



# Wilderness Life (Fesler-Lampert Minnesota Heritage)

*Calvin Rutstrum, Les Kouba*

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In his most personal book, outdoors expert Calvin Rutstrum makes an appeal for a more natural approach to life, one in which wilderness values predominate, and weaves that philosophy with narratives of a lifetime of experience and adventure.

Using his vast knowledge of campcraft, Rutstrum describes the wilderness life and details what one can expect from the wild-inspiration from exploring, pleasure from encountering natural settings, satisfaction after gaining experience, and mental stimulation from observation and problem solving. In the process he reveals many adventures, including his first trek into the deep Canadian wilderness, a journey by dogsled to bring out a human body, and a rescue mission to save two lost, inexperienced campers. Always respectful of nature and the skills of his Native American neighbors, Rutstrum argues for a modern esteem for true wilderness and explains what one can do with "all of that leisure time."

Calvin Rutstrum (1895-1982) was one of the best-known outdoorsmen of his generation and the author of many books, including *The Wilderness Route Finder*, *Paradise Below Zero*, *Once upon a Wilderness*, *The New Way of the Wilderness*, and *North American Canoe Country*, all published by the University of Minnesota Press.



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