

Staying Warm in Camp

If you have to sleep on a stretcher and have no mattress, the best plan is to spread a number of newspapers under you. Few people understand the warmth of paper. If you go out on a cold winter's night, and have no overcoat, just open your vest, fix a newspaper close round your body and up to the neck, then button the coat and vest over it, and you will be surprised at the warmth. It is just as good when you use it for a bed. A layer of newspapers between a pair of blankets at least doubles their warmth.

Above all things don't forget a pillow in camp. You can make shift with old clothes rolled up, though they are at best but a bad pillow, and people do not realize how necessary a pillow is to sound sleep, until they have to do without one. Make a bag from a rough bit of calico and fill it with leaves for a pillow. There is no weight in it, and it is worth the trouble.

From *The Bush Boy's Book* by Donald McDonald, 1933