

## A WOMAN'S VIEWS ON CAMPING OUT.

By Ella Walton.

CAMP life for a man has a peculiar charm and fascination, but few women really enjoy this kind of an outing. They like picnics, and rave over the beauties of nature, but this delightful way of having a picnic every day, and of studying nature in all her moods, is not as much in vogue as its advantages demand. Either it is undertaken under conditions where too many hardships and discomforts are endured, or a camp is made near home, where an imitation of life in a house is attempted, which is only uncomfortable housekeeping. Where daily supplies can be bought ready cooked from the city, the work is undoubtedly easier, but the change and rest of a complete breaking off from monotonous and fixed surroundings is lost.

A man will go into the unbroken solitudes of the forest, far from civilization, and in one week gain a vigor and strength that months of living at a fashionable resort could not give.

If a man can do this, why, under modified conditions, cannot a woman? Camp life, properly undertaken, is a perfect rest of mind for weary mothers, energetic housekeepers, brain-workers, and fagged-out society women. For a brief time care can be dropped, and the wheels of time turned back. It is not so much bodily rest that women need as a surcease from mental worry.

In order to gain the most beneficial results, a spot should be selected far enough from one's home to give a complete change of air. Home and its surroundings should for the time be put out of mind, and a simple mode of living entered into, utterly opposite from the complications of housekeeping and the turmoils of civilization, inseparable from life at a summer hotel or boarding-house.

Select, if possible, a place near enough a village or railway centre to obtain that prime necessity, bread, near fishing and bathing, and close enough to a farm-house to buy fresh eggs, butter and milk, which should form a larger share of the bill of fare than the usual regulation supplies of canned meats. When you begin looking for this favored spot you will be surprised how many are touched upon before one can be found filling all these requirements, and often one or more will have to be given up.

There is little real enjoyment in going with a large party, where there will always be one or two discontented, fault-finding ones, ready to dampen the pleasures and infect the spirits of the rest. Nowhere is cheerfulness, unselfishness, and a disregard of ulterior conditions more to be cultivated than when the frail canvas is all that stands for a protection against storm and wind, and when the weather, wet or dry, hot or cold, is the one important thing to be taken and enjoyed. Even the gray sky of a rainy day is a thing of beauty when

a self-reliance and courage that years of travelling and mixing with the world cannot give. Not exclusively such sports as golf and tennis, etc., where dress, rules of etiquette, and the anxiety of competitive matches prevail, but fishing, hunting, canyoning, exploring, getting sunburned and dirty, and going into places where the only types of humanity to be met will be the rough and hardy, but interesting trapper, guide or fisherman, and rough and devoid of book education though they may outwardly be, they are men with whom a woman, alone and unprotected, can feel safer than with the polished men of society and learning. Note the women who recently have lived and travelled for months among the rough miners of the Klondike.

I will call attention to the advantages of camping for families, and as a means of recreation and change for women who earn their own living.



Upper Shawenegan Falls, Que.

you can see its whole expanse of dome and horizon.

The ideal camp for a man is where he catches his fish and cooks them over a fire made between stones laid around a hollow in the ground, with a tin pall of coffee boiling briskly as it hangs on a green stick, laid across two forked ones.

Primitive instincts are the same in a woman as in a man, and the woman who will best enjoy life is she who follows most closely in the footsteps of her gentlemen friends and relatives. The woman who does this will forget to be nervous and hysterical, and gain

Aside from its immediate beneficial results, nothing brings in after years sweeter memories than the few weeks spent by the city child with the exclusive companionship of its parents. The walk in the fresh, early dawn with the father, on some fishing expedition, or at night dreamily watching the sparks of the camp fire, as they rise to meet the stars that spangle the purpled sky, until sparks and stars are interchanged into a dream of fragrant spice-laden breezes, and unfamiliar sounds of twittering, chirping life in grass and tree.

Camping in the thick woods is not