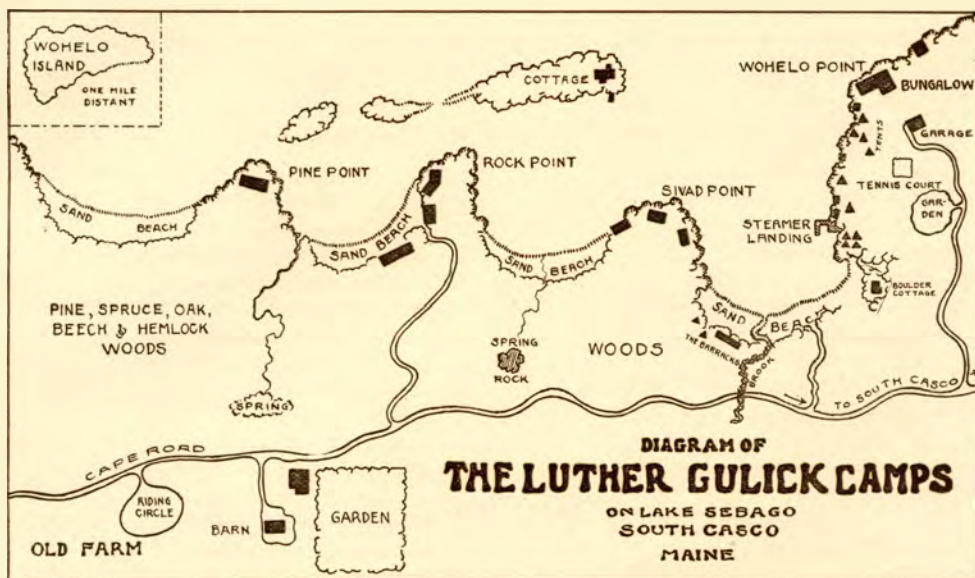
The fee at "Little Wohelo" is \$350 for the season of eight weeks, beginning July 2nd and ending August 27th. This fee includes all camp activities, such as trips to the ocean, hikes, and lessons in horseback riding, all camp and craft materials, stationery and laundry. **THERE ARE NO EXTRAS.**



Following are the names of some of the parents who have had daughters at Sebago-Wohelo for two or more years, and who have themselves personally visited the camp.

If called upon, these friends will be glad to testify as to the merits of the camp.

- Mr. and Mrs. Schuyler Armstrong
1929 N. Broad St., Philadelphia, Pa.
- Mr. and Mrs. C. L. Berger
Naugatuck, Conn.
- Dr. and Mrs. George W. Billig
2041 Byron St., Chicago, Ill.
- Mr. and Mrs. Emory R. Buckner
2291 Sedgwick Ave., New York City.
- Dr. and Mrs. T. M. Bull
Naugatuck, Conn.
- Mr. and Mrs. William Cathcart
174 Park Ave., Leonia, N. J.
- Mr. and Mrs. Oscar Cramer
2596 Fairmount Boulevard, Cleveland, Ohio.
- Mr. and Mrs. Charles A. Crawford
155 Turrell Ave., South Orange, N. J.
- Mrs. D. H. Evans
58 Fenway, Boston, Mass.
- Mr. and Mrs. James E. Fentress
Hubbard Woods, Ill.
- Mrs. Stanley Field
Lake Forest, Ill.
- Prof. and Mrs. Irving Fisher
460 Prospect St., New Haven, Conn.
- Mrs. H. E. Goodman
5753 Woodlawn Ave., Chicago
- Mr. and Mrs. Samuel W. Harper
Wheeling, W. Va.
- Mrs. E. N. Hazard
631 E. Anapamu St., Santa Barbara, Cal.
- Mrs. John G. Hazard
989 James Street, Syracuse, N. Y.
- Dr. and Mrs. Joseph Head
7125 Greene St., Germantown, Penn.
- Mr. and Mrs. George M. Henderson
7205 Lincoln Drive, Chestnut Hill, Pa.
- Col. and Mrs. F. E. Hodgson
Clifton Rd., Atlanta, Ga.
- Mr. William H. Kinnicutt
2328 Grandview Ave., Cleveland, Ohio.
- Mr. and Mrs. Harry C. Leonard
440 Logan St., Grand Rapids, Mich.
- Mrs. E. B. Mathews
Johns Hopkins University, Baltimore, Md.
- Mrs. Shailer Mathews
5736 Woodlawn Ave., Chicago, Ill.
- Dr. and Mrs. George P. Merrill
1422 Belmont St. N. W., Washington, D. C.
- Mr. and Mrs. Kempster B. Miller
431 W. 3rd St., Mansfield, Ohio
- Governor and Mrs. Carl E. Milliken
Augusta, Maine
- Mr. and Mrs. Alexander McCormick
5816 Blackstone Ave., Chicago, Ill.
- Dr. and Mrs. Herbert V. Neal
126 Packard Ave., Tufts College, Mass.
- Mr. and Mrs. Owen Osborne, Jr.
Valley Rd., Melrose Park, Pa.
- Mr. and Mrs. George B. Pfingst
Oak Lane, Pa.
- Mr. and Mrs. Charles F. Powers
166 Lafayette Ave., Grand Rapids, Mich.
- Dr. and Mrs. Joseph E. Raycroft
Princeton, N. J.
- Mr. Fred N. Rowe
Grand Rapids, Mich.
- Mr. and Mrs. William H. Stuart
27 Mulberry St., Springfield, Mass.
- Mr. and Mrs. James C. Simpson
516 N. Prairie St., Galesburg, Ill.
- Rev. and Mrs. Sherrod Soule
205 Sigourney St., Hartford, Conn.
- Mrs. Albert C. Starr
130 Mulberry St., Springfield, Mass.
- Mrs. Frank H. Thayer
Hotel Charlesgate, Boston, Mass.
- Mrs. Leverett Thompson
10 E. Schiller St., Chicago, Ill.
- Mrs. George A. Thorne
391 Sheridan Rd., Winnetka, Ill.
- Mr. and Mrs. F. Edson White
Lake Forest, Ill.
- Mr. and Mrs. Harris Whittemore
Naugatuck, Conn.



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
 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	<i>Doubleday Page</i>
Mind and Work	<i>Doubleday Page</i>
The Healthful Art of Dancing	<i>Doubleday Page</i>
The Dynamic of Manhood	<i>Association Press or Geo. H. Doran</i>
Morals and Morale	<i>Association Press Scribner's</i>
A Philosophy of Play	<i>Association Press</i>

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



