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BULLETIN NO. 10

The New York State College of Forestry
AT
SYRACUSE UNIVERSITY

HUGH P. BAKER, Dean

I. The Palisades Interstate Park: A Study
in Recreational Forestry

BY

P. M. SILLOWAY, M. S.

Investigator in Forest Zoology

Prepared under the direction of Charles C. Adams

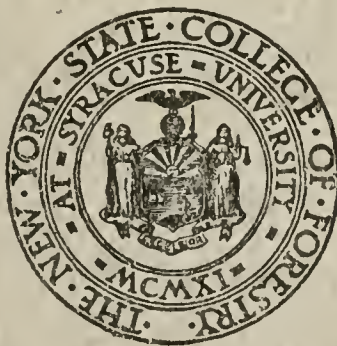
II. Social Aspects of Park Administration

III. Camping Facilities in the Palisades
Interstate Park

BY

EDWARD F. BROWN

Superintendent, Camp Department, Palisades Interstate Park



Published Quarterly by the University, Syracuse, New York

Entered at the Post Office at Syracuse as second-class mail matter

1117 The Palisades interstate park.

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COOPERATING WITH THE NEW YORK STATE COLLEGE OF FORESTRY ON THE
NATURAL HISTORY AND ECOLOGICAL SURVEY OF THE PARK

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THE RELATION OF FORESTS AND FORESTRY TO HUMAN WELFARE

“Forests are more than trees. They are rather land areas on which are associated various forms of plant and animal life. The forester must deal with all. Wild life is as essentially and legitimately a part of his care as are water, wood and forage. Forest administration should be planned with a view to realizing all possible benefits from the land areas handled. It should take account of their indirect value for recreation and health as well as their value for the production of salable material; and of their value for the production of meat, hides and furs of all kinds as well as for the production of wood and the protection of water supplies.”

“Unquestionably the working out of a program of wild life protection which will give due weight to all the interests affected is a delicate task. It is impossible to harmonize the differences between the economic, the aesthetic, the sporting and the commercial viewpoints. Nevertheless, the practical difficulties are not so great as they appear on the surface.”

HENRY S. GRAVES, *Chief Forester,*
United States Forest Service.

“Outdoor recreation is a necessity of civilized life, and as civilization becomes more intensive the demand grows keener. The vast extent of our present National Forests, their enticing wildness, and the notable beauty of the native landscape lure men and women thither by hundreds of thousands. The really enormous extent and value of this kind of forest product has been generally overlooked in America.

“The moment that recreation (using this word in a very liberal meaning) is recognized as a legitimate Forest utility the way is opened for a more intelligent administration of the National Forests. Recreation then takes its proper place along with all other utilities. In each particular case these utilities are weighed against one another and a plan of administration devised to adjust and harmonize, to the utmost point practicable, the various forms of use so that the largest net total of public good may be secured. Where one must be subordinated to another, preference is given to that of highest value to the public.”

FRANK A. WAUGH, *Collaborator,*
United States Forest Service.

INTRODUCTORY NOTE

THE RELATION OF NATURAL HISTORY AND ECOLOGY TO PUBLIC FOREST PARKS

To grow trees for timber is the prevailing idea of the purpose of forestry. This will always remain one of its most important aims in caring for and using forest lands. Their widespread and diversified use in the broadest sense, not only for timber and for the conservation of water, but for recreation and education as well, and, not the least important possibly, for the production of plant and animal food crops, is now coming to be more and more clearly recognized as wholly within the province of forestry. Indeed, the aim of modern forestry may be defined as the use of woodlands to the best possible human advantage. The growth of forestry has been so rapid that the educational, recreational and food-producing capacity of forest lands and waters is a new idea to the general public and for this reason the restatement of its aims requires frequent repetition.

The recreational and educational utilization of forests varies with the local conditions. In some places these uses may be very incidental, as in forests remote from centers of population, and lacking in transportation facilities, or they may become even a feature of primary importance, as in the case of National, State or Interstate parks, and in other natural forested parks. It is very evident that extensive forest areas with diversified scenic, forest, water and animal resources may be managed, and should be so managed, as to harmonize with the most advantageous use of each area.

When forests are intended for these varied uses there must be corresponding differences in management. The lumbering aim, the educational and the recreational aims, are not the same, and yet these should be coordinated and harmonized. This can be done best by first formulating the problems, then by investigating

them, and finally by applying the solution to a proper system of management. The New York State College of Forestry, at Syracuse, in recognizing these diversified uses of forest lands has definitely undertaken the investigation of the problems of forest parks because it clearly realizes its obligation and the need of relating forest land and water resources to modern educational, economic, and social needs. The Palisades Interstate Park of New York and New Jersey, on account of its proximity to the American metropolis, is, and should be, dominated by the needs of the people in the vicinity of this great city. An urban population suffers from its lack of direct contact with wild nature, both in education and recreation, and at the present time the proper recreational and educational use of wild parks is one of the most available remedies for this deficiency. It is not necessary to here state the reasons why a first-hand knowledge of nature is an essential part in a normal healthy life, or to emphasize the importance of an impersonal point of view, which is the natural antidote for too much of the personal and too exclusively human interest, both necessarily fostered by urban life. To mention it is sufficient for our purpose. One remedy for this condition is an intimate association with the resources of the Park, and a first-hand knowledge of what these resources mean. In general, the natural history resources of our parks have not been adequately appreciated either for education or recreation. The real significance of conservation of wild life (and as well, conservation in general) can mean little to such persons. These resources have, in the past, been largely ignored, or left to chance use.

The present Cooperative Natural History, or Ecological Forest Survey, is intended to investigate, by means of experienced persons, the natural history resources of the Park ecologically—that is, in relation to one another and to the whole environment—including their relation to man from the standpoint of park ideals, embracing educational and recreational usage, as well as the production of food, and all to be done in such a manner as to harmonize the best uses of the Park and public welfare. As this is a relatively new field of activity, in which there are remarkably few precedents, this work should be considered an experimental study of how to

relate the natural resources of the Park to the public. The Park itself might well be looked upon as a large experiment station devoted to the investigation of forest park problems, and the application of the solution to public welfare.

This survey has been initiated through the cooperation of the broadminded Commissioners of the Palisades Interstate Park, of whom Mr. George W. Perkins is President, and The New York State College of Forestry. Those in direct charge of the work have been Mr. Edward F. Brown, Superintendent of the Camp Department on behalf of the Park, and myself, representing the College. This survey is believed to be the first comprehensive plan, now in operation, for an ecological survey of a large public park intended to relate its natural history resources to the park visitors. It is to be hoped that the experience gained in these experiments will induce others to make similar studies and to make their results appropriately available to the public—because we are now at a critical stage—at the dawn of a great awakening in the appreciation of our large natural parks and the realization of how much wild life can contribute to their best use. The goal is an intelligent and sympathetic appreciation and use of this resource, and this result can only be accomplished by the education of the public to a realization of their unusual opportunities.

The first of the papers in this bulletin by P. M. Silloway, Investigator in Forest Zoology for the College of Forestry, is a general description of the Park and an account of the present methods of relating its natural resources to public welfare. This bulletin serves as a general introduction to the series now in preparation on the Park and presents a background for understanding the general conditions to which the natural history studies now in progress are to be related. It should be mentioned that Mr. Silloway has been making a special study of the birds of the Park as a part of the Cooperative Ecological Forest Survey and has in preparation other publications on this subject. The two following papers are contributed by Edward F. Brown, Superintendent of the Camp Department of the Park. He describes the unique system of camping which has been developed in this Park. The experience here summarized will, it is expected, be of special value to those inter-

ested in similar and allied work in other localities. This experience is of special value because it gives the results of experiments conducted in this the largest camping park in the world.

It is anticipated that this publication will prove of value to foresters alert to the growth in their own field; to educators and social workers interested in the physical and mental welfare of the present and future generations, and to all persons and agencies who believe that the resources of the Park should be made available to the average citizen.

It is a pleasure, in conclusion, to express my sincere personal gratitude to those who have made it possible to initiate this ecological forest survey, to Mr. GEORGE W. PERKINS and to Mr. EDWARD F. BROWN of the Park, and to Dean F. F. MOON of the College of Forestry, for their generous and intelligent appreciation and support of the plan.

CHAS. C. ADAMS,
Forest Zoologist.

Department of Forest Zoology,
August 15, 1918.

THE PALISADES INTERSTATE PARK: A STUDY IN RECREATIONAL FORESTRY

P. M. SILLOWAY

THE PALISADES REGION DESCRIBED

The Palisades, the Entrance to a Park System. The name is suggestive of the location of the Park, and its leading scenic attractions, yet the domain includes more than the famed Palisades of the lower Hudson River. The boundaries of the Park encompass the heart of the Hudson Highlands below West Point, where this great river traverses the Appalachian Mountains, a region of beautifully wooded mountains (Fig. 2), with precipitous cliffs and rugged hillsides, ravines where brooks trickle from moss-covered rock to rock through secluded glens, beautiful lakes nestling at the base of rock ledges, and mountain streams gurgling through beautiful gorges, all in their native wildness, made available and accessible by a system of roads unsurpassed by the Roman road-makers of old.

The entire Park property is not comprehended in one area, as it consists at present of four separate tracts; but properly it has two main units, the Palisades section and the Harriman region, both on the west side of the Hudson and forming a continuous area for Park administrative purposes. The two sections are unified by the splendid Henry Hudson Drive, which, when completed, will constitute a magnificent highway. The Drive is so located that it skirts the bases of the cliffs and overlooks the wooded shore-line of the river, affording a series of views among the best in eastern America, and depicting to the tourist the chief scenic beauties of the Hudson.

The Palisades section of the Park lies chiefly in New Jersey, extending along the river a distance of about twelve miles, and including nearly all the Palisades river-front from Fort Lee to the interstate boundary line.

The Bear Mountain and Harriman unit of the Park is altogether in New York, along the boundary line of Orange and Rockland counties.



FIG. 2. General view of the Hudson Highlands in the vicinity of Bear Mountain Inn, showing in the background the wooded Highlands and a part of the Seven Lakes Drive.

The Seven Lakes Drive. The drive from Bear Mountain westward into the interior of the Park (Fig. 2) leads through a succession of valleys of wondrous beauty, passing tiny lakes bluer than the sky and mirroring the hills encompassing them. Here art has added to nature's resources, and after a winding turn in the road the visitor comes unexpectedly upon a beautiful artificial lake, supplied by springs from the neighboring slopes. The artificial enlargement of the lakes and the making of lakes where none existed before constitute one of the notable achievements of the Park, which has enhanced its value for scenic and recreational purposes. The interior beauties of the Park are enhanced by the location of the roads, which skirt the bases of the rock-terraces, and afford the fullest views of the spacious amphitheatres between the mountains. Every turn of the road leaves a sturdy mountain behind, revealing an expansive valley and accompanying mountain beyond, with green slopes of ravines on right or left, or the shimmer of lakelet reflecting adjacent heights.

The drive from Bear Mountain Inn toward Tuxedo is a particular example of mountain road-making (Fig. 2) with striking scenic effects. Winding around the eastern base of the mountain, the drive partially encircles the broad amphitheatre known locally as Doodletown Valley,* with the crest of the Dunderberg forming the eastern sky-line. The drive next traverses the beautiful Queensborough Valley, an irregular trough framed by a series of continuous wooded mountains. Beyond Cedar Pond, on the drive toward Tuxedo, lies the trio of ponds known as Kanahwauke Lakes (Figs. 3 and 4), each an admirable example of a mountain lakelet. Their location is a center of rugged mountain woods, a succession of tortuous valleys enclosed by rocky ledges and hillsides whose forested slopes stretch upward and away from the water surface in all directions. Little Long Pond, of the Kanahwauke group, may be given brief mention as a typical example. It occupies a valley about two miles long and more than half a mile wide.

* When the British forces surprised the Fort Clinton and Fort Montgomery garrisons by an attack from the land, they marched through a mountain pass in the valley while their band played "Yankee Doodle." Since then the community has been known as Doodletown.

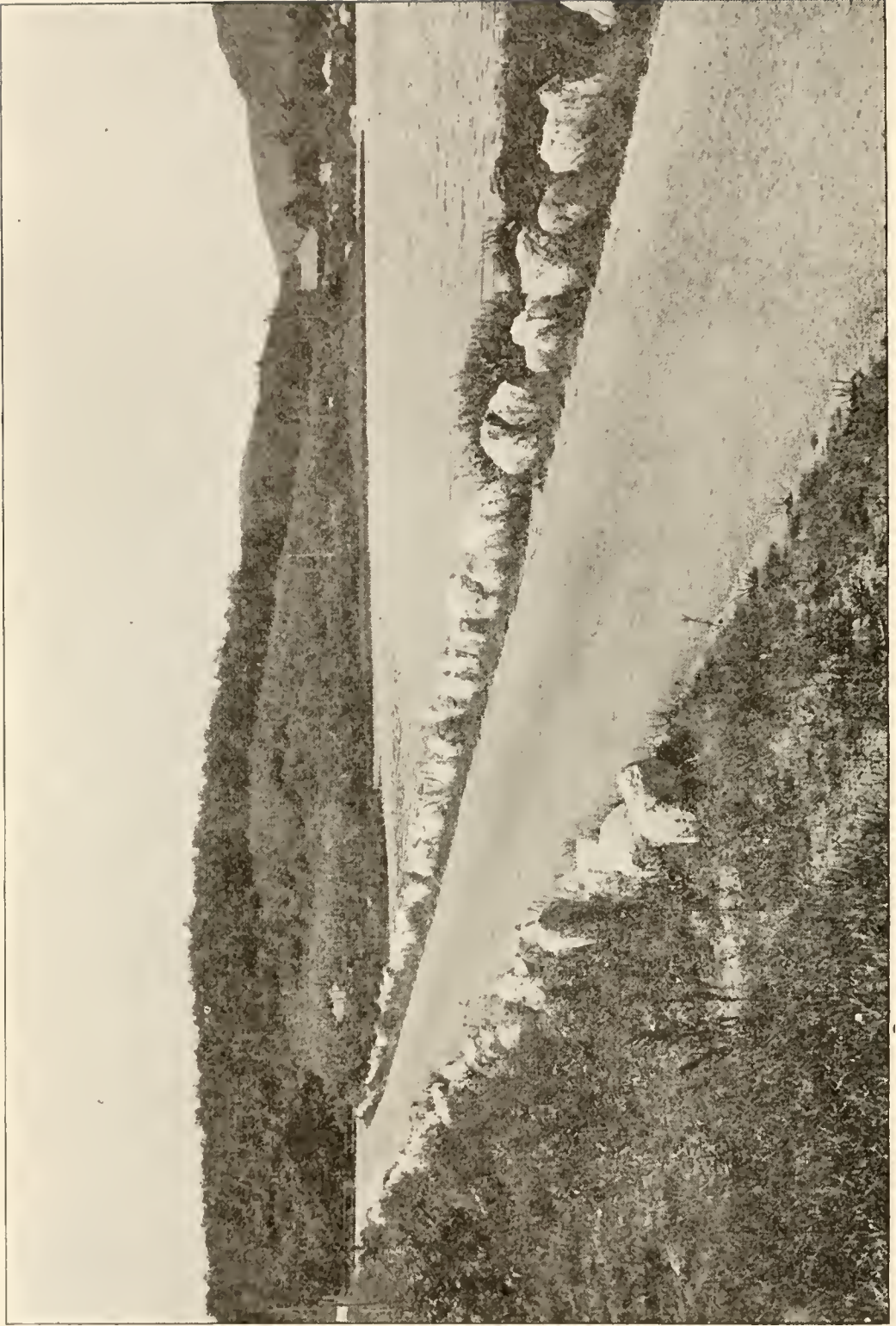


FIG. 3. Section of the Seven Lakes Drive, bordering the Kanahwaucke Chain of Lakes. The type of road built by the Commission.

Along its western side is Hemlock Hill, a sturdy wooded mountain attaining an elevation of thirteen hundred feet above the Hudson tide level, and rearing its huge rock-ledges almost perpendicularly above the roadway here skirting the pond-shore. Farther along the drive views open to the westward (Fig. 5) and Lake Stahahe, or Carr Pond (Fig. 6), is passed. This is a delightful creation of nature and engineering art, deep-laid in a mountain valley, glimpses of its blue waters appearing to the tourists' gaze through convenient openings in the surrounding forest canopy — nature's gem in her verdant setting.

Park Brooks. The pleasing diversity of the Park scenery is enhanced by the brooks coursing the valleys. Each of the brooks is fed by minor ravines from far up the adjacent slopes, the aggregate forming a system of drainage so perfect that swamp areas of any considerable extent are practically unknown in the domain. The streams themselves are generally hidden by the scrub forest investing their banks, but everywhere in their courses can be glimpsed the cool secluded glens so attractive to the camper and transient visitor. In these grow the choicest hemlock, sycamore and tulip trees, and in the pools among mossy rocks the fisherman looks for hungry trout (Fig. 7).

A casual survey of the Bear Mountain and Harriman Park sections shows that the brook systems are chiefly tributaries of the Hudson on the east, and the smaller Ramapo River on the west. Along the northern boundary of the Park the Popolopin Creek forms a series of picturesque ravines. On the eastern and southern drainage sides we find Queensboro Brook (Fig. 8) and Cedar Pond Brook, each having a conspicuous part in valley and ravine formation. The southern angles of the Park touching the Ramapo foothills are broken by tributaries of the Mahaw River, which transect the hills at irregular intervals. On the southwest are the long valleys of Pine Meadow Brook and Stony Brook, leading down toward the Ramapo. Besides the larger brook features, there are many smaller streams which feed the interior lakes and serve as fountain-heads for valley reservoirs.



FIG. 4. One of the Kanahwaunke Chain of Lakes. (Photo. by A. W. Abrams.)

Mountains and Trails. The term "Hudson Highlands" very appropriately describes this region of the Park. In the forty square miles of Park domain and contiguous area, there are between fifteen and twenty mountains (Fig. 30) whose elevation attains twelve hundred to fourteen hundred feet, and as many more whose altitude exceeds one thousand feet. The very diversity and richness of the Park in its scenic features may be expressed in concrete figures by an estimate of one mountain, with dependent ravines and base valleys, to each square mile of superficial extent. Among the worth while elevations may be mentioned Bear Mountain, overlooking the Hudson; Long Mountain, a series of varying heights to the west of Bear Mountain; Stockbridge Mountain (1,393 feet), having three elevations probably forming the climax of this portion of the Highlands; Cranberry Hill, to the southward of Long Mountain; Hemlock Hill, at the head of the Kanahwauke Lake locality alongside Little Long Pond; and the northern extension of the Ramapo Mountains, a series of fine hills ranging from one thousand to twelve hundred feet in elevation.

The maze of mountain roads and trails in the Park grows out of the association of hills and brooks. Generally each little hillside watercourse has an irregular trail following its windings up the slope and frequently leading to huckleberry beds or mountain summit. From Bear Mountain Inn a splendid trail of easy grade traverses the terraces to the rocky crest thirteen hundred feet above the sea-level. Almost every mountain is furnished with trails for fire patrol purposes, affording the visitor easy facilities for reaching sites of magnificent views over miles of encircling green hills. For example, Hemlock Hill, lying along the northwest shore of Little Long Pond, has a delightful trail, easy of footing and with slight grade, by which the visitor can reach the thirteen hundred-foot summit in less than one hour's walk, all without injury even to the dressing on my lady's kid shoes. In all there are about one hundred forty miles of forest trails traversing mountain slopes and wooded shore-lines.



FIG. 5. Along the Seven Lakes Drive, near Carr Pond, looking toward Tuxedo, in Harriman Park. (Photo. by A. W. Abrams.)

GENERAL DESCRIPTION OF THE HARRIMAN PARK FOREST

The Palisades Interstate Park, and especially the Harriman section, owes its creation to its native forest character. The region is a wilderness of wooded mountains, touched by human genius to conserve its wildwood aspects and to utilize them for well-directed purposes of rational recreation and education. Here we find the foundation for a Park, a great domain of uniform woods, miles of forest trees in every degree of development. Every hillside is clad in a continuous covering of green; and every valley, unoccupied by lake or pond, is an area of unbroken woodland.

In popular terms the Highlands forest is a forest of oaks, hickories and chestnut. Generally it is of the hardwood type. Scattered throughout the area coniferous trees are noted, in some localities becoming so prominent that their true proportion is likely to be over-estimated. In fact, here and there hemlocks rear their spires above all surrounding trees. Alongside of Little Long Pond, Hemlock Hill bears upon its rocky terraces numberless specimens of this handsome conifer. Pines and cedars also abound throughout the Park, but as a whole the percentage of the ever-green element is very low. Among the hardwoods the chief trees are the chestnut, several species of oak, hickory, maple, ash, birch, locust, tulip tree, basswood, walnut, beech, elm, and sycamore, besides occasional specimens of others native to the region. The trees alone, however, cannot constitute a true forest, and here we find the associated features which give the forest its wild character. Sweet fern grows in profusion on the dry hillsides, with aspens, raspberry, sumach, wild grape, witch hazel, and elder. Huckleberry flourishes on the slopes and terraces of the mountains, while ill-drained ravines harbor swamp fern, alder, swamp maple, and blueberry. Everywhere upon the slopes and in dry valleys the *Kalmia* or mountain laurel crouches, or rears its thick-set bush as the dominant shrub of the region. Flowering shrubs appear in all situations and are so noticeably attractive that signs are posted along all roads warning visitors not to pick or destroy the wild flowers.

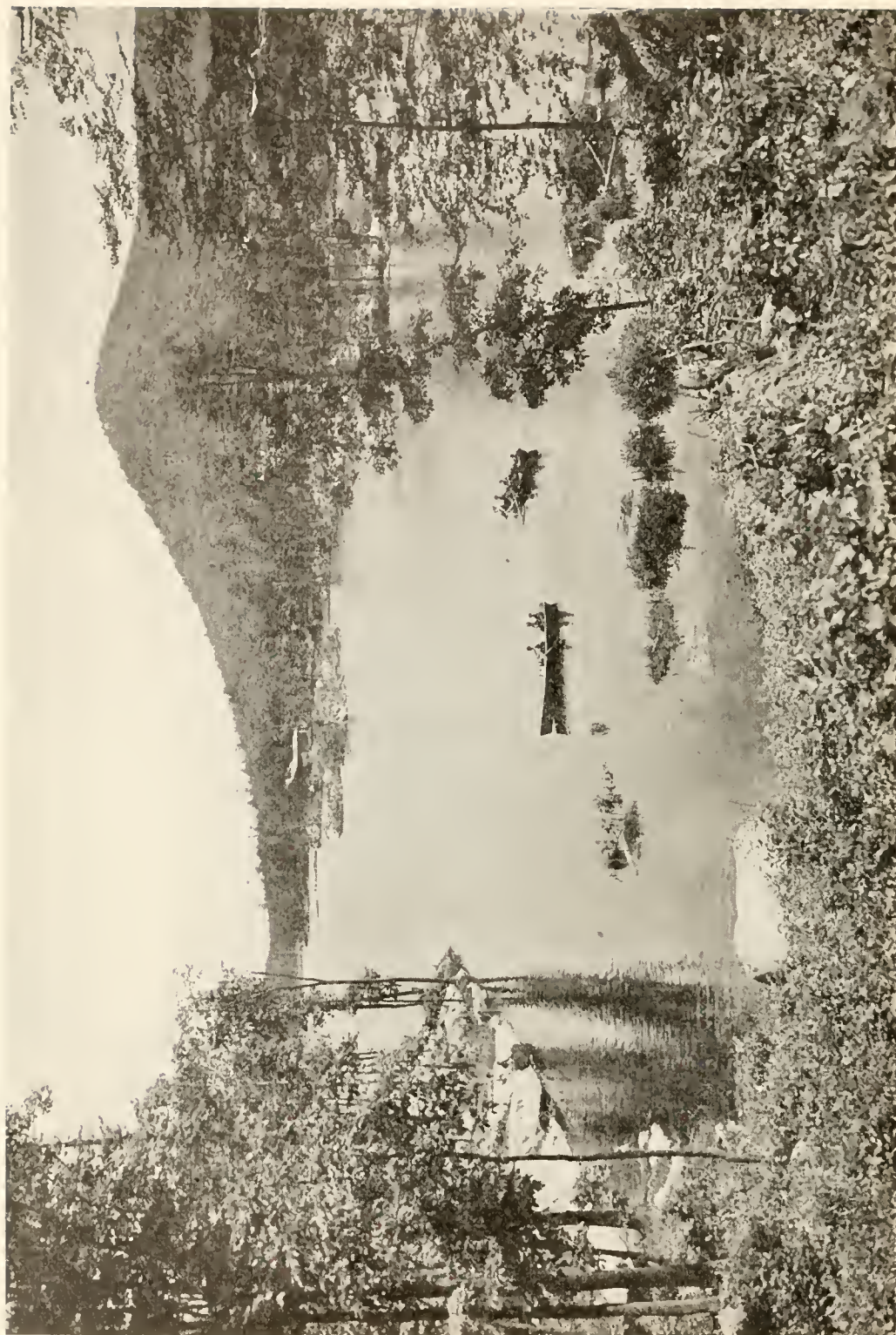


FIG. 6. Lake Stahahe, or Carr Pond, a natural lake enlarged.

WILD LIFE OF HARRIMAN PARK

The conservation of the wild life of the Park is one of the definite aims of the Commission in charge. The animals of all kinds inhabiting the region are regarded as an integral part of the domain useful in the general scheme of educative recreation. The Park is a veritable sanctuary for birds, and in the nesting season their songs give animation to all localities during the waking hours. About one hundred species of birds have been noted as making their summer home in the Park, and the greater part of these can be found in any general locality of the domain. Among the prominent songsters are the robin, wood thrush, house wren, brown thrasher, catbird, redstart, yellow-throat, water thrush, oven-bird, red-eyed vireo, scarlet tanager, indigo-bird, rose-breasted grosbeak, song sparrow, goldfinch, and Baltimore oriole. Woodcock have been found rearing their young near the shores of the Kanawauke Lakes, and frequently the whirr of ruffed grouse's wings makes music for the sportsman's ear. Red-winged blackbirds hover over the marshy borders of the ponds, and the kingfisher and green heron utter their harsh calls along the wooded shores.

Of many wildwood creatures the present Park domain has only a remnant of its early residents. A few deer remain; squirrels are not numerous, but chipmunks are common. Foxes yet live in the nooks of the Park. Woodchucks inhabit the rock ledges along the bases of the mountains, and rabbits find a safe refuge in the scrubby bush. Muskrats live undisturbed in the larger marshes. Fishing is always good when there are good fishermen, and most of the lakes are stocked with fish.

PURPOSE OF THE PALISADES PARK

While the Palisades Interstate Park is replete with features of scenic and biological interest, the aim of the Commission is not to give the natural setting undue prominence, but rather to use it as a background or staging for recreative and educational activities ministering to the welfare of the people entering the sphere of its influence. The purpose of the Commission, in brief, is to make the Park an appreciable factor in the lives of campers and visitors by maintaining arrangements conducive to healthful outdoor

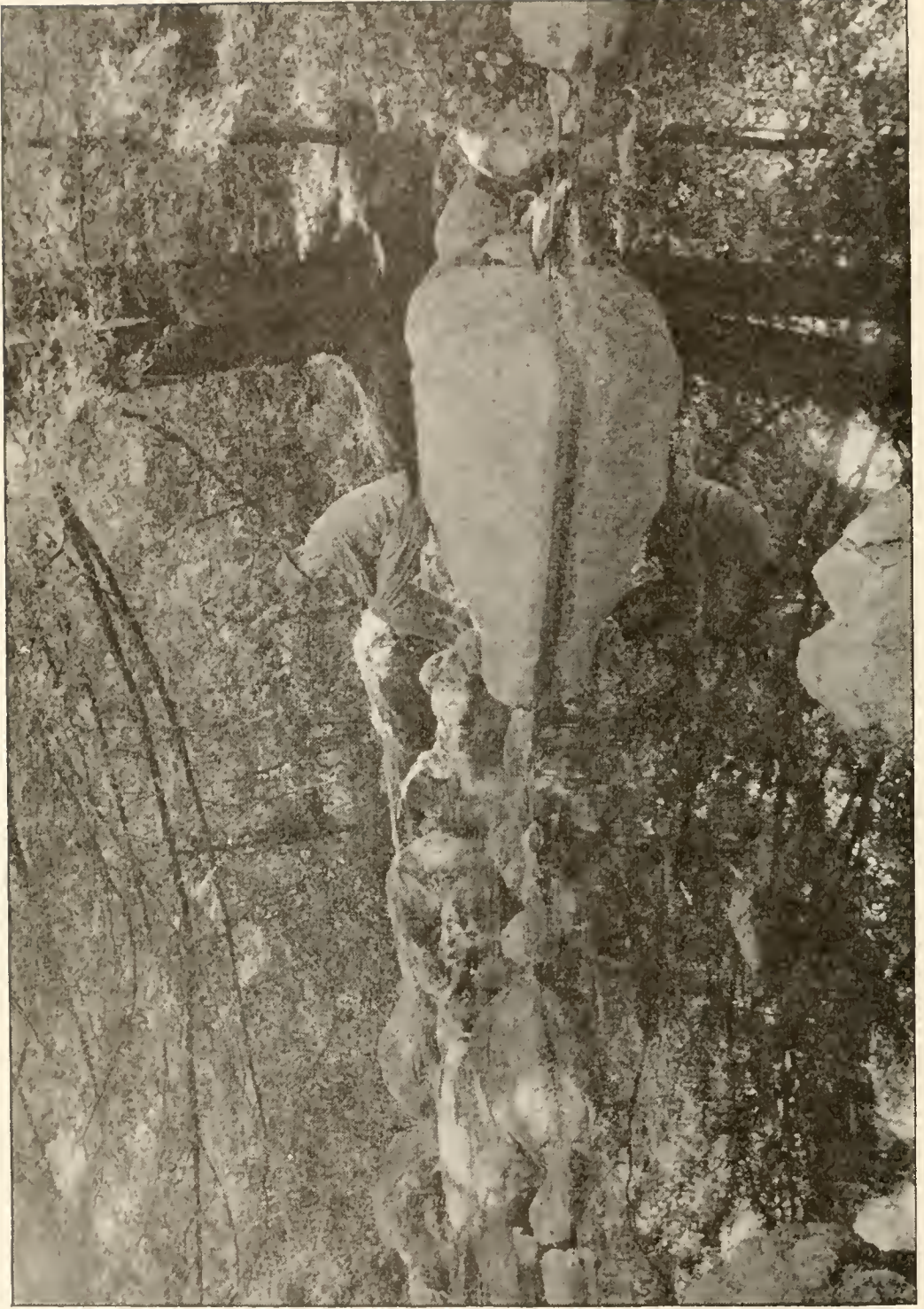


FIG. 7. A trout stream in Doodletown Valley.

recreation, sanitary living, child welfare, and educational vacation activities. President Perkins says: "What we have been striving to attain is a rational development of the people's land, so that its utilization will definitely promote health and give opportunity for wholesome play, at the same time preserving the native beauty and historic hills of its regions." The scope of such aims and ideals is necessarily wide and far-reaching. Nature is to be left intact, yet utilized to become a co-worker with man's science and skill. Such a purpose seizes upon the elements at hand, and an ideal grows to comprehend a complex group of social activities potential in educative values. An original tenting site with adjacent hillside and pond-shore grows into a system of well-organized supervised camps. Aboriginal trails and old lumber roads are transformed into highways and trails penetrating every nook and corner of the domain with transportation facilities for handling daily hundreds of campers and sight-seers. Crude methods of camp cooking and supply have been replaced by a modern dietary from a centralized kitchen, with daily food distribution to camps. Aimless loitering about the woods has ceased to consume valuable time, as definite camp activities are directed by experienced leaders. The water supply of springs and streams is conserved by a system of reservoirs and lakes intended to answer every demand of service and of recreation. The natural means for boating and bathing are augmented by generous construction of beaches, pavilions and docks. The little camp-fire of the small party (Fig. 9) has been enlarged into arrangements for entertainment in commodious quarters (Fig. 10) and council rooms at recreation centers (Fig. 11). Finally, the purpose of the Park Commission carries with it all the activities incidental to the development and expansion of large public enterprises.

RECREATIONAL FEATURES OF BEAR MOUNTAIN AND OF THE PALISADES

Of the thousands of visitors to the Park each season, the great majority seldom gets farther than the Bear Mountain Inn or the Palisades recreation centers. Most of the visitors are excursionists, having at their disposal only a few hours of leisure for the outing,

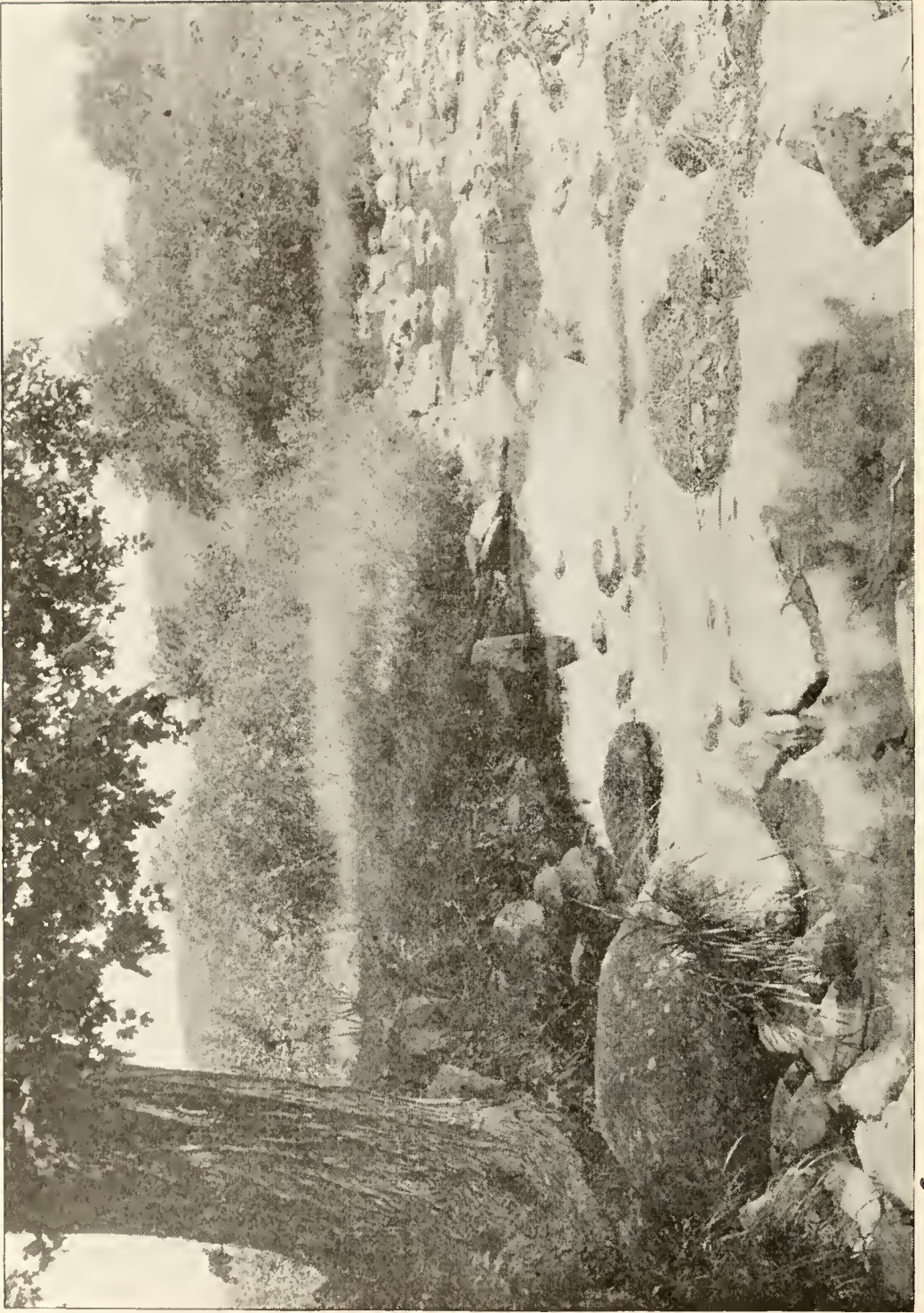


FIG. 8. The brook in Queensboro Valley.

and to such persons the Inn offers desirable close-at-hand recreation divested of all catch-penny amusements. The Inn itself is worthy of more than passing comment, as its architecture (Fig. 12) is in studied harmony with a situation wonderfully picturesque (Fig. 2). Upon one's first view of the structure, nestling low at the base of the mountain, one imagines that he is looking across some lovely Swiss valley in the lower Alps. The building is designed as a resting-place for transient tourists, and to afford accommodations of dining-room and lunch counter for excursionists desiring this service at a reasonable price. The resort has a railroad station and steamer docks constructed in fitting picturesque style, with spacious surroundings and elevated approaches leading to the magnificent pleasure grounds constituting the resort. At the base of the mountain beautiful Hessian Lake extends back of the Inn, with ample free boating facilities for the thousands of visitors who throng the water surface (Fig. 13). In the natural grove around the lake there is a great playground with swings, benches, pavilions and intersecting foot-paths or attractive lunch places under spreading hemlocks near trickling brooks. In front of the Inn a spacious lawn offers recreation, base ball, tennis, and other athletic sports. Whatever the phase of outdoor recreation that suits one's fancy, the visitor here may find something to please and to interest, picturesque views for camera, quiet walks on shady trails beset with shrubs and flowers, rowing on the lake, romping in the grove, or simple enjoyment of retired nooks and nature's unobtrusive charms.

The Palisades section of the Park is a continuous series of recreation centers, each offering diversions of similar character, yet having its own claims to scenic beauty with a magnificent background. Englewood, Alpine, Hazard Beach, and Forest View are popular centers where the visitor finds all the delights of public playground, boating, canoeing and bathing, or the more quiet recreations of woodland walks and country camps. The specially delightful character of these resorts consists in the fact that nature has not been modified and transformed into the tameness and precision of the ordinary city parks, but has been left in possession of her charms as a basis for the artificial accessories.

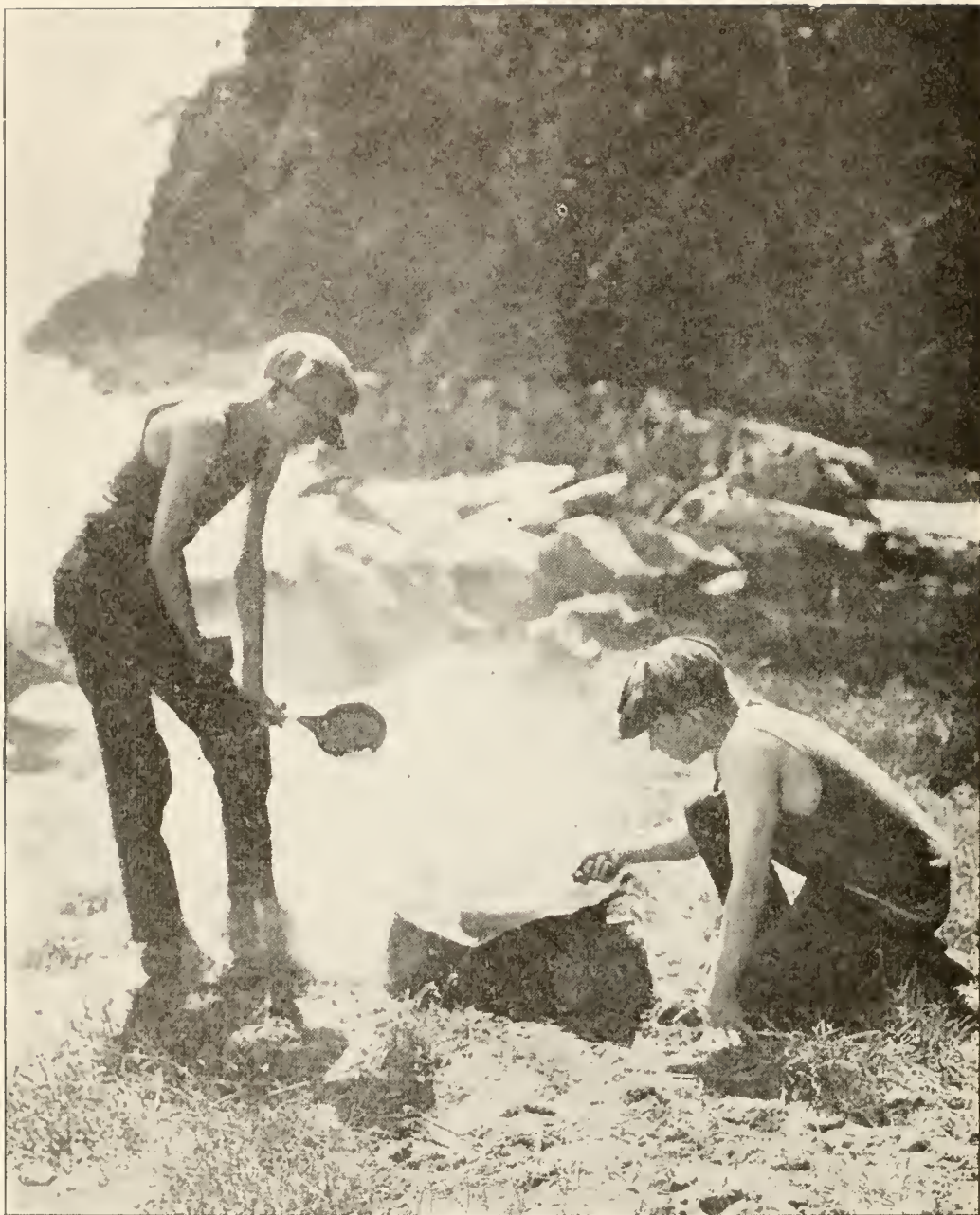


FIG. 9. Boys' camp fire within ten minutes from seething Manhattan Island, at the base of the Palisades.

THE SYSTEM OF PARK CAMPS

Structures and Equipment. There are more than fifty so-called standard camps available in the Park, constructed and operated under the plans of the Park Commission. Most of them consist of a mess hall and sleeping cabins, designed both for proper sanitation and outdoor comfort, special attention being given to general cleanliness, the water supply, disposal of waste, boat landings, and swimming docks. The camps are established primarily to "aid social welfare organizations to bring their charges to the health-giving out-of-doors under most favorable conditions." Commercialized use of Park privileges and property is absolutely prohibited. The capacity of each standard camp is about seventy-five persons, though generally the number is kept under the full quota, especially in the camps mostly devoted to relief work, charitable outings, and other eleemosynary undertakings.

Services and Facilities. The scope of the Park Commission's plans in the field of standard camping may be understood from their announcement of readiness to supply without question of profit sleeping cots, blankets, enameled tableware, groceries, milk, bread, vegetables, cooked meals delivered based on a standard balanced dietary, and transportation to and from camp sites. The aims of educational recreation as provided for by the Commission include free lectures at the camp centers (Fig. 14), camp libraries (Fig. 15), rowing at nominal cost, natural history exhibits loaned to camps without charge, concerts, talks on nature, wild life, and field excursions, moving pictures and health supervision by the Commission's medical expert. The camps are mostly situated on the lakes, to combine the wholesome influence of nature's best moods with the healthful recreations of boating and swimming. Behind the scene of buildings and sleeping tents there impend the rocky wooded slopes of mountain or hill, while in the foreground is the shimmer of water reflecting the dark shore-line of the forest vegetation. All these, however, are merely the most obvious features of the great out-of-doors silently ministering with unnoticed efficiency to eye and ear and mind.



FIG. 10. A quiet hour in camp. The rustic mess hall at Camp Knotsofah on Lake Stahahe, or Carr Pond.



FIG. 11. Boy Scouts at council meeting, on the Kanahwanke Chain of Lakes.

Beautiful wild flowers attract the interest, and butterflies flit about with alluring movements. How bracing and inspiring the mountain air! How cool and enjoyable the afternoon shade! Does one love to hike? The woodland trails (Figs. 1 and 16) are open and inviting, either alongshore or upon hillside. And then the splashing, the wading, the rowing, the ravenous appetites developed, the sleep during the cool nights! Two weeks of contact with nature at first hand amid such surroundings and under such circumstances will surely leave impressions upon child life immeasurable in their effects both physical and spiritual, tending toward the realization of a richer experience in the lives of those who thus partake of nature's beneficence.

SOME TYPICAL PALISADES PARK CAMPS

The greatness of the Palisades Interstate Park in the field of healthful camp management may be suggested by a review of the 1918 Camp Directory.

Camp Bee Hive. The Bee Hive Camp is a fair example of a typical Park activity in child welfare. It is not a so-called standard camp in construction, but rather an accessory agency provided by the Commission for this purpose. The situation is ideal for sympathetic contact with nature. It is located in the historic Doodletown Valley below the western base of Dunderberg, on a little terrace that borders a beautiful brook murmuring among huge boulders and over mossy rocks. Northward across the Hudson stands Anthony's Nose, a rugged mass of cliffs and woods. All around the Bee Hive the forest harbors its choicest attractions. To this bit of nature children are brought, through the cooperation of a city church with the Park Commission; for each two weeks a group of two dozen children are cared for by kind and competent hands, while Mother Nature adds her restful ministrations to the novel experiences of simple country life. Fresh air and sunshine, cool breezes and shade, happy minutes beside the mossy brook, invigorating influences everywhere,—who can estimate the value thus wrought into the lives of the children?

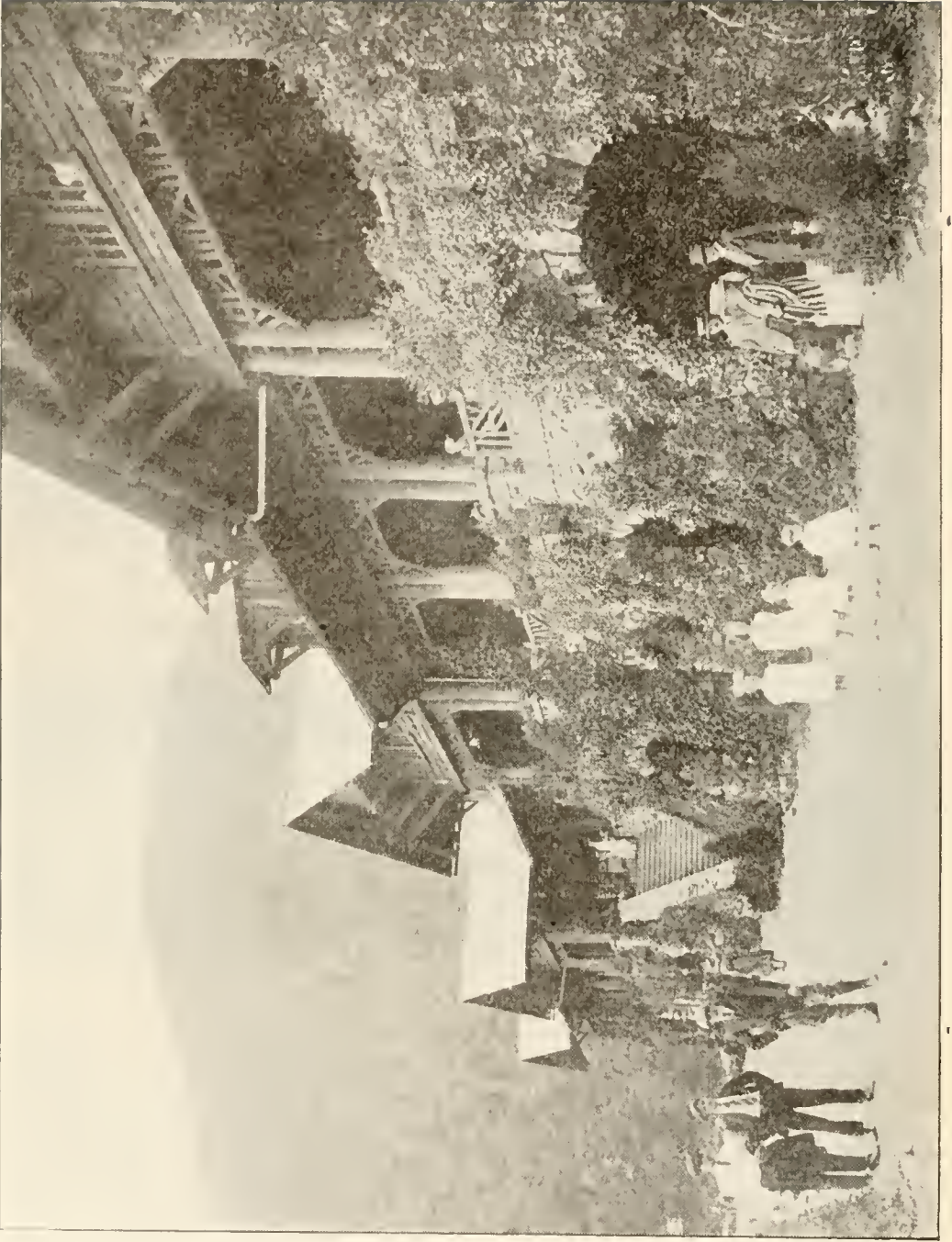


FIG. 12. A southerly view of Bear Mountain Inn, with Bear Mountain in the background. The Inn
Commissioner to accommodate visitors. There are over 200,000 patrons

American Guard Camp. It is interesting to consider some of the special camp activities during the season of 1918. A specific example is the summer encampment of the American Guard. The primary purpose of this camp is "to afford a means of reward and recreation for the year-round faithful attendance and meritorious discharge of duty of the enrolled members of the American Guard. The purpose of the organization is character building, to teach the boys by military training (Fig. 17) the principles of patriotism, loyalty and obedience, to improve them physically and to make their minds alert and responsive." The Park Commission, in harmony with its general purpose of administration, provides every facility in the way of convenient camp site, water supply, sanitary surroundings, boating and swimming docks, food service with a standard balanced dietary, and health supervision. The activities of this camp are directed by a regular daily program of instruction and recreation arranged by the officers of the American Guard organization. About 1,500 cadets are taken care of here during the camping season.

Globe Camp. Quite another type of camp activity is that of the Globe on Lake Stahahe, where 150 little undernourished boys are kept each two weeks under the supervision of the Association for Improving the Condition of the Poor. There the chief desideratum for these youngsters is a change of living for two weeks from street and tenement surroundings to the healthful invigorating environment of lake and woods, where the children can revel in a new experience, a wealth of fresh air and cool water, with bird-notes sifting through the stirring foliage, with wild flowers peeping from bush and shrub and grass tuft, with butterflies flitting by the roadside and crickets chirping in the grasses, the air animate with nature's sounds, and all the surroundings astir with life. Hours of rest or romping, play or sleep, sitting in quiet nooks, or walking along the roads (Fig. 18); bathing in the swimming corrals in care of responsible leaders, or paddling over the shimmering water in quiet afternoon or evening hours; wholesome food with a standard dietary for a season, and elementary notions of hygienic living under healthful conditions; — these are the needs provided for in



FIG. 13. Free boating for 40 minutes, on Hessian Lake, at Bear Mountain Inn. Over 100,000 boat assignments are made annually.

a camp of this type, merest fundamentals that result in physical well-being and a wider outlook upon life.

The activities of this Globe camp may be detailed as an example of the Park ideals in practical application. It is maintained by the Association for Improving the Condition of the Poor, in cooperation with a metropolitan daily newspaper, the New York Globe, as an experiment made possible by the generous attitude of the Park Commission. The beneficiaries of this camp average about eleven years of age, selected from city families where life is at a discount. A main purpose of the experiment was to provide an adequate ration of balanced food, with suitable exercises, under conditions where nature might cooperate to the best advantage. At seven A. M. sleeping tents are opened and cots and blankets aired. This is followed by compulsory washing from the waist up. At mess call there is inspection of hands, faces, teeth, and hair. After breakfast there is camp duty in cleaning of tents and grounds. At ten there are recreations of swimming and bathing at the lake dock and swimming corrals. Then follow fishing, rowing, hiking, and games until lunch is served. After lunch there is an hour of compulsory rest. The greater part of the afternoon is given to pleasing and healthful diversions such as hiking, fishing, local excursions, and nature walks and sports. The evenings are spent in campfire entertainments.

Boy Scout Camp. The activities of the Boy Scout Camps on the Kanahwaque Lakes illustrate the possibilities of the region in relation to woodcraft. Hiking, tenting, rowing, swimming, the camp-fire, outdoor ways and means, the lore of the enveloping forest, outing tricks and devices, the signs and trails of the wildwood, wild flowers and native trees, the home life of birds and four-footed creatures, the stars by night, the voices of nature by day — these are the things at least in suggestion that vitalize the days spent in the Kanahwaque camps by the thousands of Boy Scouts who assemble on these lake shores during the tenting season. All the elements of boy scouting, under conditions most favorable for actual practice, are suggested, bit by bit, in the daily activities of a typical Kanahwaque camp. Practical ideas about tents, camp sites



FIG. 14. A lecture to Boy Scouts.

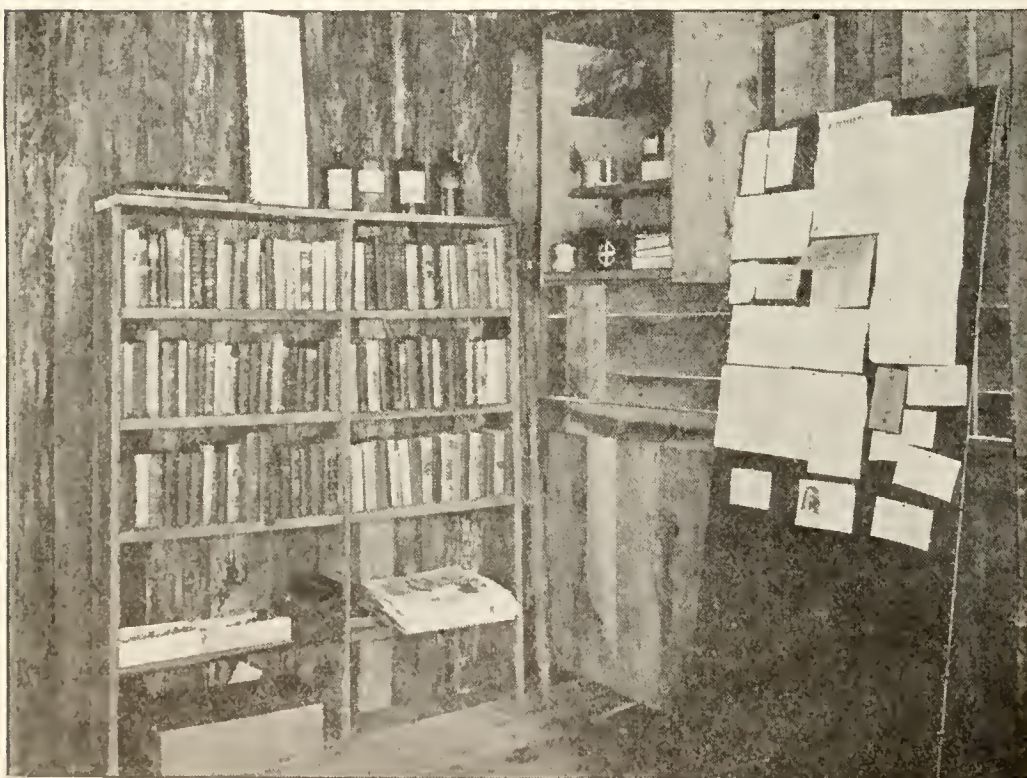


FIG. 15. A camp library at Big Brother Camp, Lake Stahahe, or Carr Pond.

and camp making, about grub and mess kits and hike outfits, about camp health and sanitation, are here inculcated by the everyday life and ordinary experiences of the youth under standard camp arrangements and competent masters. It is in such environments, with associations of kindred minds and spirits, that boys learn to play the game and intuitively develop the experience which makes them doers and leaders in times of real emergency. Such camp life not only tends to the physical development of our boys, but it also stimulates the unfolding of mental and moral qualities productive of a strength of soul which gives its possessor a firmer grasp upon life and leads him over the top in every endeavor.

THE PRACTICAL RESULTS OF CAMPING IDEALS

In general the camping ideals of the Park Commission have made this great out-of-doors area serviceable beyond all the conventional uses of other so-called parks.

Spell of Night in the Forest. Not only has daylight been utilized in the recreational scheme, but darkness as well has been made the background of camp-fire and council-ring, attractive with evening discourse, song, and story. Not only the woods and water by day, but the calm influence of the fire-lit faces by night, under the stars and moon and encircling forest gloom, the sleep in the environment of the forest's depths, the murmured gossip of the brook near by, and the unknown voices of the woods in impenetrable shadow,—these are a part of the offerings rendered available in the camp plans of the Park Commission. And who can measure the intangible results of these nights in camp, in moral force and soul-fiber, upon the hearts and minds of the thousands at rest nightly during July and August, in the camps throughout the Park?

Health. Not merely theoretical, however, are the results as shown by the actual workings of the camping department, for in unnumbered cases the glow of health has appeared on faces which came to camp wan and depressed, and voices formerly mirthless have rung through the mess hall with zest and merriment. It has been found that among a group of one hundred fifty little boys, undernourished in infancy and ill-fed in childhood years of



FIG. 16. Little campers on a hike through the woods around Lake Stahahe, or Carr Pond.

growth, an average gain of more than two pounds per person in the two weeks' outing was recorded, aside from the incalculable benefit of brighter eyes and happier countenances, and a keener glimpse into the coming day. When we multiply this group of boys by four or five, the full work of the camping season, and add to it the parallel results accomplished by fifty other camps in the Park, for little tots just glimpsing life's possibilities, boy scouts in vigorous youth, and working girls bearing burdens a trifle too heavy, we begin to comprehend a purpose that is at least akin to greatness.

Forests versus City Streets. In the field of child welfare and social economics, the practical outworkings of the Park camp ideals attain their maximum realization in the group of activities on Carr Pond, or Lake Stahahe. These represent the utilization of outdoor influences, coupled with suggestive and directive daily exercises, to curb and counteract tendencies of other environments which fail to promote the ultimate good of these juvenile elements of society. The beneficiaries of some of these camps come from homes devoid of vision and lacking in capacity for uplift, from tenement, street, and curb, from shop and factory, from want and privation and neglect. Here in the fresh, green out-of-doors these plastic young lives or wearied older minds are given impressions of something better than they have yet known, glimpses of things around and beyond and above. Each of the boys of the Brooklyn Industrial Camp, leaving the Park, carries away something of a broader outlook and a truer purpose for the future. Each of the one hundred fifty little boys marching from the Globe Camp every two weeks shows a distinct gain for youthful citizenship. Every lad enjoying the hospitality of Big Brother Camp for two weeks represents a finer sense of life's relations and obligations going forth to exert a leavening influence for good. So here and there, in one camp and another, whether the aims are social, civic, charitable, or educational, there result unmeasured gains in physical fitness, renewal of strength, and the rest of body and mind that follows a well-directed change from depressing conditions. And what of the mental and moral results? Impossible it is to estimate

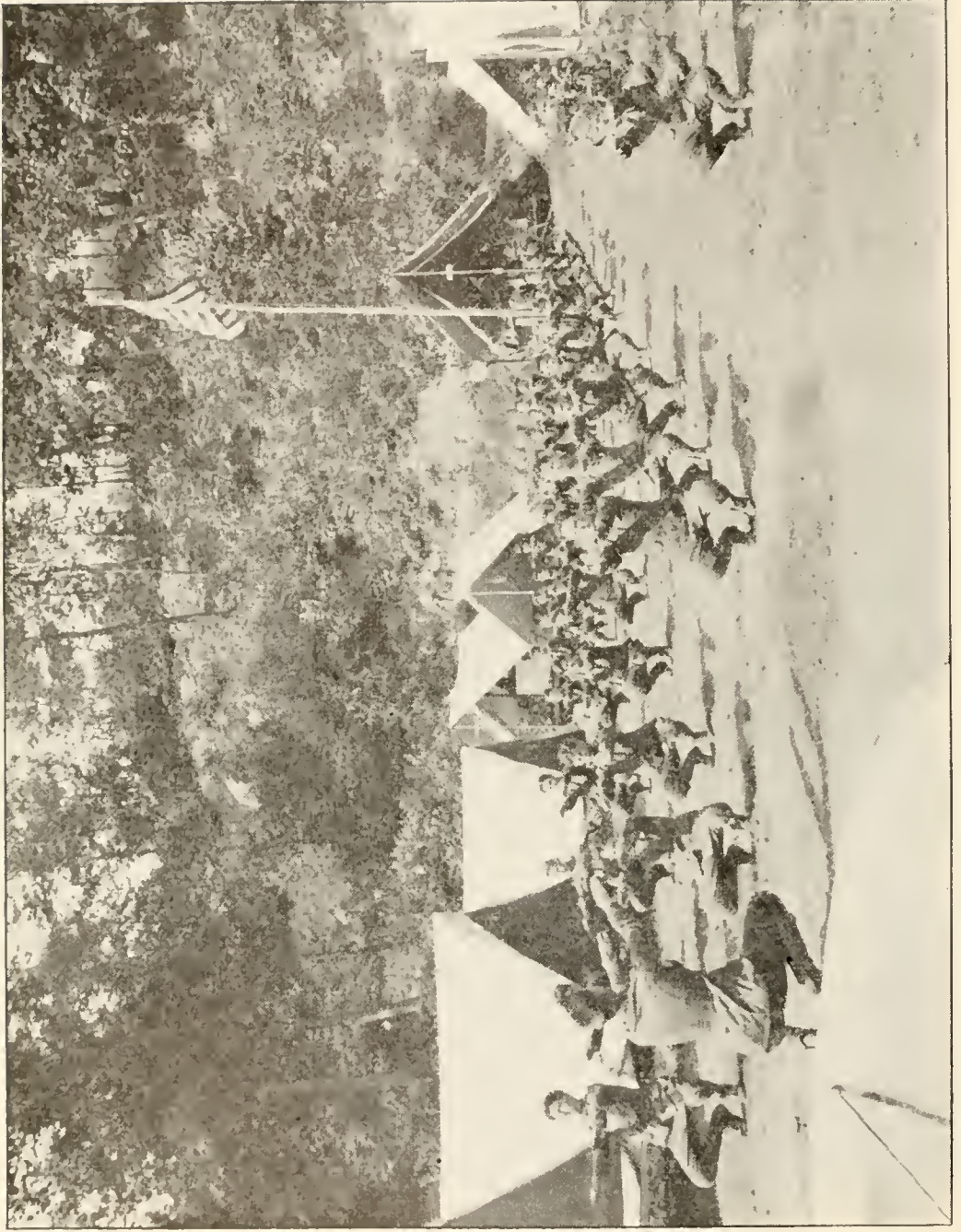


FIG. 17. Physical training in the American Guard Camp, near Bear Mountain.

the aggregate of all the impressions of associations that stir the dull soul and arouse the dormant personality, or to number the concepts of new forces and influences that prompt to effort and incite to nobler living, as experienced by the boys and girls of the Carr Pond camps, the elders of the Yorkville Social Settlement Camp on Cedar Pond, the boys of the scouting centers on Kanah-wauke Lakes, or the tenants of any of these shores and woods during the camping days of July and August.

Education in Conservation. Not the least in importance of the results of the Park camping activities is the suggestion of the proper conservation of these public resources and utilities, and of the valuable opportunity of educating the public in the use of this resource. The wild flowers are a part of the great environment, not to be plucked and destroyed, but to be enjoyed in their wild fragrance and beauty as nature's unselfish offerings for all who chance to pass that way. The springs of water are not to be contaminated and befouled, for further along their courses may be those who look to these sources for water pure and invigorating. The trees are not to be mutilated or injured, because other campers and visitors will expect to enjoy the woods another season, and crippled objects of nature are as unsightly as blemished specimens of humanity. These are some of the lessons learned in the woodland camps, that birds and flowers, trees and springs, insects and curious creeping things, the toads and dragonflies, yes, even the woodchucks and garter snakes, are all objects for the thoughtful consideration of inquiring boys and girls, as well as adults, as things for outdoor study and observation.

CONCLUSIONS

In conclusion we revert to our introductory affirmation that this is the greatest camping park in the world. It is great in the fact that it contains the majestic Palisades, the magnificent Henry Hudson Drive, and the forested heart of the Hudson Highlands. It is great in its wealth of scenic beauties, its extent of wooded hills, its green amphitheatres and shimmering lakes, its stretches of native woodland. It is great in its camps and its playgrounds,

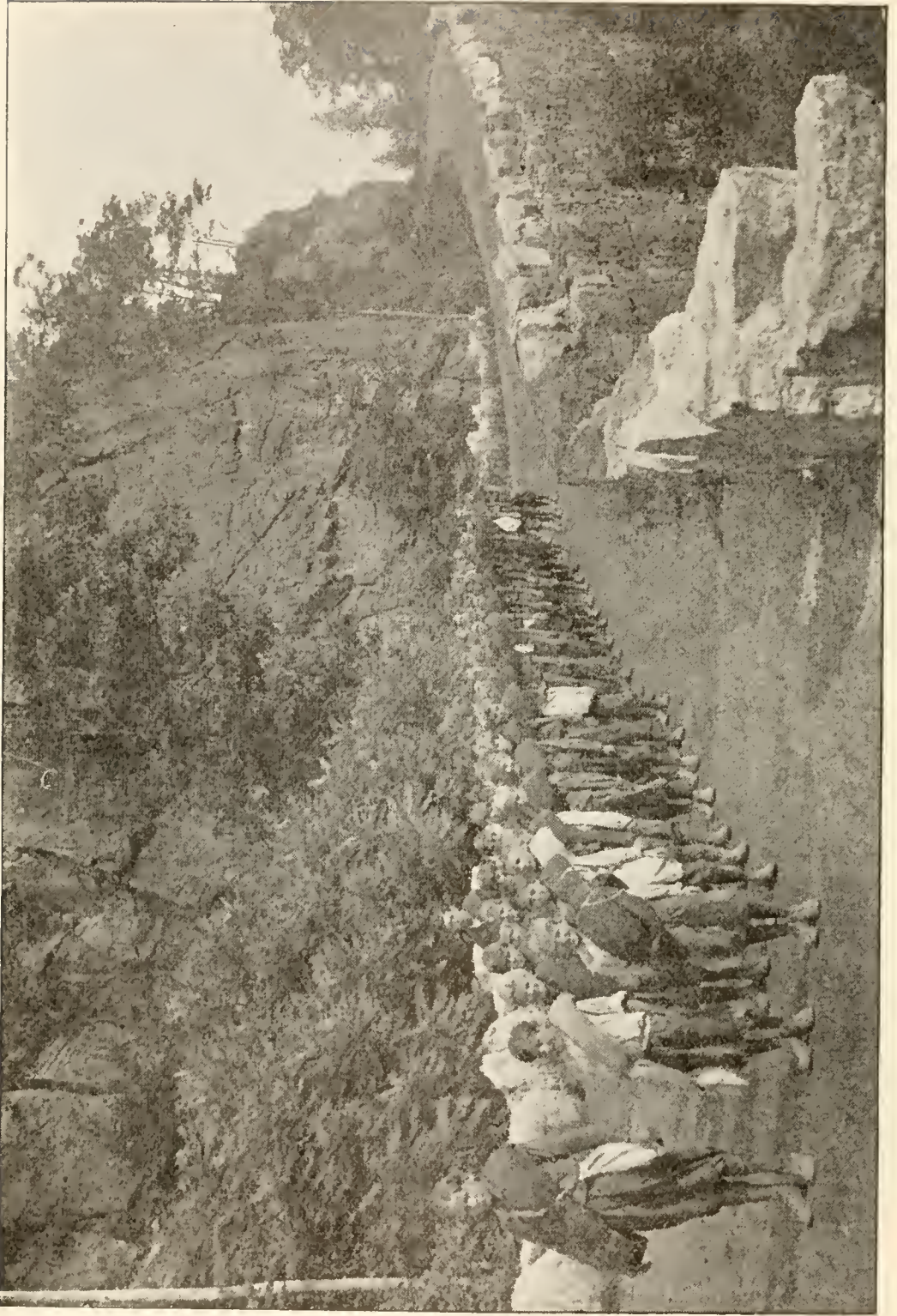


FIG. 18. Fifty orphan campers of the Brooklyn Industrial School for Destitute Children, returning from a three-day 40-mile hike.

in all its arrangements and equipments for healthful recreation with inspiring environment. It is great in its organization and administration of the plans carrying its ideals into everyday practice. Finally, it is great in its accomplishment of a huge experiment, whereby a great public stewardship gives to the people a pleasure-ground replete with modern facilities, and managed solely for the good of the people.

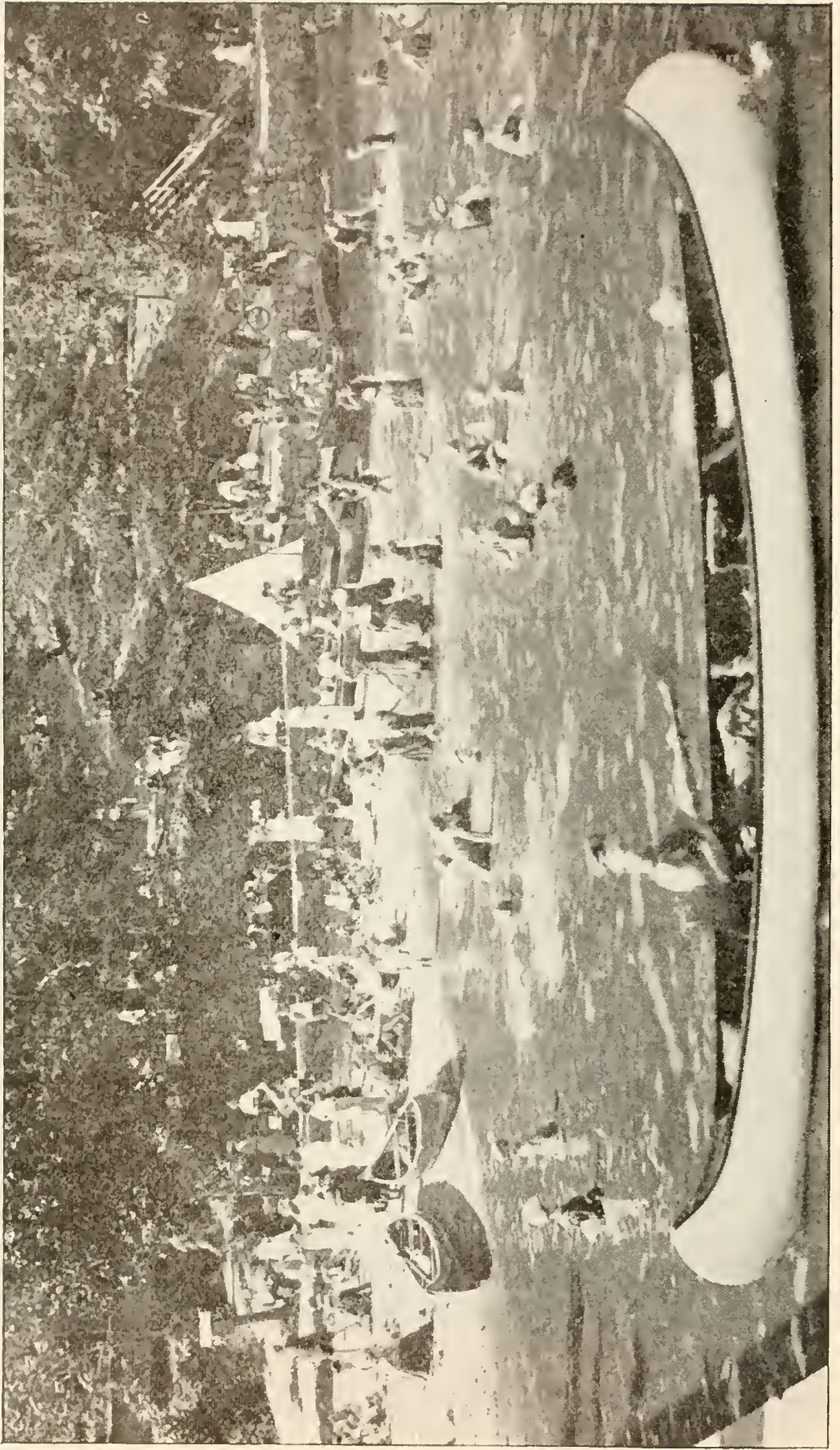


FIG. 19. Canoe Beach at the foot of the Palisades, opposite New York City, showing its use by the public.

SOCIAL ASPECTS OF PARK ADMINISTRATION

EDWARD F. BROWN

ACQUISITION OF THE PARK

Palisades, Past and Present. Robert Juet, Master of the Half Moon, who kept the Journal of the voyage of Henry Hudson, wrote in 1609 as his historic bark neared Wee-awken* (the New Jersey shore opposite Forty-second street, New York City), "This morning at our first rode in the river, there came eight and twentie canoes full of men, women and children."

It is more than three hundred years since Hudson sailed up the river which now bears his name. If, during the summer, you were to ride on any of the boats which glide gracefully through these same placid waters, you would find just a little north of the spot described by Juet many more than eight and twenty canoes filled with men, women and children on the subjacent shores of the towering Palisades.

Happily, the adventuresome spirit which led Hudson and his crew of brave men to the New World is not dead. The primitive instinct of the play-starved masses in New York, seeking an outlet for their sorely-tried nerves, seeks to-day these same shores in canoes, to find rest, adventure and recreation (Fig. 19). It is indeed a strange sight to see across the river from seething Manhattan some of the same majestic headlands on which the wondering and expectant Hudson gazed, with its brightly painted canoes at their feet.

To-day the lower portion of the west bank of the Hudson presents an illuminating contrast. For miles we find the irregular and squalid docks behind which factories rear, to belch forth smoke, noise and confusion. Suddenly this ugly sight comes to an end, and the imposing rocky embattlements rise in their pristine splendor. Here the Palisades Interstate Park begins.

* Rocks that look like trees.

Viewed from a distance the Palisades form a series of mighty ledges along the western shore of the Hudson, towering aloft as almost perpendicular masses of gray rock (Fig. 20) adorned with dark green forest. In reality, however, the Palisades comprehend a range of gigantic stone headlands, facing the river, extending back toward the open and level country with an average depth of considerably more than a mile, and sloping landward in a system of irregular and broken terraces, all this forming a natural park-like domain altogether unique in American scenery. It is the New Jersey portion of this formation that gives its name to the Palisades Interstate Park.

Conservation of the Famous Palisades Cliffs. The genesis of the Palisades Interstate Park is to be found in the conservation movement. It had its beginnings in 1895, when these ancient cliffs, which for twelve miles fringe the west shore of the Hudson, were fast being destroyed by the quarrying of trap rock. It was then that a group of public-spirited citizens petitioned the Legislature of New Jersey for the reservation of this section, first as a military fortification and later as a natural park. That it stands to-day like an oasis in the labyrinth of factories and dwellings which surround it on all sides, is a splendid example of what was made possible by staying the hand of the quarry interests at their work of despoliation.

It is no wonder that the wild grandeur of these rugged headlands has been conserved by legal enactments to serve as the basis of rational and inspirational recreation and its preservation for a higher use.

Recreational Value of the Palisades. The river frontage offers the inducements of beach, wooded shore-line, inviting cover or scenes of expansive outlook, framed in by the gray and green of looming cliffs behind. Here the tourist party finds the openings of narrow ravines, where falling water invites to rest and seclusion under the shadow of ledges which impend half a thousand feet above the roadway (Fig. 21). Trails and foot-paths lead upward in zigzag courses from terrace to terrace, opening ever widening views across and beyond the winding river. Cool and shaded beaches allure

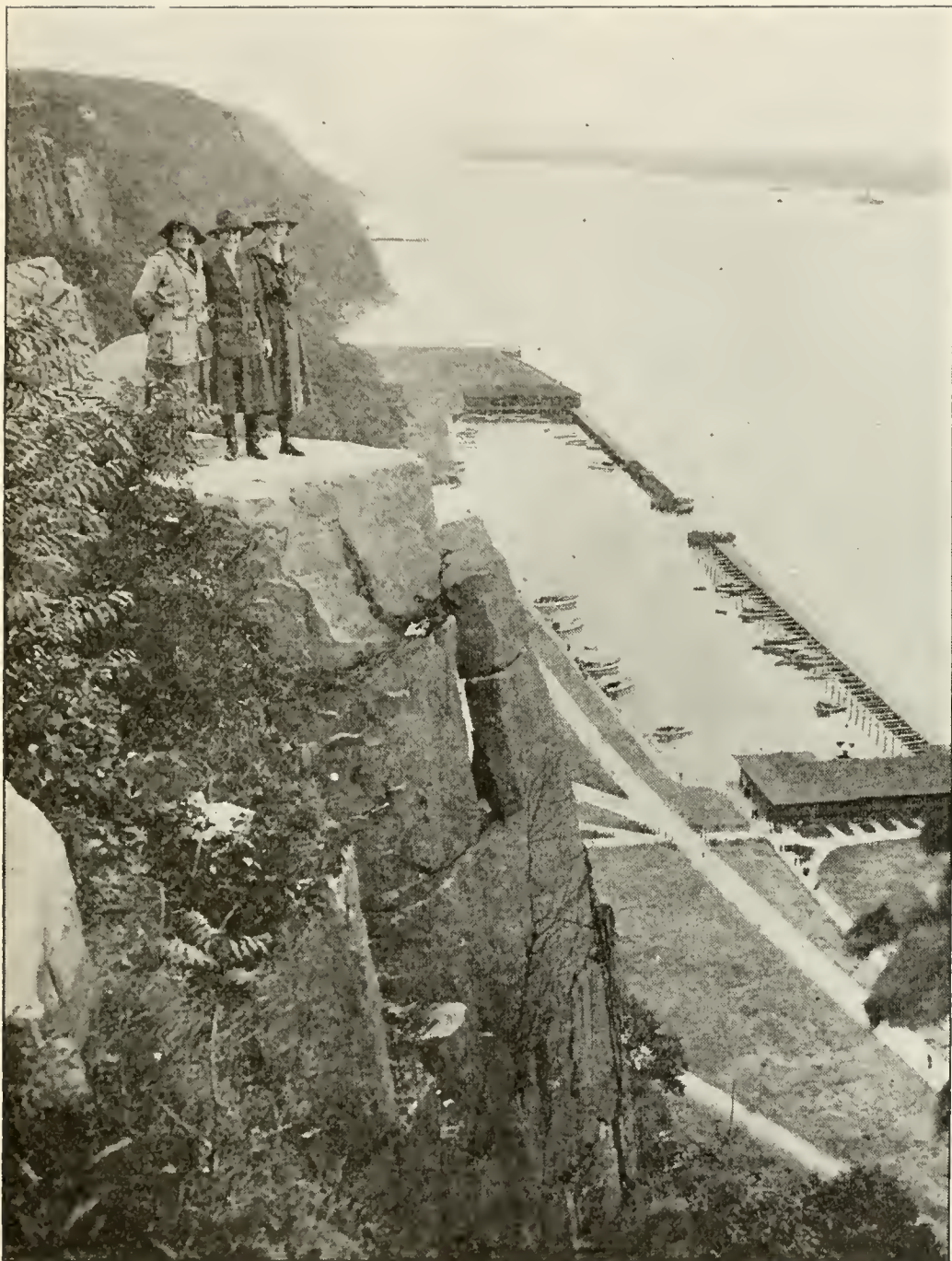


FIG. 20. The Englewood approach, looking down from the cliffs upon the lagoon, showing the headlands and the wide expanse of the Hudson.

with the attractions of bathing, camping, or loitering, with choice bits of nature's handiwork ever ready to impress the attentive eye. Over the sloping rock surfaces (Fig. 1) the forest has extended its sway, with its wealth of wildwood offerings, densely wooded ledges, rugged ravine thickets, open sylvan terraces, or jutting promontories of rock with dizzying edges peering from the trees upon the expanse below. This is the Palisades section of the Park, twelve miles of the most beautiful portion of the lower Hudson's western shore, which serves as nature's contribution to a system of docks, pavilions, playgrounds, and other recreation centers created for the people by a purpose in Park administration altogether unique and unconventional.

It is here that there has just been erected one of the largest bathhouses in the country, capable of accommodating 2,000 persons (Fig. 22). The building is made of the rock cut from the base of the cliffs, and is altogether consonant with the natural surrounding. It nestles modestly at the foot of the headlands to the north of which a 500-foot artificial beach was made.

The Harriman Park Benefaction. The State of New York purchased a 170-acre tract of land between West Point and Tompkins Cove, New York, for the purpose of erecting a penitentiary to relieve crowded Sing Sing. The citizens of Highland Falls, just north of the proposed prison site, objected to the location, and subsequently the land was turned over to the Palisades Interstate Park for a public park. To commemorate this transfer, and as a part of a general preconceived plan, a group of prominent people gathered on a rugged plateau at the base of Bear Mountain on October 29, 1910. At the conclusion of the opening addresses, Mr. W. Averell Harriman, now one of the commissioners, arose and said: "In accordance with a long cherished plan of my father (E. H. Harriman) to give to the State of New York for the use of the people a portion of the Arden Estate, and acting in behalf of my mother, I now present to the Commissioners of the Palisades Interstate Park the land comprising the gift. I also hand you my mother's contribution to the expense of future development of the Harriman Park. It is her hope and mine that, through all the years to come, the health and happiness of future generations will be advanced by

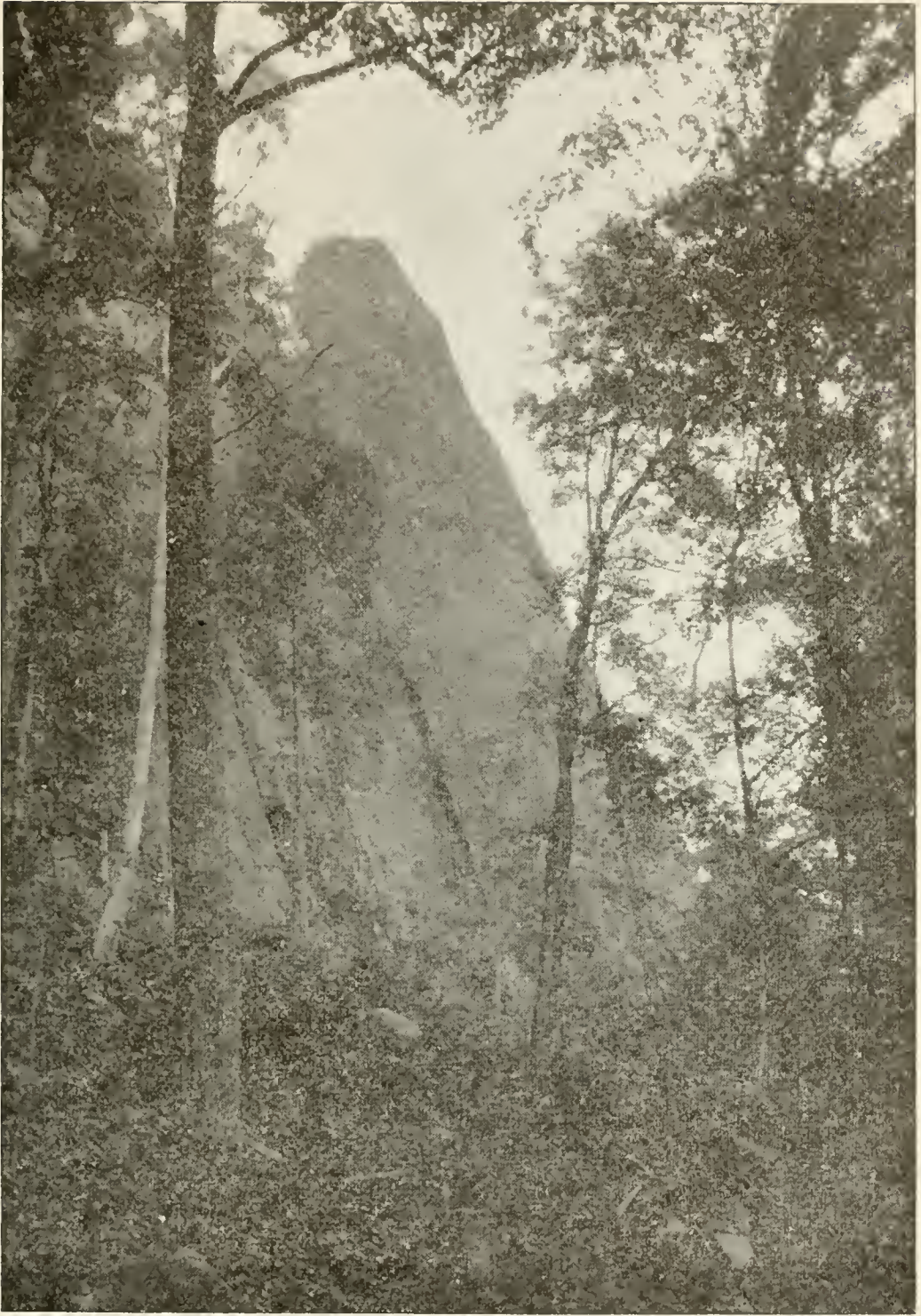


FIG. 21. El Capitan, near Forest View, in the Palisades region; one of the striking landmarks.

these gifts." With this Mr. Harriman handed to Mr. George W. Perkins, who, as Chairman of the Palisades Park Commission for nearly two decades, has been the active and inspiring leader in this work, a deed to 10,000 acres of land and checks amounting to \$1,000,000.

Thus has the plan of housing criminals in this beautiful region of the Hudson Highlands been abandoned, while the little prisoners of the slums, the sad-eyed and sallow-cheeked children (Fig. 26), have been brought to the great out-of-doors to gather new strength and inspiration for the struggle.

Here, at this abandoned prison site, lies the central portion of the Park, which is composed of the Bear Mountain region and the Harriman Park area, forested hills, lakes and limpid mountain brooks, all threaded and intersected by a system of roads, making every portion of the region accessible to campers, visitors and tourists.

The Bear Mountain locality, with its commodious Inn (Fig. 12), offering a commanding outlook upon Anthony's Nose and Dunderberg Hill, constitutes a scenic feature rivalling many of the Alpine hostleries, and equalling the effect produced in the Glacier National Park and Yellowstone National Park by the mountain chalets in picturesque situations. The views of the Hudson at Bear Mountain are magnificent, and the neighboring steeps are grand and inspiring.

PIONEERING IN PUBLIC PARK ADMINISTRATION

It is in its unusual conception of administration that the Palisades Park is unique, and will stand for many years as a great experiment in the social utilization of public parks. These principles might be summarized as follows:

Park Installs and Administers All Facilities. All the construction work in the Park is carried on by the Commission's own force; its roads, buildings, lakes are mapped out by its own engineers. While at first this system strikes one as sound, in that it seeks to eliminate the profit motive of commercial contractors, a system fraught with a tradition of graft, favoritism,

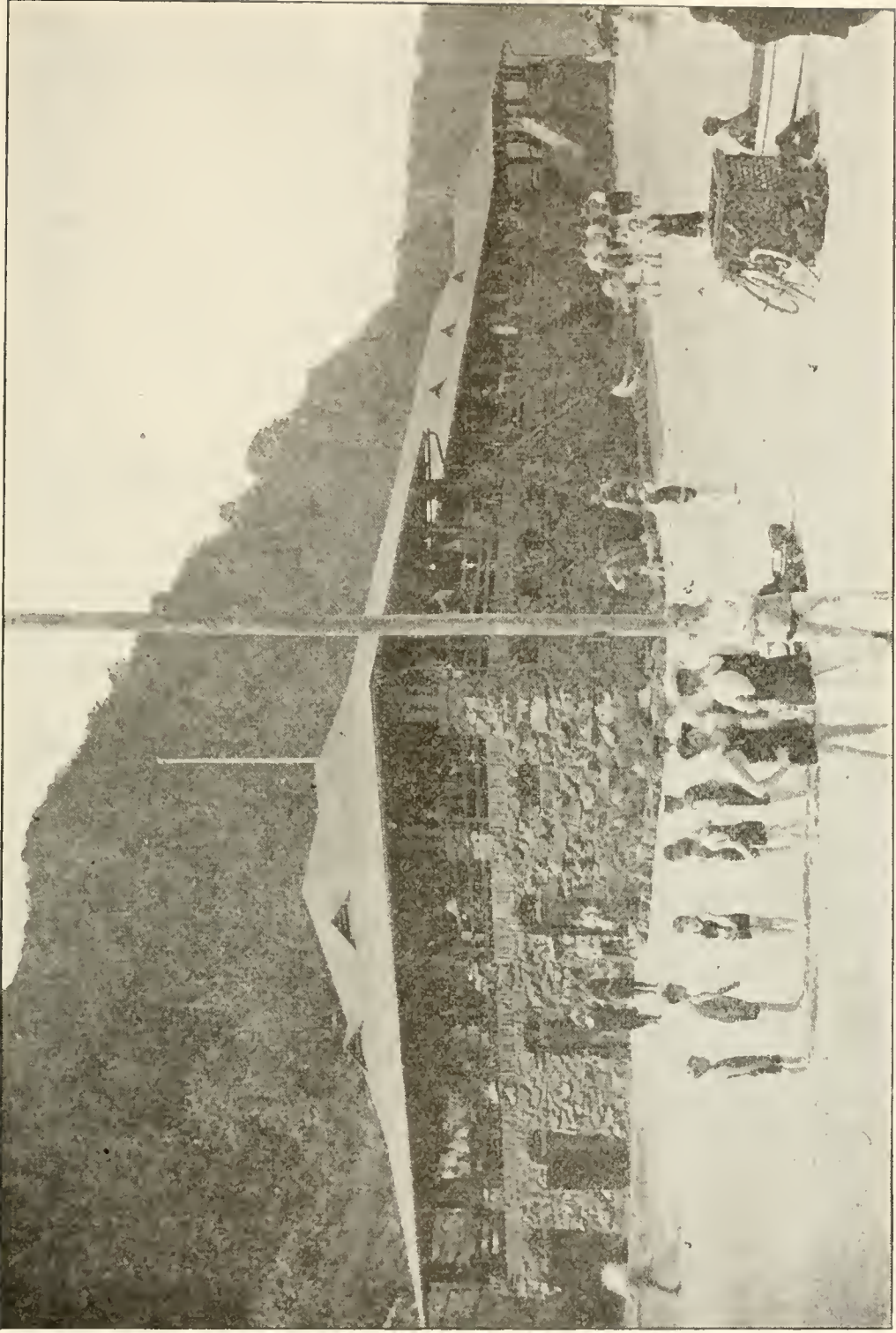


FIG. 22. Hazard's Beach bathhouse, accommodating 2,000 people. The stone was quarried from the base of the cliffs; the posts are from the forest of Harri man Park; the lumber from the Commission's sawmills. Even the wastebasket and flagpoles are home-made.

and inefficiency, there is another higher and deeper motive which commits the Commission to this principle; that is, the Park is constantly experimenting in untried fields, and it seeks, in addition to the economic advantage of doing its own constructive work, to maintain a flexibility which will leave it free to change its plans as newer needs develop. Thus there is constantly employed a staff of workers who have to their credit such notable achievements as the Seven Lakes Drive, the Bear Mountain Inn, the Hazard's Beach Bath House, the enlargement of the lakes in the Park, etc.,—all under the direction of an ingenious engineer, Mr. William A. Welch, now General Manager of the Park.

It is a disappointment to those interested in the rational development of public playgrounds to have to see that in most of the public parks such facilities as restaurants, baths, and other accommodations required for the enjoyment of the public are let out to commercial concessionaries. Naturally, the prime motive is one of profit and, while it is true that a measure of control is exercised by park administrators, the profit motive is uppermost, and thus the fundamental principle is unsound.

The Palisades Park with one stroke, definite and uncompromising, established the principle of no commercial concessions. It bases this principle on the solid ground that if a public park is maintained for the enjoyment of the public, the facilities indispensable to a maximum enjoyment must be free from exploitation and must be part and parcel of the park organization, just as the tree that shades the visitor or the lawn on which little children play. Thus the Bear Mountain Inn, a public restaurant, supplies food at moderate cost to Park visitors. In three years approximately \$500,000 worth of food has been sold. During the summer of 1919 over 1,100,000 sales were made by the Bear Mountain Inn.

During 1919, over 41,000 persons used the new Hazard Bath House, of whom 29,366 paid from ten to twenty-five cents for towels, etc., while 12,044 used the place without service and therefore without charge.

A transportation service, which seeks to take people who would be unable otherwise to motor into the interior of the Park, transported nearly 200,000 passengers during 1919.

Thus the commercial concessionaire, with his profit itch, finds little comfort in the Palisades Park, and if this Park's experience in the principle of administration is an indication of what would happen in other public parks, it is hoped that it will have the desired effect of removing the commercial aspect from the means by which the public enjoys its parks.

Fullest Use of Park Resources. Another sound principle of public park administration is to be found in the Commission's policy of utilizing, so far as practicable and economical, its own resources in the development of its facilities. Thus the Hazard Bath House is built from the rock cut from the face of the cliffs; posts which support its upper story come from the dead chestnut in the Park forest; the lumber is sawed in the Park mill; while all material is transported by the Park trucks.

The hundreds of boats on Hessian Lake are built by the Commission's carpenters, and the tables and benches in the groves are made by its own staff.

Two sound reasons are apparent for this principle:

1. It is economical in that it makes unnecessary the dependence on the market for supplies, a market which fluctuates; and
2. It enables the Commission to supply work to its staff during the winter months, thus maintaining the morale of its workers and making unnecessary the frequent changes so common in seasonal work in a park used largely in the summer.

Wastes Utilized for Public Benefits. Merely as indicative of its policy of economic administration, let me cite some interesting instances of conservation employed by the Palisades Park. Originally there was no land to speak of at the base of the Palisades. Thus the Palisades for twelve miles was more or less a bit of scenery to be enjoyed by the eye alone. The Commission found it possible to make considerable land by filling out into the Hudson River without destroying the natural scenery. Huge playgrounds were thus laid out, as at Forest View. This filling-in process consisted chiefly of sinking old canal barges loaded with ballast, and laying on top of them the sweepings of New York streets, which,

of course, are to be had without cost. Thus we owe a good deal of this land to the street sweepings of New York! This is, of course, subsequently topped with soil and seeded.

In order to maintain an architecture consonant with the woodland, the sleeping cabins and mess halls built for camps are finished with the slabs from the logs. Ordinarily the slab is a waste product of the mill, but here it is used as a substitute for dressed lumber and to beautify the building.

The ice on the lakes of the Park during the winter is harvested by the Park staff and placed in ice-houses built on the lakes, which supplies the summer needs of the camps and restaurants with ice.

A 500-foot beach was made at the Hazard Bath House from the screenings of stone quarries, a waste product for which nothing is paid. It makes a fine beach, is procured by the barge load, and thus another ordinarily waste by-product of an industrial plant is utilized by the Park.

Sound Finances and Park Administration. It is easy for a group of public-spirited men, such as constitute the Palisades Interstate Park Commission, to go too far in its ministrations, and to create a lack of appreciation in the facilities afforded by reason of a too liberal policy of use. Even this has been anticipated, for, through a system of extremely moderate charges for many of its facilities, the Commission hopes some day to be able to make its revenue-producing activities support the whole Park project. While this is an ambitious program, as an ideal it is to be striven for, because the Palisades Park, in addition to making the widest use possible of its resources and facilities, has a definite financial program with which to carry it forward, not only to benefit those who come to enjoy its advantages, but also to relieve the State of the burden of maintaining a public park, through ignoring the reasonable and proper revenues which may be derived from its use.

CENTRALIZATION, COORDINATION AND EFFICIENCY IN PARK ADMINISTRATION

Certain problems are alike in all the camps. Food, for example, must be supplied. In order to keep the expenses of the individual camps down to the lowest level, the Commission undertook to act as commissariat. With its transportation system, its large purchasing power, its experts, it finds it possible to purchase food for less money than it is possible for individual organizations, most of them small, to procure the same food. Thus a storehouse, located near Bear Mountain, where cheap water transportation is available, is stocked with staple foods which, on a few hours' notice, can be delivered to any camp.

Hot Meals Delivered to Camps. In order to make uniform the food supplied to the children, and particularly to assure itself that each child gets an adequate amount of nutritious food properly balanced, the Commission supplies camps with cooked food delivered to the camp in heat-retaining receptacles (Fig. 23). The cost of twenty-one meals per week delivered was \$4.00 in 1919. How this is done forms an interesting chapter in a novel scheme.

Bear Mountain Inn is, like most summer refreshment stations, used chiefly on Saturdays and Sundays. The demand for service on those days, however, is so great that it makes essential the maintenance of a staff throughout the week, which is only partially occupied. In order to utilize to the maximum the spare time of this staff, and reduce to a minimum the overhead charge at the Inn, it was found that the staff at the Inn could do the wholesale cooking for the camps. This insures uniformity of quality and rationing. It also supplies a safety valve for the days when rain leaves vast quantities of food on hand, with no visitors to consume it. This food is then sent to the camps, so that sometimes the surprised camp master finds roast chicken as part of the menu supplied at the amazingly low sum of \$4.00 a week for twenty-one meals. This food cooked in large quantities is placed in heat-retaining receptacles and sent to the camps hot and fresh. Thus last summer over 150,000 meals were served with a regularity certainly equal to that of the uncertain temperamental household

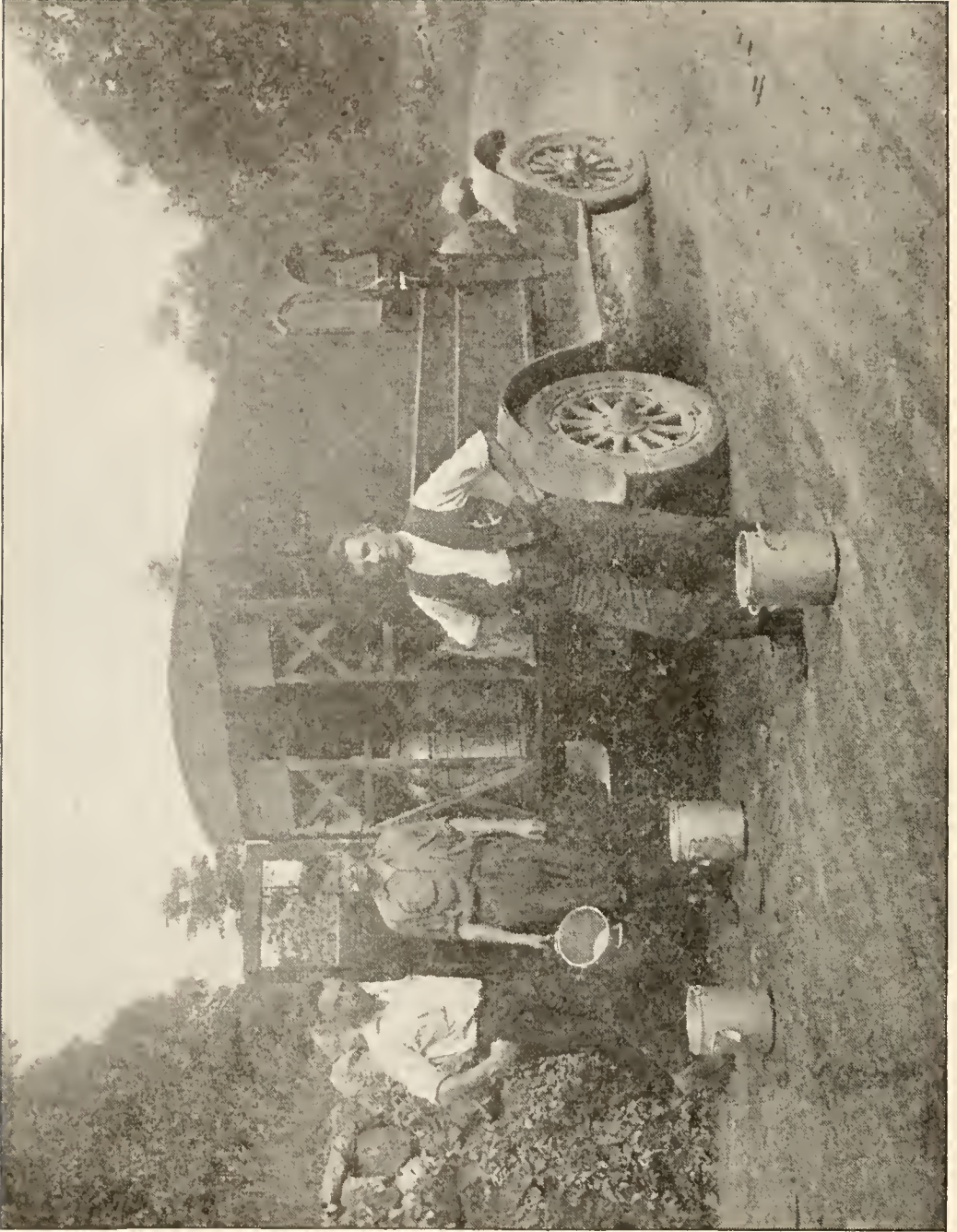


FIG. 23. The automobile which delivers cooked food from Bear Mountain Inn to distant camps in

cook. Most of the camps in the Park have taken advantage of this system, finding therein these advantages:

1. More and better food is supplied at less money than if a kitchen were established in each camp.
2. Uniformity of quality and scientific balancing.
3. Uncertainty of the securing and employment of cooks eliminated.
4. Avoids inevitable waste in small kitchens.
5. More time and greater opportunity to camp directors for the constructive educational work in a camp.

Cooperative Health Activities. Another activity common to all the camps is that of the health of the camp population. The Palisades Park employed a doctor who visited the cooperating camps each day, (a) to examine the children in order particularly to avoid the spread of any disease; (b) to give treatment to those needing the same; (c) to inspect the sanitary aspects of the camp (Fig. 25).

The camps paid an average of \$1.00 per month per child for this service.

Thus again the Park, through centralization, makes available to all the camps a medical service which most of the camps would be unable to afford for their camp alone. In addition, the doctor delivered lectures on health, thus making a child's vacation in the Palisades Park mean something in terms of normal growth, education, and character.

Transportation. In order to make it possible for those with the least of life's goods to come into the Park, the Commission has arranged a standard transportation rate of \$1.50 (1919 rate) from the boat landing in New York to any camp in the Park and return (Fig. 29). This involves in each case a ninety-mile return boat ride, and from ten to thirty-four miles return automobile ride. This low transportation rate is made possible only by reason of the surplus from the rates charged to the general public for sight-seeing trips. On certain days (Saturday, Sunday and holidays) all the omnibuses of the Commission are reserved

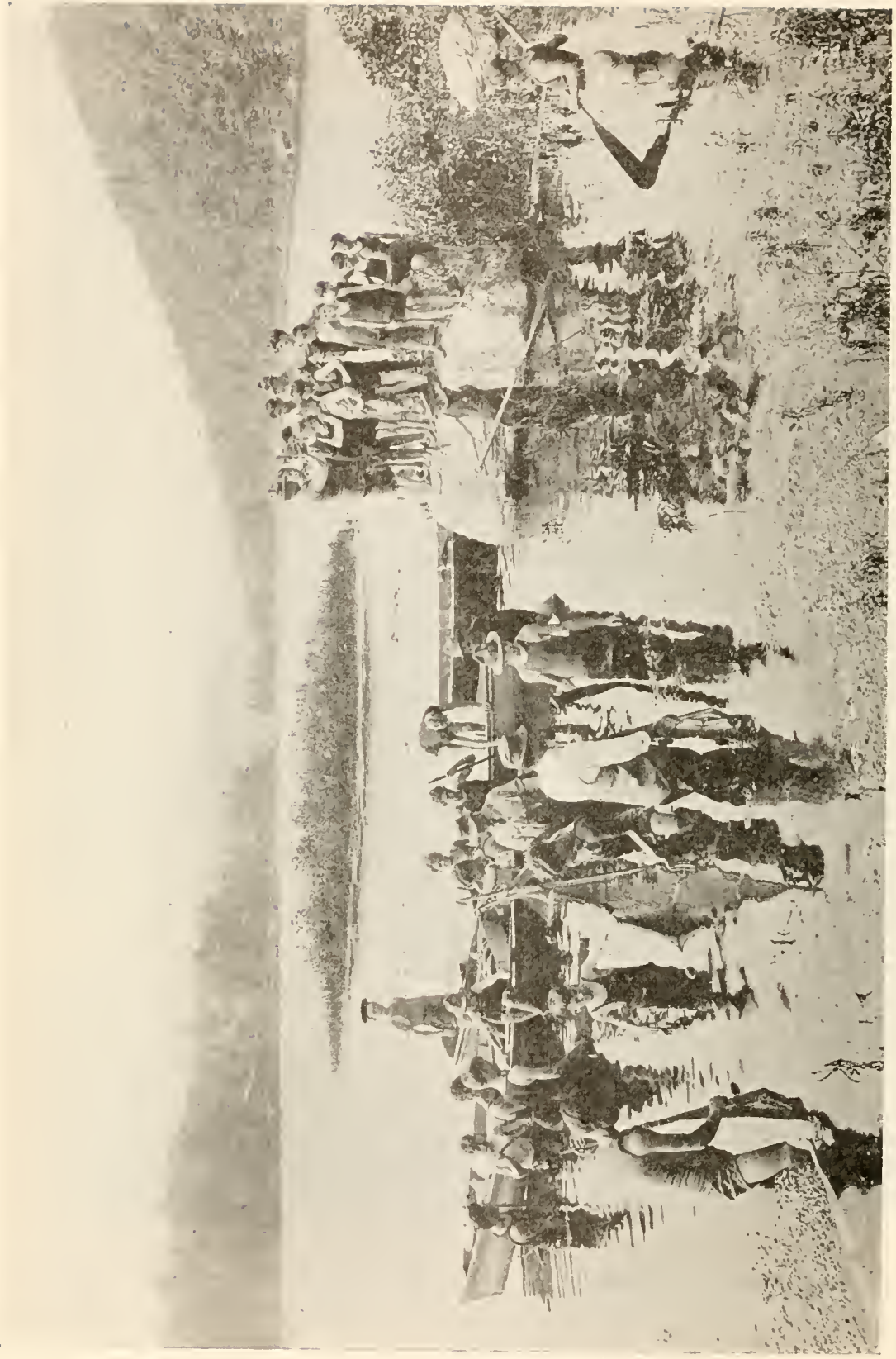


FIG. 24. A fishing excursion with Boy Scouts conducted by the natural history survey party from The New York State College of Forestry.

for the thousands who go on visits to various points in the Park, and for which they pay a rate which leaves enough to pay the deficit in the campers' transportation. This does not mean that the sight-seeing rates are exorbitant, or even high.

EDUCATIONAL ASPECTS OF PARK UTILIZATION

Conservation Education through Contact with Nature.

Sometimes we are apt to grow discouraged as untaught and irreverent vandal hands are laid on the growing things in the forest. For every thoughtless person who thus misuses our parks, there must be thousands who, through contact, come to love the growing things, and learn to protect them.

The hundreds of thousands, and if I said millions I should be correct, of citizens who have visited the Park, most of whom have carried away some idea of the need of conservation of natural resources; the thousands of children who have come to know the definition of trees or grass as something more than things surrounded by rails with a "Keep off the Grass" sign displayed, constitute a vital educational force in the community which is not to be underestimated. The appropriate books which are supplied stimulate interest in the outdoor world (Fig. 15).

In this connection it is interesting to observe that the Palisades Park administration has a definite educational ideal in mind.

Traveling Natural History Exhibits. In cooperation with the American Museum of Natural History, a number of traveling exhibits, such as birds, trees, minerals, etc., with accompanying leaflets, are sent for a week's stay at each camp.

Bird Walks. "Bird Walks" were inaugurated in the summer of 1918. Small groups of camp residents go through the woods to get a first-hand acquaintance with birds, their names, habits, and calls, under the direction of an experienced leader.

Field Excursions. These were inaugurated by the natural history survey party of the State College of Forestry. Excursions were devoted to fish, but will probably be extended to other aspects of nature (Fig. 24).

Lectures. Lectures, with lantern slides, are given periodically in each camp.

Music. Concerts are held regularly. Prominent artists have come to the Park for this purpose.

Thus a vacation in a Park camp comes to mean something more than "a good time." It cannot be but that many of the wretched, broken lives of the children of the city have been softened by their stay amid an environment of natural splendor, clean play, and interesting educational processes.

THE MONEY VALUE OF RECREATION

Outside of the field of commercial recreation we seldom think of recreation in terms of its value in money. We know, for example, that there is a direct relationship between wholesome recreation and health. We also know that the general spiritual tone of an individual is enhanced through wholesome recreation.

Frank A. Waugh, in his recent pamphlet on "Recreation Uses on the National Forests" (U. S. Forest Service, 1918), makes an interesting computation on the value of recreation in parks. He says (pp. 25-26): "The market value of this body of recreation can be determined within reasonable limits. Mr. G. A. Parker, superintendent of parks in Hartford, Conn., the recognized authority on such matters, computes that park recreation as managed in the United States costs on the average two cents an hour. This, however, is cost, not value. The human value of an hour spent in skating in a city park or fishing in a National Forest would be hard to estimate; but ultimate human values are seldom estimated in dollars and cents. Our usual figures indicate merely commercial values, *i. e.*, market prices. Now the commercial value or market price of recreation is determinable quite as easily and exactly as the price of beans or books or tobacco. Enormous quantities of recreation are daily bought and sold in the open market, and the prices are as well recognized as for any commodity of commerce. The movies cost 10 cents or 15 cents; the vaudeville theaters cost 25 cents or 50 cents; the 'legitimate drama' costs 50

cents to \$2 a hearing; concerts cost from 25 cents to \$2; grand opera, \$2 to \$5; a baseball game costs 50 cents; the circus costs 50 cents for the big tent, 10 cents for the concert, and 10 cents for the side show.

“A moment’s thought will show that 5 cents an hour represents the absolutely minimum cost of commercialized recreation. In some towns a person can buy the mild entertainment of an hour’s ride on the street cars for a nickel. There still are streets where the movies perform indescribable rubbish for 5 cents.

“On the whole, however, it is perfectly clear that very few and very questionable forms of recreation are offered at the price of 5 cents an hour. If we go up to 10 cents an hour the availabilities improve. The movies are better; we can occasionally get into a skating rink for a dime; we can buy an hour’s reading in a cheap magazine; we can ride out to the park and back; or we can get 10 cents’ worth of fishhooks and go fishing. Our choice is still most restricted.

“If we seek a comparison with forms of recreation more nearly like those offered by the forests, our results are less precise but no less convincing. A few men are able to maintain private hunting and fishing clubs in the Adirondacks, in Maine, or on the Restigouche. The time they pass at these resorts costs them anywhere from \$1 to \$10 an hour. To take a vacation at any public seaside or mountain resort costs from \$2 to \$10 a day.

“These figures, though somewhat sketchy, are a statement of plain facts. In view of them the following generalizations are self-evident:

“1. The minimum market cost to the consumer of wholesome recreation privately provided is 10 cents an hour.

“2. The average cost of commercial recreation is much higher, probably lying somewhere between 25 cents and \$1 an hour.

“It ought to be self-evident, further, that the great bulk of such recreation is worth all it costs. If it isn’t, the large majority of our whole population are being daily robbed in their recreation bills. One more premise hardly needs an argument, viz., that the average recreation on the National Forests is as valuable in all human ways as the average of commercial recreations.”

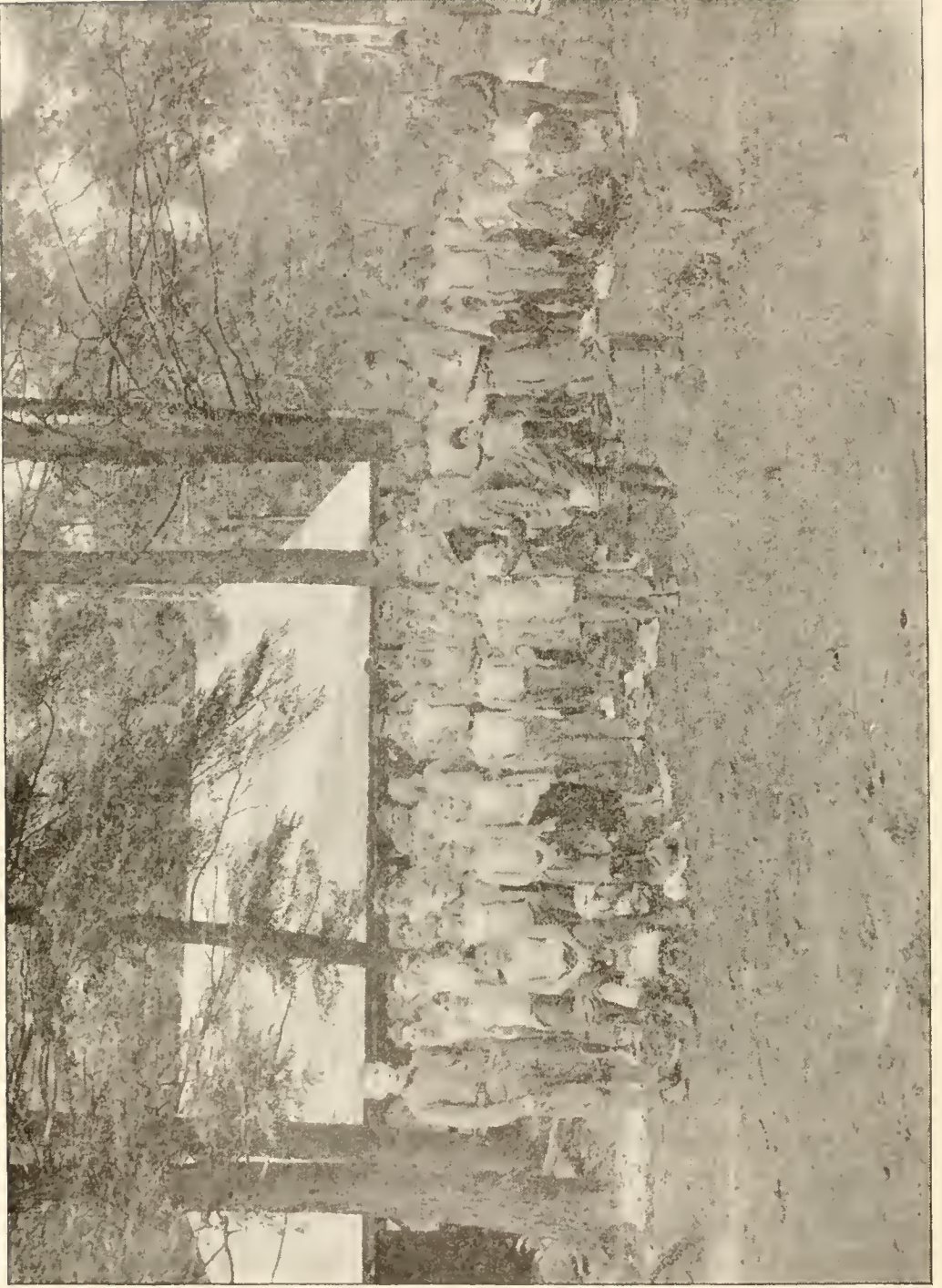


FIG. 25. Conserving health; the Park Commission physician, cooperatively supported, making physical examinations at the Big Brother Camp, at Lake Stahle.

If we compute the cost of the recreation had in the Palisades Interstate Park on the foregoing basis, it would appear that with 52,350 campers spending an average of eight days each, and averaging their recreational hours at ten a day, it would be equal to 4,188,000 recreational hours. At ten cents an hour we have \$418,800 worth of recreation in the camps alone.

The 621,024 people who visited Bear Mountain averaged five hours, or the equivalent of 3,105,120 recreational hours. At ten cents an hour this is equivalent to \$310,512.

The 458,415 people who spent an average of seven hours in the Palisades Interstate Park region during 1918 aggregated 3,208,905 recreational hours, which, at ten cents an hour, is equivalent to \$320,890.

Thus we have a total money value of \$1,050,202 for recreation, which the Palisades Interstate Park yielded to its visitors.

NATIONAL VITALITY AND RECREATION — A SUMMARY

The great conflict just ended has reduced the national vitality, and indicated the need for health promotion as a national asset. Recreation, which inures to health, and cooperative play, which is the seed of fair play among men, have a definite and not-to-be-ignored place in the program of reconstruction. Too often, as Frank A. Waugh has aptly put it in his "Recreation Uses on the National Forests," great national preserves are considered valuable only in their productivity of lumber. They must be vitalized as media of health and character building.

The rational use of parks promotes health, as in the Palisades Park, through:

1. Camps, such as the Globe Camp, where undernourished children are scientifically cared for in a scheme of remedying health defects and preventing diseases which grow out of undeveloped and underdeveloped bodies.

2. Restaurants, where wholesome food is sold at low cost.

3. Bathing beaches, where healthful bathing is encouraged.

4. Canoe beaches, where invigorating exercises are possible.

5. Trails, where hiking through woods and mountains, is most pleasurable and profitable.

6. Athletic fields, made available without charge.

7. Education in natural history in the field, developing the powers of observation, and promoting self-reliance.

These are some of the obvious factors which directly and indirectly minister to health and national protection, while affording wholesome enjoyment to the play-starved masses.



FIG. 26. Some underfed tenement types, at the Globe camp in Harriman Park.

CAMPING FACILITIES IN THE PALISADES INTERSTATE PARK*

EDWARD F. BROWN

INTRODUCTION

Policy of the Commission Regarding Group Camps. The purpose of this paper is to describe in detail the camping facilities available in the Park in order to give the fullest information to organizations contemplating such a venture.

The Commissioners of the Palisades Interstate Park, invested by the Legislatures of New York and New Jersey, respectively, with the control and management of upwards of 35,000 acres of park lands embracing twelve miles of river frontage along the Palisades of the Hudson and large tracts in the Highlands of the Hudson, seek to make available to public welfare organizations certain sites especially prepared for public health and recreational encampments.

It is the desire of the Commissioners to particularly aid social welfare organizations to bring their charges to the health-giving out-of-doors under most favorable conditions. Thus city dwellers, especially those who have little or no opportunity for a summer's rest with its recreative advantages, may get a chance to use public lands for this purpose in surroundings arranged to yield a maximum in matters relating to health and pleasure.

The Commissioners have established the principle that camp privileges granted in the Park may not be used to commercialize any phase of the work or to yield a profit to any individual or organization. They cordially invite the inspection of interested persons, and on appointment opportunities will be presented to look over the camp development on the ground.

* Revised to date, November, 1919.

Eligible Organizations. Social settlements, public school systems, relief, social, recreational and fraternal organizations whose aims are eleemosynary and devoted to the public welfare, are eligible to apply for the use of the Park lands for camp purposes.

The Commission is interested in aiding industrial organizations in the development of camps for the use of employees. There appears to be an increasing appreciation on the part of industrial organizations of the social value of such agencies as camps in the promotion of health and efficiency. Ultimately, it is the plan of the Commission to lay aside a lake, if practicable, to be used exclusively for this type of camping. The program for such camps being so different from the program in a camp for children, it is thought wise to bring them together on one lake so that the intercamp activities may be developed to the fullest extent with comparable groups.

The organizations having camps assigned by the Commission enter into a form of contract with the Commission, which contract indicates the financial arrangement and responsibility. This contract form may be had on application to the Camp Department.

All applications, inquiries or special arrangements can be made up to May 15, 1919, to Edward F. Brown, Superintendent, Camp Department, Commissioners of the Palisades Interstate Park, 61 Broadway, New York, telephone Bowling Green 6875; and after May 15 inquiries may be addressed to the New York office, or to Mr. Edward F. Brown at Iona Island, N. Y. Telephone, Stony Point 1.

AVAILABLE CAMP SITES

Lake Stahahe (Carr Pond). This lies in the Ramapo Hills, north of Tuxedo on the Erie Railroad, forty-one miles from New York (Fig. 6). It is 850 feet above tidewater, two miles from the Southfields Railroad Station, and on the main driveway through Harriman Park. Numerous islands in this lake afford admirable opportunities for fishing, treasure hunts, etc. This lake will be restricted to boys' camps. Post-office address, Southfields, N. Y.

Lake Kanahwauke. This lies 830 feet above tidewater (Fig. 4) and consists of a chain of three lakes situated about five miles from Southfields, New York, on the Erie Railroad. The location is thirteen miles from Bear Mountain. This chain of lakes is used primarily for Boy Scout organizations and has been developed as the great Boy Land of the Park.

Through an arrangement with the Boy Scouts of America (200 Fifth Avenue, New York) the administration of the Scout camps at this point is in the hands of a Chief Camp Master appointed by the Boy Scouts of America. The applications for Scout camps should be made to the Boy Scouts of America direct. The organization will then take the matter up with the Commission and when the application is approved by the Commission, camps will be assigned in cooperation with the Boy Scout organization. The purpose of this is to centralize the responsibility for the large boy scout activities in such a manner as to make it possible both for the Boy Scouts of America and the Palisades Park Commission to coordinate its work in the interest of economy and efficiency. Post-office, R. D., Stony Point, N. Y.

Queensboro Valley. This valley nestles amongst beautiful hills and permits of unlimited possibilities in the way of real country life. For the present there is no swimming, however, immediately near this location. Post-office, Iona Island, N. Y.

Cedar Lake. Here is a 300-acre body of water, 1,040 feet above tidewater and about eleven miles from Bear Mountain. This is the "Lake in the Skies," it being one of the highest points in the Park. Boating is permitted here, but there will be no swimming allowed for the present, as this lake constitutes a water supply of a nearby community. Post-office, Iona Island, N. Y.

Lower Twin Lake. This lies 880 feet above sea level, and is situated in the heart of the Highlands. This point is restricted to camps for Girl Scout activities. There are some available camp sites at this point, reached via boat to Bear Mountain, thence by automobiles over the mountains. Post-office, Central Valley, N. Y.

Upper Twin Lake. This lake has just been acquired by the Commission and will ultimately be available for camps for girls and women. The Long Mountain Road, now under construction, connecting the Central Valley region with Queensboro Valley, will bring the camps of the Twin Lake region nearly seventeen miles nearer the Bear Mountain section. Post-office, Central Valley, N. Y.

Summit Lake. This is situated 900 feet above tidewater. It is isolated and reserved for the present for the activities of the Young Women's Christian Association. There is boating, bathing, and all the available sports of the forest. Post-office, Central Valley, New York.

Arden Brook Valley Lakes. These two lakes, now in the process of formation, will, when completed, be available for girls' camps. Post-office, Iona Island, N. Y.

Hook Mountain. This region is especially accessible to the communities from Westchester points via the Nyack ferry. Only canvas encampments for the present are possible at Hook Mountain.

Popolopin Creek. The vicinity of this creek affords many opportunities for canvas encampments. It is near Bear Mountain, and in the center of the activities which operate at this point.

Alpine, the Palisades. A number of week-end camps have been located for some years in the Palisades region in the Park, north of Alpine, where only canvas encampments have been available. For the present there is no further space available in the Palisades region of the park for group encampments.

Brooks Lake, which lies a little north of Bear Mountain, is intended to supply the need for individual camping in the Highlands section. The proximity of Bear Mountain Inn and the recreational facilities at Bear Mountain Park makes available for a limited group of individuals an excellent opportunity for vacations at a moderate cost.

Rockland Lake lies about thirty-five miles from New York on the main line of the West Shore Railroad. For the present it is being used as an auxiliary group camp section, and only a limited number of camps are as yet available at this point. No swimming is allowed here for the present.

FORM OF APPLICATION FOR CAMP SITES

Written applications for camp sites should be addressed to Edward F. Brown, Camp Department of the Commissioners of the Palisades Interstate Park, 61 Broadway, New York (telephone, Bowling Green 6875). These applications should state:

- a. Name of organization.
- b. Name of directors or trustees.
- c. Chief executive officer in charge of camp arrangements, together with address and telephone number.
- d. The general purpose of the organization.
- e. General description of the group for whom encampment is requested.
- f. Age and sex of the group to be encamped.
- g. Number of councillors who will be in charge of the camp.
- h. What sum, if any, campers will be required to pay for accommodation.
- i. If there is no charge to campers, what are the conditions of acceptance of applicants.
- j. Date on which camp is proposed to be opened.
- k. Date on which camp is proposed to be closed.

We are purposely omitting the filing of a form application to enable organizations to give as much information outside of the outline stated above as they may desire.

On receipt of applications, they will be investigated and presented to the Camp Committee of the Commissioners of the Palisades Interstate Park, consisting for New York of Mr. George W. Perkins, Mr. W. Averell Harriman, and Dr. Edward L. Partridge; for New Jersey, Mr. George W. Perkins, Mr. Frederick C. Sutro, and Mr. Franklin W. Hopkins.

STANDARD CAMP BUILDINGS AND IMPROVEMENTS

Types of Camp Plants. To insure the health and comfort of campers, the commissioners have constructed two types of standard camp plants. These types are known as (a) detached sleeping-cabin camp, (b) combination camp.

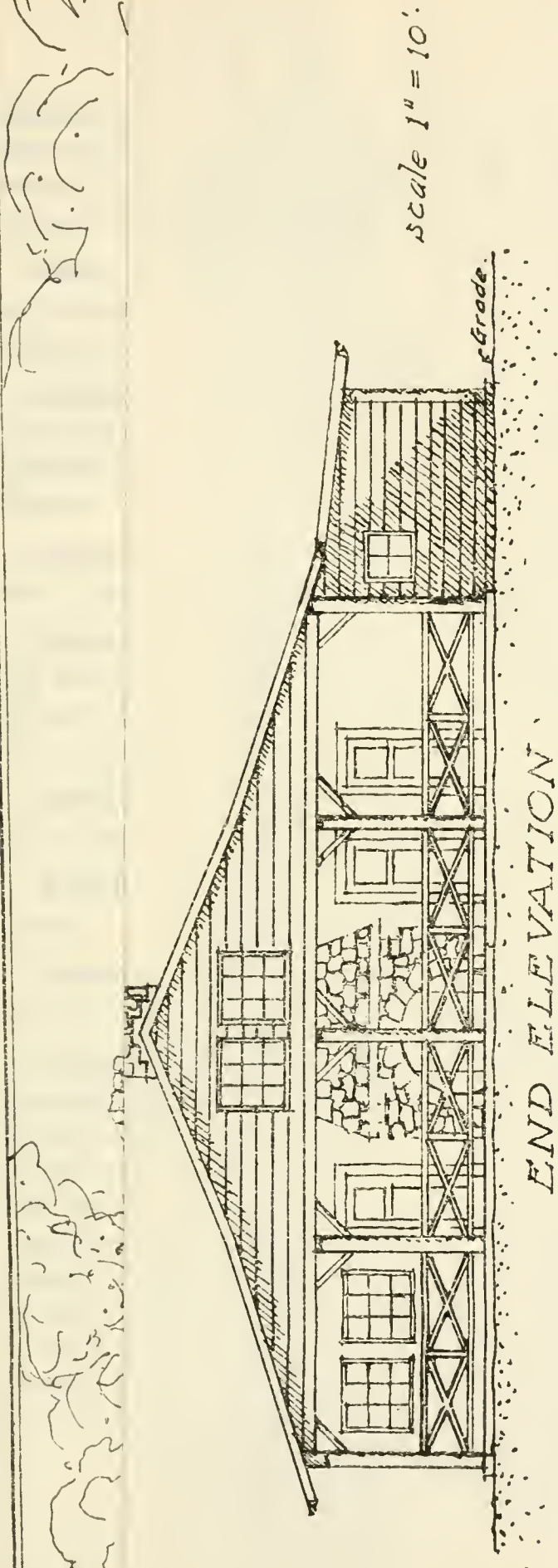
The detached sleeping type camp includes a mess hall (Fig. 27) built in rustic style from chestnut logs similar to that shown in Figs. 10 and 14. It is a 40 x 50 weather proof building. One end is taken up by a large open fireplace, flanked on either side by a kitchen unequipped except as to sinks and water connections, and a storeroom in which there is a built-in refrigerator. The sleeping cabins are detached and accommodate eight to sixteen persons each.

The combination type of camp, which is especially adapted for young children, consist of a two-story building. These buildings can be made to accommodate 32, 64 or 100. The lower portion of this building comprises the dining-room with a large open fireplace, a kitchen and storeroom. The upper story is the dormitory, providing a maximum amount of light and ventilation. This is an ideal type of camp for young children, making administration easy and requiring less assistants to manage than the detached sleeping type with the campers outside the main building.

Sleeping Cabins. As a substitute for tents, and with a view to providing more durable, comfortable, and economical sleeping quarters, the Commissioners have devised a sleeping cabin shown in Figure 28. Cabins of this kind may be built to accommodate units of eight or sixteen. The sixteen-unit cabin is recommended because of its relative inexpensiveness. It requires less supervision than the smaller unit. It contains a double bunk frame arrangement with plenty of room to move about between the row of bunks, and ample space for clothing, etc.

From the standpoint of ventilation these sleeping cabins are ideal, because the air strikes them from all sides. The apertures are provided with water-proof curtains in case of storm.

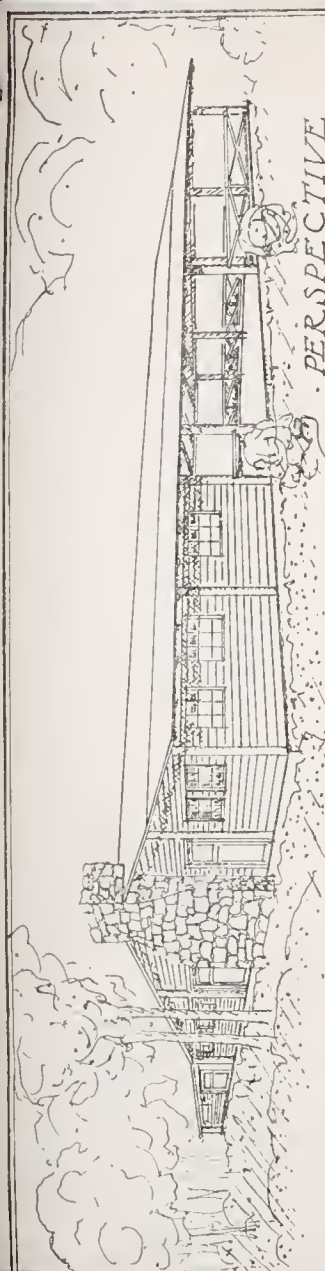
Washing Facilities. Washing facilities consist of a wash cabin with six to ten faucets of running water, centrally located near the



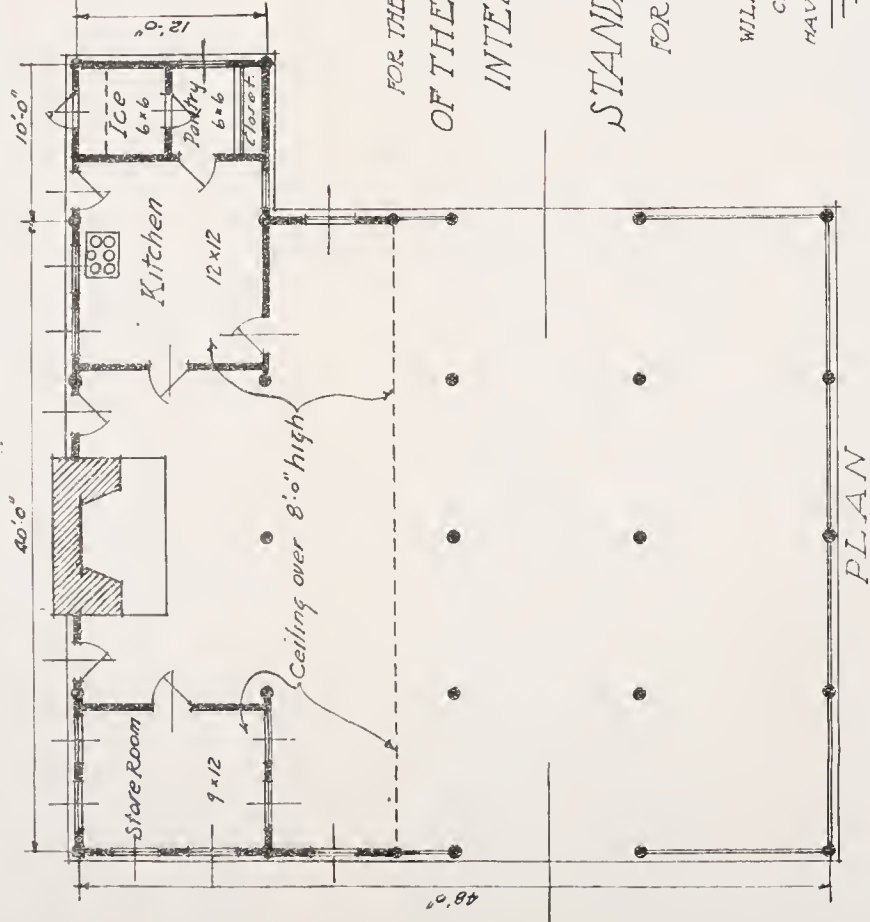
Scale 1" = 10'

END ELEVATION

FIG. 27. Plan of the standard mess hall in the Palisades Interstate Park.



PERSPECTIVE



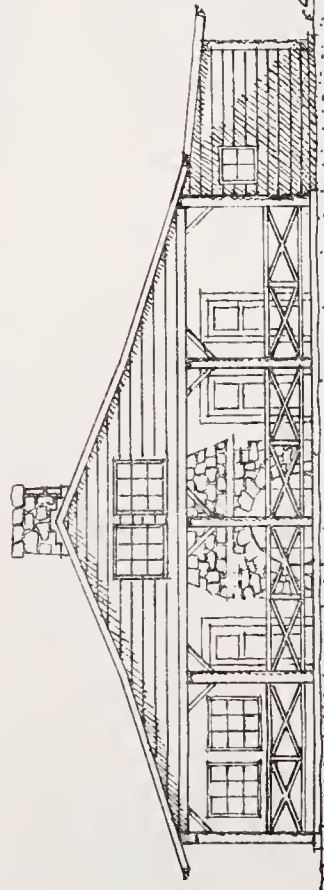
FOR THE COMMISSIONERS
OF THE PALISADES,
INTERSTATE PARK

STANDARD MESS HALL
FOR 100 PEOPLE

WILLIAM A. WELCH,
CHIEF ENGR.
MAVER STRAW, N.Y.



Scale 1" = 10'



END ELEVATION

FIG. 27. Plan of the standard mess hall in the Palisades Interstate Park.

sleeping cabins and provided with a bench and pegs for basins. These wash houses are partially enclosed to permit persons to strip entirely for bathing purposes. They are constructed with a view to good drainage and ventilation.

Water Supply. The water supply system is thoroughly tested and approved by the New York State Health Department before camps are permitted to make use thereof.

Toilets. The Kaustine toilet system is used, consisting of a waterless closet, an aseptic tank charged with caustic soda, properly ventilated, and enclosed in a building especially set up for the purpose.

Waste Disposal. Standard garbage-burning disposal equipment is supplied to each camp.

Docks and Beaches. Boat and swimming docks projecting into the water are built for camps situated on the shores of lakes. For younger children, swimming corrals are provided when consideration of safety makes them desirable.

Police Protection. Police protection is available in the Park at all times.

Telephone. All camps are within access of telephone communication.

Tenure. Only a one-year tenure is granted, renewable annually at the discretion of the Park Commission.

Completely Equipped Camps. A small number of fully equipped camps will be available in the order in which application is made therefor, the use by one organization being restricted to three weeks. The capacity of these fully equipped camps is thirty-two each. The purpose in building them is to make it possible for small organizations not able to maintain a camp for the whole season to operate a camp for a period not to exceed three weeks without being put to the cost of purchasing equipment.

It is impossible at this time to determine the rental of these camps, but the policy of the Commission is that of requiring pay-

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Telephone. All camps are within access of telephone communication.

Tenure. Only a one-year tenure is granted, renewable annually at the discretion of the Park Commission.

Completely Equipped Camps. A small number of fully equipped camps will be available in the order in which application is made therefor, the use by one organization being restricted to three weeks. The capacity of these fully equipped camps is thirty-two each. The purpose in building them is to make it possible for small organizations not able to maintain a camp for the whole season to operate a camp for a period not to exceed three weeks without being put to the cost of purchasing equipment.

It is impossible at this time to determine the rental of these camps, but the policy of the Commission is that of requiring pay-

ment merely to cover the cost. It is believed that in this way small organizations will be able to stimulate an interest in the out-of-doors which will enable them another year, perhaps, to develop permanent full season camps.

COST OF CAMP UNITS

The Commissioners, desirous of establishing a policy mutually satisfactory to the State and to the organizations whose applications for camp sites are accepted, have arranged to place at the disposal of such organizations existing camps and to construct camp facilities where these do not already exist on the following uniform basis:

1. Organizations will pay as an annual maintenance contribution to the Commissioners the actual cost of maintenance of the camp plant. This is five per cent of the cost of the buildings and improvements and ten per cent depreciation. The buildings and improvements are erected by the working force of the Commission.

2. Maintenance contributions for complete camp plants range from \$350 to \$750 a year.

3. Estimates of maintenance contribution in specific cases are furnished upon consultation.

STANDARD CAMP EQUIPMENT

Many of the camp organizations in the Park consist of small groups in need of expert advice with respect to camp equipment. In the process of standardization, the Commissioners have devised standard camp equipment manufactured or purchased by them and resold to organizations at cost. The Commission's camp organization, together with its large purchasing power, enables it to secure price concessions difficult if not impossible for smaller organizations to obtain.

The Commission maintains a storehouse where standard equipment is stocked during the winter and is available to camp organizations during the spring and summer.

OF THE PALISADES INTERSTATE PARK SLEEPING CABINS

FOR 8 PEOPLE

OR

FOR 16 PEOPLE

Scale $3/16" = 1'-0"$

WILLIAM A. WELCH

CHIEF ENGINEER.

HAYRSTRAW, N.Y.

G.L.S.

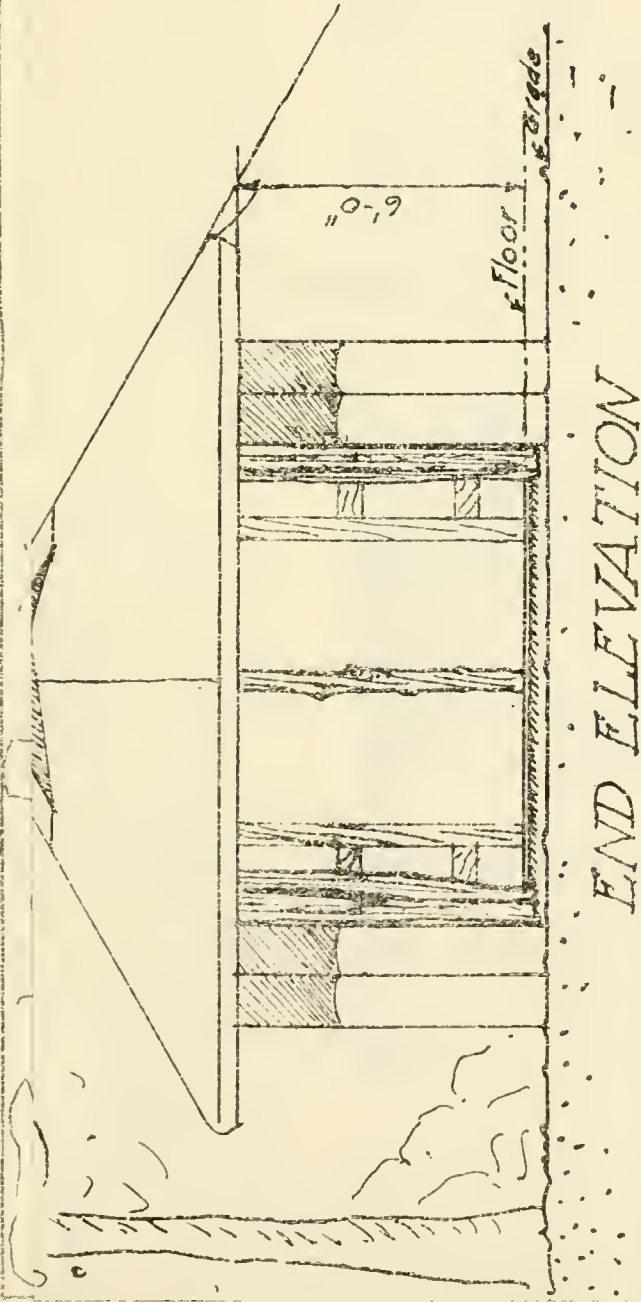


FIG. 28. Plan of the standard sleeping cabins in the Palisades Interstate Park.

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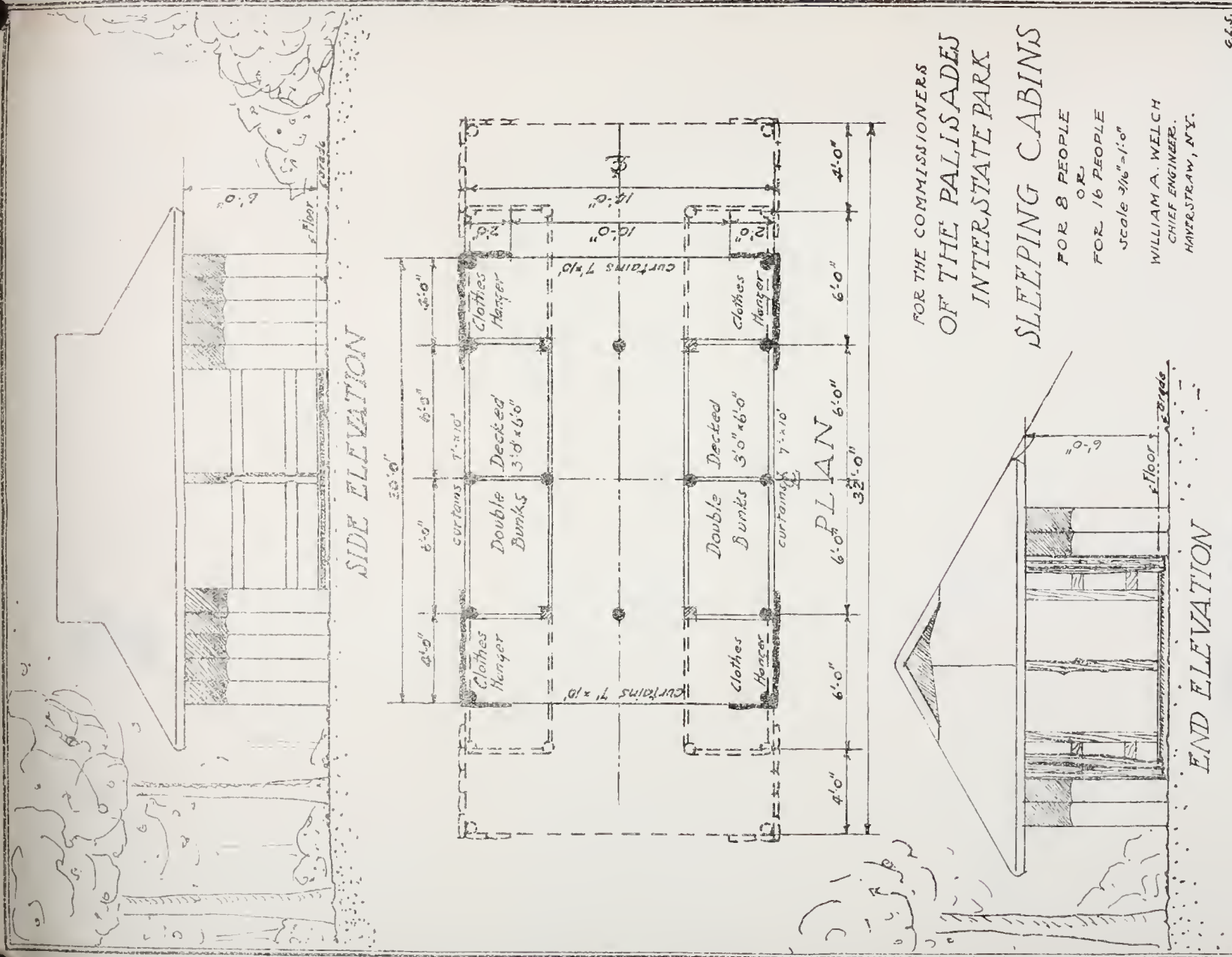
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SIDE ELEVATION

FLOOR PLAN

END ELEVATION

FOR THE COMMISSIONERS
OF THE PALISADES
INTERSTATE PARK

SLEEPING CABINS

FOR 8 PEOPLE
OR
FOR 16 PEOPLE
Scale 3/16" = 1'-0"

WILLIAM A. WELCH
CHIEF ENGINEER.
HAVERSTRAW, N.Y.

FIG. 26. Plan of the standard sleeping cabins in the Palisades Interstate Park.

The Commission will, on request, equip a camp plant from the foundation of the building to the teaspoon on the table. All this service is rendered without extra cost to the organization or profit to the Commission.

FOOD SERVICES

Staple Groceries. For the same reason that the Commission found it to the advantage of its camp residents to standardize and sell equipment on the ground, a food storehouse has been organized where all staple groceries are kept on hand and available for sale at cost.

The camps are so isolated that economical delivery of foods is difficult. By means of the transportation facilities of the Commission, it is possible, within an hour's notice, to deliver large and small quantities of staple supplies to the camps at a cost below that for which the same supplies can be purchased by individual organizations from other sources. By the use of the Commission's food supply store and transportation service, the Purchasing Department of the Commission is thus made available to each organization, however small, and the heavy costs of express and trucking, with their innumerable delays, are eliminated.

Milk. The Commission will arrange for a daily delivery of milk to the door of the camp in the same manner as other supplies.

Bread. In the same way the Commission bakes in its own plant and contracts for bread which it will sell and deliver to camping organizations.

Cooked Meals Delivered. In order to eliminate cooking at the camps, the Commission has, for the convenience of camp organizations, arranged to place at their command the large food-producing facilities of the Bear Mountain Inn. Cooked food is supplied from the Inn direct to the camps (Fig. 23). Prices for this service will be available in May of each year.

It avoids the difficulty of getting kitchen help to work in the woods, and the uncertainty of keeping the help when once secured. Finally, the service requires less supervision on the part of the

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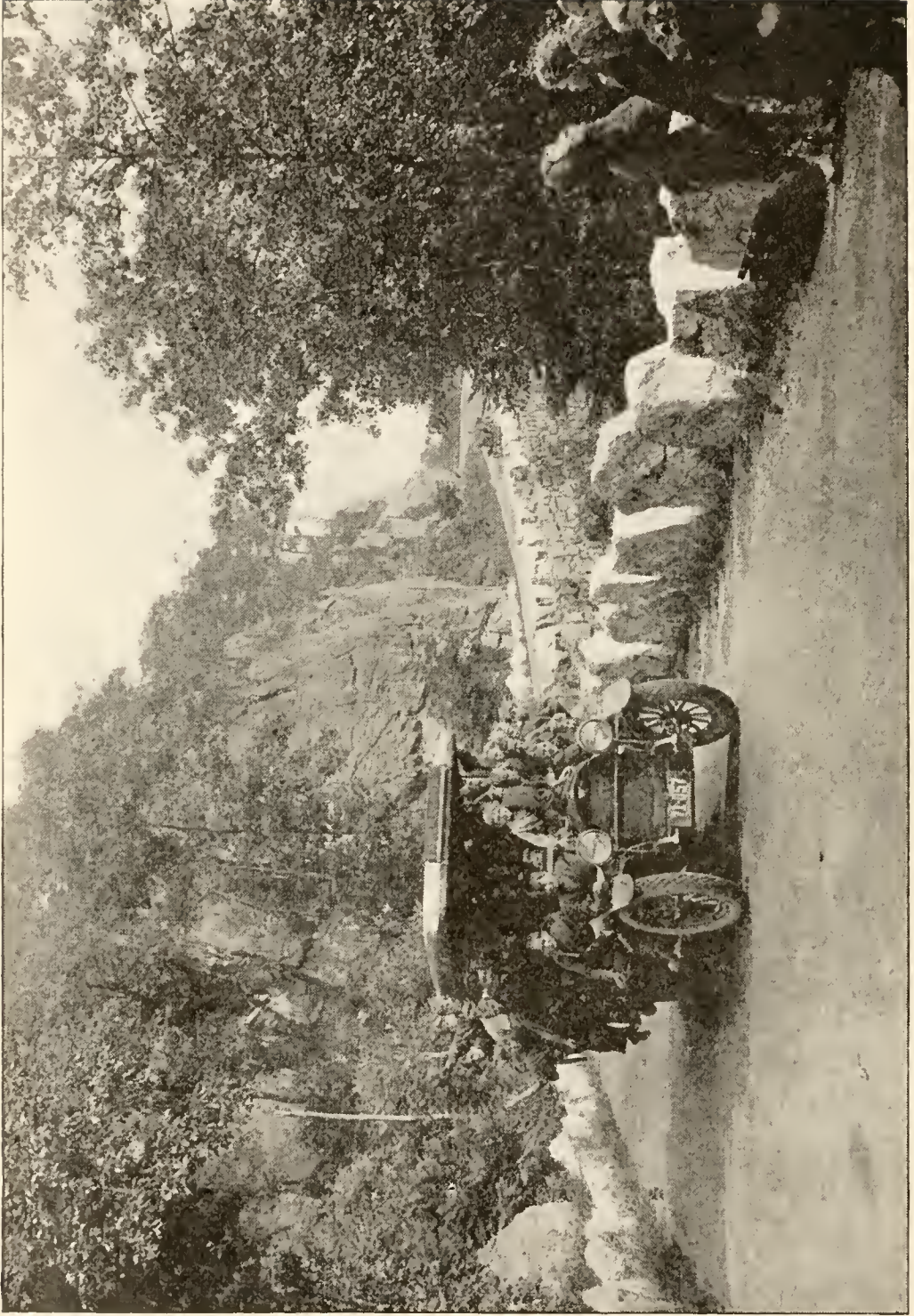


FIG. 29. The 1918 type of omnibus equipment. The equipment has been almost doubled for the season of 1919.

Camp Director, thus enabling him to devote more time to recreational and cultural work in the camps.

Last year the Commission supplied over 150,000 meals to camps in this manner, some of them located as far as seventeen miles from the Bear Mountain Inn. Not in a single instance did meals fail throughout the season.

Standard Balanced Dietary. With the assistance of the best expert advice obtainable in this field, a careful study has been made of the food needs of children living out of doors. There has been designed on the basis of this study a standard dietary which has a plan for each meal for three weeks. This dietary allows for a minimum of from 2,400 to 2,500 calories of food per day per child, and is balanced in such a manner as to give the children the needed ingredients for healthy growth.

TRANSPORTATION

The Commission maintains a special arrangement with two large river steamboats which ply between New York and Bear Mountain. As this Bulletin goes to press it is impossible to state what the transportation rate will be, but one of the purposes of this arrangement is to keep the cost of transportation down to the lowest point consistent with self-support. By the maintenance of such water transportation facilities, combined with its large fleet of automobile omnibuses, campers will be enabled to make the complete trip from New York to the camp with every assurance that the Commission's resources will be bent to make the trip an educational and economical one. The trip from New York embraces a 45-mile boat ride to Bear Mountain and, in most cases, a 17-mile automobile ride. The boats will carry the equipment of camps as well as the food supplies for the Commission. In this way there will be a daily delivery of material to Bear Mountain. The rates for transportation of campers by boat and automobile, as well as freight rates, will be supplied upon application and as soon as they are determined by the Commission.

Miscellaneous trucking of supplies will be arranged for by the Commission.

It is also possible to hire the omnibuses of the Commission at reduced rates for special trips to points of interest, such as West Point, the Forest of Dean Mine, Queensboro Furnace, and various scenic tours (Fig. 29).

RECREATION AND EDUCATION

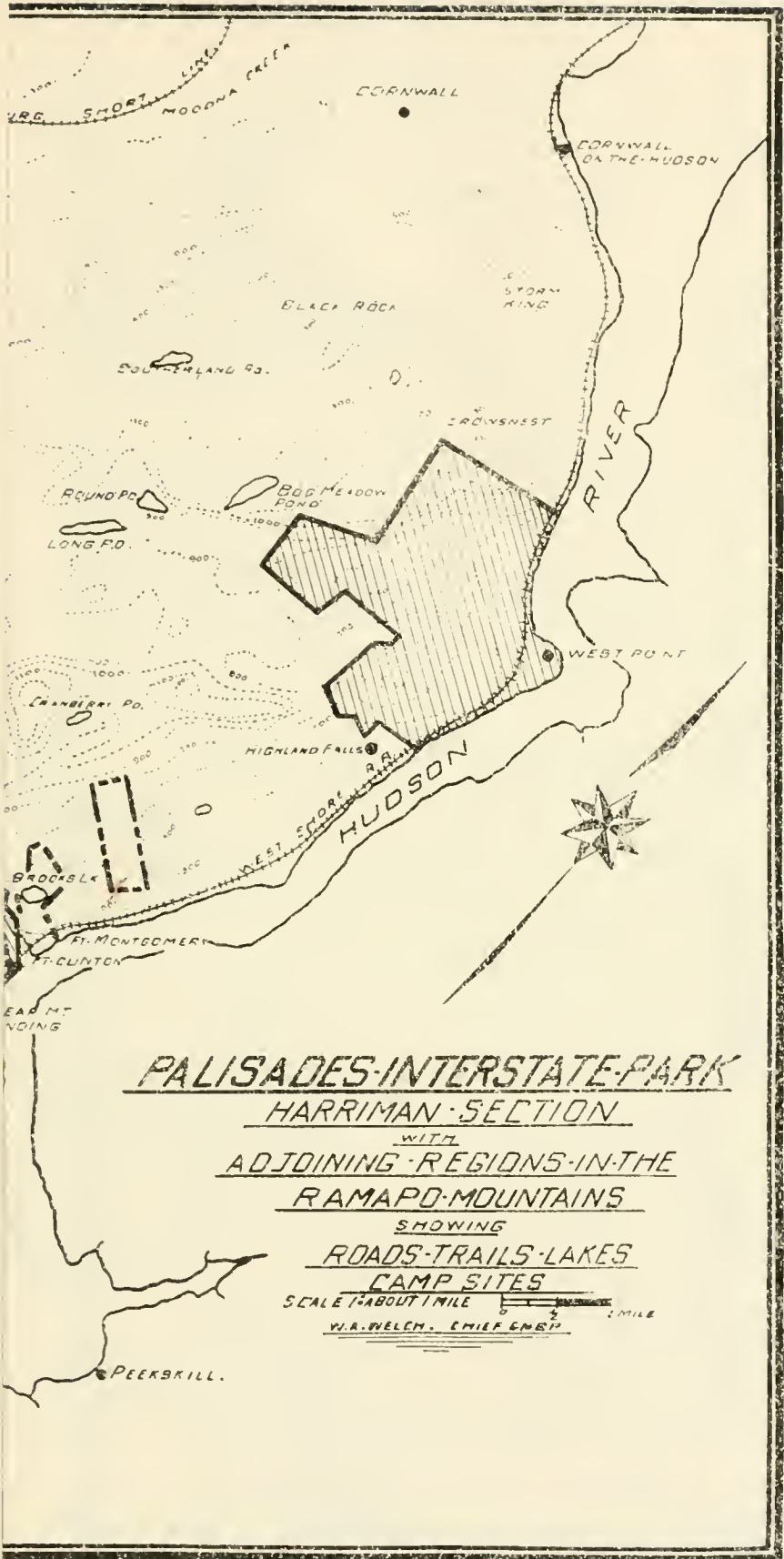
Row Boats. The Commission will loan to camp organizations flat-bottom row boats, especially constructed with a view to safety, with one pair of oars and oar-locks, on payment to the Commission of \$1.00 per week. This charge merely covers the cost of repairs, painting and renewal of boat equipment. Organizations will be held responsible for the return in good condition of the boat and boat equipment at the end of the season, ordinary wear and tear excepted. Breakage or loss of boats or equipment is chargeable to the organization hiring the boats.

Music and Other Entertainments. Musical concerts are given periodically in the various camp centers.

Inter-camp athletics and aquatic meets are held throughout the season. Inter-camp entertainments with local camp talent are always encouraged and fill the evenings of the summer with interest, entertainment, and fun.

Lectures. The Commission arranges with prominent lecturers for informal talks on topics of live interest. The lecturers visit centers to which groups of campers are invited, notice being given in advance (Fig. 14). There is no charge for this service.

Natural History Exhibits. Twenty small exhibits of mounted birds, minerals, reptiles, and other objects of natural history are loaned to the camps for short periods, together with leaflets for camp directors to use for imparting instruction in nature studies. This work is carried on in cooperation with and through the courtesy of the American Museum of Natural History.



PALISADES-INTERSTATE-PARK

HARRIMAN-SECTION

WITH
ADJOINING-REGIONS-IN-THE
RAMAPO-MOUNTAINS

SHOWING
ROADS-TRAILS-LAKES
CAMP SITES

SCALE (ABOUT) 1 MILE  1 MILE

W.A. WELCH, CHIEF ENGINEER



FIG. 30. Map of the Harriman section of the Palisades Interstate Park.

HEALTH PROTECTION

The Sanitary Supervisor of the New York State Health Department will make a sanitary inspection of each camp plant and certify as to its healthfulness before the camp is permitted to be occupied.

The Commission will cooperate with a physician with headquarters centrally located, who will make visits to each camp plant, examine such children (Fig. 25) as are pointed out by the camp councillors to be in need of medical examination, give first aid to cases of accident, and do such other work as may be necessary to maintain the campers in the best of health.

The schedule of cost of this service will be supplied on application.

PALISADES PARK CAMP DIRECTORS' ASSOCIATION

This is an organization of directors of all of the camps in the Palisades Park. The branches of this organization are: (a) Stahahe Group, (b) Kanahwauke Group, (c) Central Valley Group, (d) Palisades Group, and (e) Miscellaneous Group. The purpose of this organization is to increase, so far as possible, the value and efficiency of the camp enterprises in the Park. Each group has its own offices and meets weekly, the meeting being held at a different camp each week. At these meetings the local problems are discussed, the inter-camp activities arranged, and any matter pertaining to camps in the Park receives the freest criticism. The organization, in addition to its weekly meetings during the summer, meets in the winter and spring preparatory to the activities of the ensuing season.

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