



Conservation Pledge

I GIVE MY
PLEDGE AS AN AMERICAN
TO SAVE AND FAITHFULLY TO
DEFEND FROM WASTE THE
NATURAL RESOURCES OF
MY COUNTRY - ITS SOIL
AND MINERALS, ITS
FORESTS, WATERS,
AND WILDLIFE

A Manual of
WOODSLORE
SURVIVAL

AS DEVELOPED AT



Philmont

- OR -

"How to Eat Weeds and Like Em"

- BY -

RUSS VLIET

Dedicated . . .

. . . to all those persons
who come to PHILMONT . .
LIVE in her forests, and her
mountains, and her canyons
. . and learn to LOVE her!

A Manual of Woodlore Survival

Contents



CHAPTER	PAGE
1. DO YOU LIKE A FIGHT? (<i>Introductory Chapter</i>) . . .	5
2. SHELTERS AND BEDS	6
3. FIRE MAKING AND COOKING METHODS	9
4. EDIBLE WILD PLANTS, FOOD PRODUCING SHRUBS, AND FOOD PRODUCING TREES	17
5. MUSHROOMS	65
6. POISONOUS AND DOUBTFUL PLANTS	69
7. ANIMAL SNARES	73
8. FISH, FISHING, AND FISHING METHODS	78
	☆ ☆
SUGGESTED READINGS	82

Chapter 1

Do You Like A Fight?

This age — this twentieth century — is an age where the corners of the earth have been, figuratively speaking, brought together as though by some great magic hand. This is the atomic age — the air age — the age of speed and power. From Seattle to Tokyo, from New York to Brussels, from Dallas to Sidney — all in a matter of a few short hours. Speed! Speed! Speed! Over mountains, oceans, cities, forests, islands, and deserts the mighty planes wing their rapid way. And yet, sometimes even the mightiest plane might fall and its occupants be cast out over strange and fearful mountains or forbidding forests. Flying over such vast areas of wilderness in flight from city to city, the percentages are fair that through some dint of fate someone will be forced to forge for himself in order to come safely out of those areas of wilderness. During the last war there were many such cases. In the future there will undoubtedly be more such incidents, though perhaps 'fewer and farer' between — and you may be involved in one of those "fewer" mishaps. YOU may be one of those forced by the "gods" to fall back on your own initiative to survive.

"But," you say, "the chances are nearly nil that I should be forced to that." Probably you are right, but consider the subject from another point of view — that of a sense of security and self confidence gained from the knowledge of the forest as a protector and a provider. Whichever viewpoint you do take, if you desire to know the woods more fully — to enjoy them more deeply, the opportunity of learning survival-craft is before you — now, right here on Philmont Scout Ranch. Philmont is a laboratory and proving grounds hardly short of wonderful.

Do you like a fight? The mountains! The mountains — how they call to us! The streams and rivers fling a challenge in our teeth! The winds in the timberline whispers "come! come!" And how they defy!! "Come if you can," the mountain ranges cry. "Come if you will," the shadowy canyons echo. "Conquer us — if you can!" The prairies take up the song, "Pit your hands and wits against our mysteries and force us to submit — if you can! One of us shall conquer! One of us shall conquer!" So shall it be you or the wilderness? I say it **can** be you. But do you like a fight?

But **how** to fight? What is the soldier without his rifle? What is the wolf without his fangs? What is the wasp without his sting?

To begin to fight, you must first know **how** to fight. That is the purpose of this book: to help you gain the knowledge of the forests — its pantry of food, its shelter and warmth and tools — all hidden in the trees and shrubs and grasses and rocks and streams and animals. **Knowledge** is your weapon. You must wield it well if you would conquer the wildernesses.

Do you like a fight? Then let me show you how!

AND LET PHILMONT BE THE PROVING GROUNDS!!

Chapter 2

Shelters And Beds

If one is bound by fate to have to spend any considerable length of time at all surviving in the forest, and especially if he intends to stay in

one locality for a period of time, it is imperative that he provide himself with adequate shelter and sleeping facilities. One night spent hugging a fire (that is, if he has one) and alternately freezing and burning will convince the survivor that he must act promptly towards securing some sort of adequate quarters. If it has happened to rain that night, the delayed action will probably be even more promptly executed. In addition, a shelter offers some sort of intangible security that is a great morale booster.

Factors to Be Considered in Selecting A Site for a Shelter

Many important factors enter into the selection of a "semi-permanent" shelter. They are: 1. Available food and water at hand. 2. Enough level ground for a bed. 3. Natural protection from wind and rain and floods. 4. The availability of bedding and shelter materials. 5. The absence of insect pests. A good deal of care should

be exercised in the selection of a shelter site. The prospective site should be examined well. Are there any reptiles around the site? Are there any rocks or logs that may harbor ants or scorpions? Are there any places nearby that may breed insect pests such as mosquitos? Is the site in any way naturally protected from the elements? These are questions that should all be considered.

Sometimes overhanging ledges can be utilized to an advantage. When building the shelter, it is generally best to have it facing Southeast or

down canyon and upwind of mosquito breeding places. It should be near food and water, but not so near as to scare away the animals. When camp is made, it should be made with the least possible output of time and energy. And take pains to make a good shelter—you will probably be thankful for it later on!

Types of Shelters

One of the basic types of shelter is the "brush" shelter (figure I). It is made by simply lopping off a fir, propping it upon its stump and letting it also rest upon the ground, and clearing out the inside. This shelter, however, is only good for temporary use.

A cave may often be utilized to good purpose as a natural shelter. Sometimes it is a good idea to improve upon a cave or overhanging ledge by building a leanto against it as is shown in figure III.

Perhaps the most satisfactory type of shelter is the thatched leanto as demonstrated in figure II. With a little labor, it can be made quite wind and water repellent. It can be thatched with moss, slabs of bark, dirt, grass, etc. to very good advantage. All of the sides except the front should be covered for warmth at night and a blazing reflector fire should be kept up in front.

Beds

There are two primary functions of a bed: to insulate the sleeping body against the cold of the ground, and to enable the body to relax more completely. These factors should be taken into consideration when preparing the bed. Also, even the smallest faults conducive to discomfort should be eliminated. The bed, when prepared, should be level, soft, dry, and free from insects. Taking these points in order, a short discussion of each will follow:

Levelness: Such objects as rocks, twigs, lumps of earth, etc., should be done away with. Sometimes it is advantageous to make a "hip hole" to conform to the contours of the body. Do not sleep with the head downhill.

Dryness: It should hardly need to be said here that complete dryness is imperative to a satisfac-



