

# NORTH CAROLINA WILD FLOWER

PRESERVATION SOCIETY, INCORPORATED

NEWSLETTER

Vol. X

No. 2

April 1971

## President's Message

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The Board meeting on March 7 (hosted by Mrs. Charles Hubbard assisted by her delightful Wilson friends) was an exhilarating experience. The spontaneous enthusiasm generated during the discussions was infectious and stimulating. The talk was of wildflowers, the Country Doctor Museum, conversation, etc.

And about that Spring Meeting--immediate past-president, Dr. Heckenbleickner is arranging a fine program for us at one of his favorite wildflower hunting preserves. I hope each of you will come to enjoy the interesting Spring flowers and to discuss with the officer and other members of our Society your personal thoughts about the joys and problems that concern us as members of the NCWFPS.

Please continue your letters to Gov. Scott in support of State acquisition of Baldhead (Smith) Island. (Note the Mt. Jefferson meeting in October.) Also, it would help to further acceptance of our concept of ecological management if each of us wrote to the State legislators from our own district urging funding for acquisition of land for State parks. Correspondence from individuals from every part of the State to many legislators could well be effective in presenting our concern for the deteriorating environment. Let's secure acreage and keep it safe forever from the bulldozer. We have a native flora in North Carolina that is too precious to be lost, but if we, the ordinary citizens, are indifferent or inert--this lovely land could be devoured by the insatiable appetite of 'progress'.

See you at the Spring Meeting!

Marjorie P. Newell

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## Meeting Notice.

The North Carolina Wild Flower Preservation Society, Inc., Spring Meeting date is April 17-18, 1971 at Columbia, S. C. Make your reservations at Holiday Inn, Howard Johnson and Tremont (NCWFPS Inc., Headquarters) address Cayce, S.C. on U. S. 21-176-321. Picnic at 12:00 noon Saturday April 17, 1971 at small park near Tremont Motel on west side of Columbia at Cayce, S.C.

Tremont Motel

PAST PRESIDENTS OF N.C.W.F.P.S.

|           |                            |
|-----------|----------------------------|
| 1951-1952 | Mrs. Herbert P. Smith      |
| 1952-1954 | Mr. J. A. Warren           |
| 1954-1956 | Mrs. Paul Spencer          |
| 1956-1958 | Mr. Lionel Melvin          |
| 1958-1960 | Mrs. Carl Pegg             |
| 1960-1962 | Mr. Walter Braxton         |
| 1962-1966 | Mr. W. Gordon Butler       |
| 1966-1968 | Dr. H. R. Totten           |
| 1968-1970 | Dr. Herbert Hechenbleikner |

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The Executive Board of the North Carolina Wildflower Preservation Society met at the vacation home of Mrs. Charles Hubbard located in Pittsboro, N.C. The meeting was set for noon on Sunday, March 7, 1971. A picnic lunch was brought by board members, and tea and coffee were furnished by the hostess.

The business meeting was called to order after the delicious luncheon by the president, Dr. Marjorie Newell. The minutes were approved as read. Miss Bessie Pope, treasurer, was unable to attend. Her report was given by Dr. Newell. \$160.00 has come in from collection of dues, and \$6.00 has been paid to the Conservation Council of North Carolina. The balance on hand is \$424.07.

Mrs. Hubbard reported on the progress of the Country Doctors Museum in Bailey, N.C. The brick, handmade in Wilson, is ready to be laid now. A gift of \$500.00 has been received from the firm of Owens, Minor, & Bodeker & its Surgical Supply Division, Powers and Anderson. A millstone has been donated by Mrs. Teeny Stronach. There is a possibility that other gifts may be given also. There will be a brick laying day in Bailey on Saturday, March 20. Lunch and drinks will be furnished. All who can come are invited to attend.

Mrs. Linda Lamm is in charge of the planting. Miss Elizabeth Lawrence was asked by Mrs. Lamm to read the list of requests for plants. Several of the members volunteered plants, and it is hoped that they can bring them to the brick laying day. Miss Lawrence's plan for the garden is taken from an old garden at Padua. Miss Lawrence said that Mrs. Hubbard had given the bricks for the walk, and also compiled a booklet on the project which will be published this month. Some of the plants requested for the garden are:

|             |                 |                     |
|-------------|-----------------|---------------------|
| sassafras   | boxwood         | native witch hazel  |
| bayberry    | pawpaw          | elder               |
| old rose    | tea plants      | colchicum           |
| old peony   | rue & betony    | teasel              |
| foxglove    | lemon balm      | boneset             |
| appleming   | fennel          | curly tansy & plain |
| red gallica | whorehound      | rosemary            |
| sage        | monarda fistula | pipsissiwa          |

(Requested plants, con't)

benzion  
yaupon  
Madonna Lillies  
borrage  
peppermint  
yarrow  
catnip  
chelone

Dr. Hechenbleikner reported on the Conservation Council meeting in Reidsville last December. The highlight of the meeting was the last speech on Sunday given by Mr. Henderson of High Point, who is developing Bald Head Island. Dr. Hechenbleikner reported the lots for sale are small with scrubby growth. The governor is still noncommittal on the project. He went on to say that the \$33 million appropriation for acquisition of lands for new state parks has been cut to \$18 million dollars. He feels the New Hope Dam will be built. The battle of the Eno is continuing, with the future uncertain. The Wild Rivers Commission will protect the Chatooga, which is a favorite spot for white-water canoeing. This means no building, no dumping, no road building. The trans-mountain road right through the Smokies is uncertain. Congressman Roy Taylor is pushing hard to have the highway approved.

Dr. Wells spoke of the salt spray factor on Bald Head Island. He predicts development of the island will be disastrous, as the salt spray will kill all things planted there. He published a paper on his research and sent a copy to Mr. Roy Sowers, of Conservation and Development. Mr. Melvin suggested he send this information to Dr. Hechenbleikner, who will condense it for the Newsletter. It is felt this information should receive wide publicity. "Salt Spray Forest on Bald Head Island" is the title of the paper.

Dr. Newell said three new directors need to be appointed. Dr. Hechenbleikner nominated Mrs. Walter Braxton; Mr. Lionel Melvin nominated Mrs. Linda Lamm; and Mrs. Lamm nominated Dr. Hechenbleikner. Dr. Totten moved the nominations close, and the board approved the new directors unanimously.

Despite much urging, Mrs. Braxton will resign as editor of the "Newsletter", after this spring issue. The board complimented Mrs. Braxton on her outstanding performance. Dr. Newell stated that she felt the "Newsletter" to be our unifying medium; and that she is working on acquiring a new editor.

Mrs. Braxton showed a letter from Mrs. Holsinger, of Charlotte. She is asking for plants for a new garden for that city.

Mrs. Hubbard invited the board to hold its August meeting at the Country Doctor Museum in Bailey, N.C. The invitation was accepted. Dr. Hechenbleikner asked the group to consider Columbia S.C. as the site for the spring meeting. There is a special heather type bush (a rosemary), as well as Pixie Moss and Loblolly Bay. Dr. Wade Eaton recently published a book on wildflowers of South Carolina, and he would be available to lead a field trip on Saturday afternoon. At the meeting Saturday night there would be a program with slides. Another field trip would be held Sunday morning, and the group would disperse after lunch. The

(Executive Minutes, con't.)

dates that would be best are April 17 & 18. There are good accommodations in the area - many nice motels and a convenient shopping center. Mr. Gordon Butler suggested we hold the spring meeting in Columbia, and the board agreed unanimously with this suggestion.

Dr. Newell then discussed writing letters to state officials on conservation matters. Dr. Hechenbleikner said he felt that individual letters form many areas of the state carried more weight than petitions.

Dr. Newell then asked whether or not there was a check on those who are being carried on the roll without payment of dues. Miss Pope is taking care of this.

Mrs. J.A. Warren spoke her appreciation of those who are working on the Country Doctor Museum, both planners and planters; and to Dr. Wells and Dr. Hechenbleikner.

Mr. Butler expressed his appreciation for the board and the members of the Society, and said that he would like to speak on organic gardening at some future meeting. The board agreed that it would be a pleasure to have him speak at the spring meeting.

Mrs. Braxton said that she knew she spoke for all when she told Mr. Butler that we were grieved at Mrs. Butler's death. At Dr. Newell's suggestion a moment of silent prayer was held for Mrs. Butler.

Dr. Totten welcomed Mrs. Nancy Tyson, Mr. Butler's daughter, to the group.

Dr. Newell said she would have the president's message ready for the newsletter, and there being no further business, the meeting was adjourned.

Respectfully submitted,

Mrs. R. F. Donnan, Secretary

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#### MINUTES OF THE FALL MEETING -- SUNDAY, OCTOBER 11, 1970

The North Carolina Wild Flower Preservation Society met at Mount Jefferson State Park in Ashe County on Sunday, October 11, 1970. Many members were present as well as several guests. It was a dark, foggy morning, and the president, Dr. Marjorie Newell called the meeting to order at 10:30 a.m. The minutes of the spring meeting were read and approved. A letter of thanks for the gift of \$50.00 was read. The gift was presented the Society of Preservation of the Eno River Valley, and Mrs. Helger Nygard is secretary.

Miss Bessie Pope, treasurer, reported a balance of \$269.00 cash on hand.

(Minutes, con't.)

Mrs. Charles Hubbard reported on the progress of the Country Doctor Museum, located in Bailey, North Carolina. She said the brick work had been delayed by drought, but that beautiful plans for the garden have been drawn by Miss Elizabeth Lawrence, and that plants will be requested for it by spring. Herbs, as well as other medicinal plants, and trees will be needed.

Dr. Newell circulated a petition to be sent to Governor Scott requesting preservation of Bald Head Island.

Dr. Newell then asked for expressions of opinion on several matters - Do we support state-wide zoning? Strong public transportation? Turning off all unnecessary lights? Which of these issues, or which new ones, should be included in a letter to Governor Scott? Mr. Lionel Melvin suggested that we wait to see what Congress will do. The group accepted his suggestion.

Mr. Melvin asked that on page 9 of the newsletter, line 10, the word "by" be inserted between the words "failed in" and "appealing."

Under new business, the Society has had a request from Mr. Ham Horton. He is running for the state senate from Forsythe County, and is interested in conservation. He wonders whether or not the Society can publish a booklet of wildflower identifications for school children which will sell for fifty or seventy-five cents. Mr. Robert Conner suggested that the booklet be printed in black and white with colored stamps to be pasted in. Mr. Conner volunteered to send information to Dr. Newell. Mr. Melvin said that many school children asked about identification.

Mr. Thomas Shinn reported that the UNC Botanical Garden at Asheville, N.C., was awarded \$4,000.00 by the National Association of Garden Clubs. It is being used to make a garden at a large outcropping of rock which is about as large as a car.

Mr. Shinn said that the National Rock Garden Society would like to meet in Asheville in the spring of 1972. He suggested that our society might like to meet there at the same time. It might be that our society could assist with preparations for this occasion.

Mrs. Nell Lewis told of Mrs. Brawley's death in a flash fire in Charlotte. Her garden club has helped Dr. Hechenbleikner move her plants to Van Landingham Glen at UNC-Charlotte. All of her plants will be moved there.

Dr. Hechenbleikner, conservation chairman, asked Mr. Robert Conner to speak on the matter of Baldhead Island, and other matters of interest to our group. Mr. Conner said that the North Carolina Conservation Council will meet at Betsy-Jeff Penn Four H Camp in Reidsville, on December 5 and 6. He said that the copies of the October newsletter of the "Carolina Conservationist" has listings of senators who voted for acquisition of Bald Head Island. He went on to say that there could be an appropriation of 33 million dollars for acquisition of land for new state parks, it could be voted through the legislature. From 1914, when Mount Mitchell was bought, until 1969 no money has been appropriated for state parks. We will need to do a lot of work and use pressure to spur the legislature to vote this bill into a law. Park studies have been made by the Research Triangle Institute pin-pointing future needs. The State Advisory Budget Commission has been working on formulating the bill.

Mr. Lionel Melvin moved that our organization go on record



(Minutes, con't.)

as favoring the motion made by the State Parks Commission to appropriate 33 million dollars for land acquisition for State Parks. The motion was seconded by Mr. Gordon Butler and passed unanimously.

Mrs. Robert Conner urged members to visit the candidates and ask them how they stand on conservation issues.

Mr. Lee Elliott of THE WINSTON-SALEM JOURNAL was introduced. He was favorably impressed with the Society and its activities, and suggested that news of our meetings be sent to Mr. Jack Traywick of THE WINSTON-SALEM JOURNAL. He felt that some conservation news was of national interest, and that Mr. Traywick might send our news to the Associated Press. Mrs. Braxton gave him a copy of the Fall Newsletter.

Mrs. Shinn has had requests for plants from the Horticultural Chairman of the Asheville Biltmore Garden Club. She is looking for "Large Tooth Aspen" and "Golden Cromwell". Mrs. Shinn said that she did not know "Golden Cromwell", but Mrs. Emily Allen did, and said that some was growing in this park.

Mr. George Doak of Chapel Hill, brought regrets from Dr. and Mrs. Roland Totten, who were unable to come. Mrs. Gordon Butler was ill also, and was missed.

At the conclusion of this business meeting, the members spread a delicious picnic lunch on the tables. During lunch the sun came out, and the brilliant fall colors and views were enjoyed by all. Many of the members hiked to the peak, where a fire tower was located, and then on around to the other side of the mountain for another grand view of the valley.

Respectfully submitted

Caroline Donnan(Mrs. R.F.)  
Secretary

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ORGANIC GARDENING  
by  
Gordon Butler

Some may think it oddball to persue with this kind of message but I just wanted to scatter around some good thoughts from experience, that could be helpfull to many people. The organic gardening way may be returning after many years of neglect. I began to get acquainted with the use of organic fertilizer some twenty-five years ago, but like many others, I did not carry out it's practice because of too much preoccupation with material things. I gather from the food producers and processors that we are the best fed people in the world today; no doubt this may be so but I think the emphasis was put on quantity and not quality and nutrient value. Almost everything that you may find on the grocery shelf from soup to nuts has been doctored up with some kind of chemical additive to make it look good, taste good and preserved until you eat it to your table. Nowadays many of the

(Organic Gardening, con't.)

flavorings and coloring are purely synthetic, with no relation at all to the real product. In many instances, in the processing of foods, many of the real natural vitamins are practically destroyed and then a manufactured vitamin is added.

Now, if you will bear with me on the personal reverences, I should give you a few examples to start you thinking: for the past two years I have been planting and cultivating my own garden. For fertilizer I used only one year old rotted compost together with natural ground phosphate rock, lime and wood ashes. No commercial fertilizer of any kind was used, and absolutely no pesticides. I should like to say that during these two years, I did not find a single potato bug, very few beetles of any other kind, no worms and very few borers. It is probably needless to say that we gathered all the good, delicious tasting vegetables we needed to freeze and gave away some. The tomato and herb beds were the only plants we irrigated a little during a protracted dry spell. The early and late corn came through the dry weather and did not wilt. Last year I bought a half pint of lady bugs and two egg cases of preying mantis and turned them loose. They all had a feast, together with hundreds of birds, and we had the best feast of all. Also, the shovels full of earthworms did their part for the good earth. We are also starting some fruit trees and berry plants. We do not yet know what the results will be.

Now, it seems like today, the emphasis is on a high rate of production with the new hybrid varieties and forgetting about good quality. For example: we used to plant the old hard yellow wheat and had it ground in the old fashioned grist mill. You could smell those good whole-wheat biscuits cooking all over the house. Last year I planted one of the new hybrid varieties and the yield was more than double but it was white, pasty, and had no flavor or aroma.

Now the foregoing hints in the practice of organic gardening do not attempt to cover all the information that one would need to carry out this work, but it may help in getting off to a good start. It seems to me that this practice should have a great big two-fold purpose in gaining good health through good food and exercise. The other purpose would be the great saving you will make in the price of food.

It would be amiss if I did not say that this same principle can be also applied to ornamental gardening. Of course, you already know that wild flowers that are propagated and grown or gathered from the wild, should be given as near the same environment as they are accustomed to, as far as possible. Of course, there are a few exceptions to this rule.

Let's all strive to fight pollution and pesticides and once again help to bring about that wonderful balance in nature. No wonder, according to the ancient writings that, "There were giants in the earth in those days," thousands of years ago. They must have lived out of the good earth.

(Organic Gardening, con't.)

If you are interested, subscribe to Organic Gardening published at Emmaus, Penn. Cost: \$ 5.85 per year. If you don't use it, it is very interesting.

Gordon Butler

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EDITOR'S NOTES - MRS. Viola Braxton

Mixed emotions seem to be the order of the day as this Newsletter goes out to near four hundred members of the North Carolina Wild Flower Preservation Society, Inc.

It has been a pleasure to serve in the capacity of Editor for the past ten years but with this pleasure has gone WORK. You the members make this Newsletter with your contributions worthwhile articles and pertinent information. We are most grateful for all the help over the years. Please help your new Editor as you have me.

Miss Bessie Pope, our Treasurer, reminds you that the dues for our organization are \$2.00. Miss Pope's address is on the front of the Newsletter. If you have a change in address please call Miss Pope's attention to the change giving the new as well as the old address both plainly marked as such. We spent half a day recently trying to get the mailing list up to date. One can hardly believe the discrepancy that can creep into a mailing list over the years.

The Spring Meeting is April 17-18, 1971. Motels: Holiday Inn, Howard Johnson and Tremont (NCWFPS, Inc. Headquarters). Address of motels: Cayce, S.C. Picnic Area: Small park near Tremont Motel on west side of Columbia at Cayce, S. C. on U. S. 21-176-321, at 12:00 noon on Saturday April 17, 1971.

In conclusion this quote from Henry David Thoreau, American naturalist, philosopher, and writer on Attitude Controls Your Destiny seems fitting. Thoreau said: "IT IS SOMETHING TO BE ABLE TO PAINT A PARTICULAR PICTURE, OR TO CARVE A STATUE, AND SO TO MAKE A FEW OBJECTS BEAUTIFUL: BUT IT IS FAR MORE GLORIOUS TO CARVE AND PAINT THE VERY ATMOSPHERE AND MEDIUM THROUGH WHICH WE LOOK, TO AFFECT THE QUALITY OF THE DAY- THAT IS THE HIGHEST OF ARTS."

Viola A. Braxton (Mrs. W.B.)



TO PRESERVE - TO EDUCATE - TO BEAUTIFY  
WILDFLOWER GARDEN UNDERWAY AT CHARLOTTE NATURE MUSEUM ---

by  
Mrs. Rosalie Holzinger

A 3/4 acre wildflower garden is underway at the Charlotte Nature Museum. With a hillside, a pond, and both sunny and shaded areas, the garden will provide suitable habitats for many species of wildflowers. Eventually, the Museum hopes to display as many native species as both current and created conditions will permit. Although easily observed from both the Museum and the trails, the garden will be opened only for pre-arranged tours and classes. Dr. Herbert Rechenbleikner and Elizabeth Lawrence have lent their considerable talents to the development of the project.

Collecting and planting have begun. Your assistance would be invaluable in helping the project along by donating any species you can or by letting the Museum know about areas where collecting is exceptionally good and permissible.

If you wish to help, please contact me at 2101 Malvern Road, Charlotte North Carolina 28207. or bring any plants you wish to contribute to the Spring Meeting.

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WILDFLOWERS AND THE  
OLD-TIME DOCTOR  
BY  
Mrs. E. P. Jaddy

The old-time doctor had to get along without penacillian, sulfa and all of the sedatives and sleeping pills we pop into our mouths without a second thought.

The information I have about the remedies they did use is taken from American Medical Botany - a doctors reference book published in 1817 - the 42nd year of independence of the United States.

The author stated that the medical profession was encumbered with a vast variety of drugs and the superflous and ineffective ones needed to be "weeded out". In truth most of the medicinal plants of that day are often regarded as weeds now.

The United States, because of its varying altitudes and climate could produce an enormous variety of plants that should enable the domestic production of plants hereto fore imported from other countries. Some of these plants imported were gentian, cascarrilla, opium, and we should follows China's example where every plant was put to some use.

(Country Doctor, con't.)

To assist medical practitioners, detailed color plates of the plants were produced and to aid in identification and information given on preparation of the medicine and the effects on the human system.

| Plants listed included: | Use:                            |
|-------------------------|---------------------------------|
| Winter green            | external stimulant              |
| Partridge berry         | for diarrhea                    |
| May apple               | dropsy and fever                |
| Skunk cabbage           | spasmodic and nervous disorders |
| Marsh Rosemary          | for ulcers                      |
| Butterfly weed          | expectorant                     |
| Small magnolia          | rhumatism                       |
| Dogwood                 | indigestion                     |
| Ginseng                 | coughs--also chewing            |
| Seneca snake root       | rhumatism and amenorrhea        |
| Tulip tree              | intermittent fever              |
| Butternut               | laxative                        |
| American Kellebore      | emetic                          |
| Blue gentian            | indigestion                     |
| Sassafras               | syphillis                       |
| Dogbane                 | emetic                          |
| Leatherwood             | narcotic properties?            |
| Tall Blackberry         | diarrhea                        |
| American senna          | cathartic                       |
| Tobacco                 | sedative*                       |

\*Soldiers escaped duty by placing a leaf of tobacco under each arm pit until the most alarming symptoms of real illness appeared. Tobacco also used in enemas. Of all forms, smoking is most injurious as active principals volatilized with the smoke and applied to lungs nose and mouth. Applied locally, it has been known to cause a hernia to withdraw so operation is not necessary.

|                          |                        |
|--------------------------|------------------------|
| Thorn apple              | ***                    |
| Thorough wort            | tonic                  |
| Poke                     | ** ointment for ulcers |
| Dragon root              | consumption            |
| Gold thread              | tonic                  |
| Bearberry                | nephritis              |
| Blood root               | whooping cough         |
| Cranesbill               | sore throat            |
| Fever root               | cathartic and diuretic |
| Poison sumach            | acts like poison       |
| Hemlock                  | tic dolourex           |
| Mountain Laurel          | cutaneous infections   |
| Carolina pinkroot        | cathartic              |
| Wild ginger              | stimulent              |
| Blue flag                | diuretic               |
| Hen bane                 | substitute for opium   |
| Bitter sweet             | gout                   |
| Indian tobacco           | asthma                 |
| Sweet scented golden rod | gentle stimulent       |

(Country Doctor, con't.)

\*\*\* Used in cases of mania and epilepsy. Also used in treatment of asthma and affections of the lungs when used by smoking in the same manner as tobacco. The juice of the Thorn apple boiled with hog grease, made a sãlve which cured all manner of burns or scalds in a very short time. Applied to the eye, the preparation diminished the sensibility of the retina and relaxed the iris- and was used by surgions in cateract operations.

\*\*Remarkable for the size of its leaves and clusters of berries. Generally called Poke an abbreviation of Pocane ,the name it was known by in the 16th Va.(AM orig) The root and powdered leaves used as a strong emetic-seldom causing cramp or pain. Dr. pleased to find emetic that his patients did not find too uncomfortable - as that was standard treatment for most illness.

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STATE OF NORTH CAROLINA GOVERNOR'S OFFICE - October 29, 1970

Dr. Marjorie P. Newell  
President  
N.C. Wild Flower Society  
3901 Guinevere Lane  
Winston-Salem, North Carolina 27106

Dear Dr. Newell and Co-signers:

Thank you for your letter and for sharing with me your concern over the future of Smith Island. It is unique, not only to the State, but to all mankind.

The future of the island will be thoroughly discussed by the 1971 session of the General Assembly. I believe the State should own the island, thus protecting the marshland around it. I am vitally interested in the State acquiring the property and do appreciate your thoughtful letter.

With best wishes,

Cordially,

Robert W. Scott

The following is taken from the Charlotte Observer, March 21, 1971.

The Physic Garden Is For Flowers, Too  
by  
Elizabeth Lawrence

Linda Lamm and I have been working on a list of trees, shrubs and herbaceous plants for the Physic Garden at the Country Doctor Museum in Bailey, N.C.

The trees and shrubs will be in the background, with native medicinal plants in their shade, and the herbs will be in concentric circular beds in a square plot of ground, a design taken from a section of the Botanic Garden in Padua, which was established in 1345.

The Physic Garden is also a flower garden: roses and violets, anemones, poppies, peonies; Madonna lilies and lilies-of-the-valley, hollyhocks, foxgloves, irises and calendulas will bloom in it along with other ancient plants of healing.

Many old roses have been grown for medicinal use: Culpeper mentions the dogrose, the Damask, *Rosa rubra* and *R. alba*, but the Apothecary rose is *Rosa gallica officinalis*, known to cultivation since 1300, and celebrated for its fragrance and beauty as well as for its medicinal properties.

It was a favorite in the Middle Ages and is supposed to have been the Rose of Miletus that Pliny tells about, and it is generally considered to be the red rose of Lancaster. Since it was grown in the earliest American gardens, it seems particularly appropriate for the Country Doctor Museum.

*Rosa gallica* has an alarming habit of suckering when grown on its own roots, so I have written to Dorothy Stemler to ask where budded plants can be found, in case she doesn't provide them herself, for it would not do to have suckers coming up through the bricks of the paths that divide the beds.

In the history of medicine the peony goes as far back as the rose. Pliny called it the oldest plant of all.

It was named for Paeon, the physician of the gods, who by means of its roots healed the wound inflicted upon Pluto by Hercules. Dioscorides recognized two species: the male peony, *Paeonia mascula* and the female, *P. officinalis*.

*Officinalis* as a specific name means that the plant is adopted by the Pharmacopoeia, and used in medicine. *Paeonia officinalis* was common in England in the sixteenth century, and probably came to this country in the early days, though there is no record of peonies in American gardens before the nineteenth century.

There are single and double forms in both red and white.

The iris, like the rose and the peony, is one of the most ancient garden plants, particularly *Iris florentina*. Perhaps this species will grow in Bailey, on the coastal plain, though I have never been able to keep it for more than a year or two. If not, the Physic Garden will have to fall back on our old white dooryard iris, and nothing could be lovelier.

(Physic Garden, con't.)

The southern Indians and the mountain people have long known the medicinal properties of the roots of our native species, Iris verna and the blue flag, Iris versicolor.

Mrs. M. Grieve says the root of the blue flag is an official drug of the United States Pharmacopoeia, and is the source of the Iridin of commerce.

The madonna lily, Liliun candidum, also has a claim to being the oldest of garden plants, and its uses in medicine are numerous as set forth by the herbalists.

"The root of the garden lily stamped with honey gleweth together sinews that be cut asunder." Gerard says. "It bringeth the hairs again upon places which have been burned or scalded... stamped and strained with wine, and given to drink for two or three days together, it expelleth the poison of the pestilence."

Parkinson says, "This lily above all the rest hath a mollifying, digesting, and cleansing quality, helping to suppurate tumours, and to digest them, for which purpose the roote is much used. Divers other properties are in those lilies, which my purpose is not to declare in this place."

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The following is taken from the Wilson Daily Times, Monday, March 22, 1971.

#### Herb Garden Begun at Bailey Museum

Bailey--- Brick was laid Saturday morning for an herb garden at the Country Doctor's Museum and a large number of interested persons were on hand to participate in the day's events which included a picnic lunch served at the work site.

The herb garden is being sponsored by the North Carolina Wild Flower Preservation Society which will provide the plants for the garden.

Coordinators for the project are Mrs. Charles Hubbard, Mrs. W. T. Lamm Jr., Mrs. George Stronach and Mrs. Badie T. Clark of Wilson.

Miss Elizabeth Lawrence of Charlotte, writer and landscape architect, designed the garden which is copied after the Botanic Garden of Padua, Italy, the oldest medicinal garden in Europe. Handmade Silas Lucas brick frame the garden which will be centered with a millstone of the era.

Two professional bricklayers were engaged for the morning but those present also participated in the actual work.

Attending were members of the board of directors of the museum, representatives from the State Wild Flower Society, and interested citizens.

Millard Morgan Jr. of Bailey prepared the ground for the garden and after its construction Mrs. Lamm will serve as chairman of planting.

Board members hope the garden will be planted this spring.

Additional hostesses for the picnic were Mrs. Lewis Swindell, Mrs. John T. B. Thompson, and Mrs. Joyce Cooper.



HERB GARDEN  
COUNTRY DOCTOR MUSEUM  
Bailey, N. C.  
by  
Mrs. W.T. Lamm, Jr.

We are all excited about the Herb Garden sponsored by the Wild Flower Preservation Society, Inc. "Bricklaying Day," the weather was terrible, cold and windy, but a lot was accomplished. We do need plants.

The following list is needed and possibly others will be listed later. Shrubs: Pinckneya pubens, Sassafras, Pomegranate, Laurus nobilis, (Mr. Butler has offered this) Senna, Elder, Rosa gallica, Box, Myrtle, Witch Hazel, Tea plant, (Mrs. Stronach has offered this) Benzoin, (Mr. Melvin has offered this) Bay Berry, Yaupon, Dogwood, Sweet shrub.

Herbs; Burnet, Sage, Catnip, Rosemary, Horehound, Yarrow, Comfrey, Tansy, Fennel, Peppermint, Boneset, Lemon balm, Basil, Dill, Chamomile, Foxgloves, Lavendar, Gorge, Teasel, Rue, Betony, Valerian, Peony officinalis.

Bulbs: Colchium, Madonna lily, Lily-of-the-Valley (Viola and Walter Braxton can furnish this).

Additional plants: Vinca minor, Hollyhocks, Calendula, Iris florentian. Natives: Chelone glabra, Monarda fistulosa Pipsisseua, Iris verna and the blue flag, Iris versicolor, Butterfly weed, Jack-in-the-Pulpit, the Gentians, and Sesame, Carolina Ipeac (Euphorbin) Solomon's seal.

Any of the above plants will be appreciated. At your convenience plant in a container so that transfer from the pot to the garden can be done without disturbing the roots. Plants can be taken to the spring meeting or perhaps to Bailey.

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#### BRICKLAYING AT THE MUSEUM

The sight of a surgeon laying brick with a judge as his helper, a country doctor digging trenches, a dermatologist loading a wheelbarrow with dirt for a minister to empty, a dean's wife, a biologist, a retired principal, a Scout Master, a student, a young basketball player, friends, Directors of the Museum, members of the Wild Flower Preservation Society helping the professional bricklayers by packing sand, leveling sides, handing brick was a warming experience. Occasionally someone would disappear inside the Museum for a cup of hot coffee, as the weather was extremely chill and windy, but the picnic was excellent and everyone seemed to have a good time. A late snow has caused the final work day to be postponed, but likely all will be completed very soon.

Mercer R. Hubbard

## Bald Head Island - A Delicate Matter

The plant communities of our coastal areas are, according to the expert studies of B.W. Wells, S.V. Shunk, Stephen G. Boyce and others are in a delicate and fragile ecological balance. Probably nowhere is this fragility more in evidence than on Bald Head Island. According to the studies of these authors, particularly Professor B. W. Wells, formerly of N. C. State University and an undisputed authority on North Carolina flora, the salt spray found in many coastal regions of our state kills most vegetation not especially adapted to it. Some years ago an attempt was made to grow various vegetables on Bald Head Island--a few hours of salt laden storm winds killed everything in the garden. The studies of Dr. Wells showed that the peculiar wind-blown shapes of the dune areas were due not to the wind action but the selective killing action of the salt spray carried by these winds. The climax forest of Bald Head is the live oak (Quercus virginiana) tree with some dogwoods underneath protected from the spray. The winds there of such a pattern that the salt spray may come from both the ocean side and the Cape Fear estuary side.

If Bald Head is developed into a residential community the delicate ecological balance of this island is bound to be seriously damaged if not destroyed. The destruction of the natural vegetational types, grasses, shrubs, etc., as well as the live oaks will undoubtedly cause great changes in the environment. If people with cottages and summer houses try to uproot --or uprooting comes as a result of development--the native salt spray resistant plants, in order to plant their own vegetation of their own choosing, then they are certain to fail in most cases. All members of our Society are urged to help in the preservation of Bald Head Island and to keep in contact with our public officials on this matter.

Herbert Hechenbleikner

(The above was condensed by Herbert Hechenbleikner from "Bald Head Island" by Dr. B.W. Wells.)

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The following is part of an article taken from The New York Times which was printed in the Charlotte Observer, March 3, 1971:

### "DEADLINE FOR BALD HEAD"

"Bald Head, which consists of 3000 acres of plameto-fringed beaches and 9000 acres of salt marsh, would make a perfect bird sanctuary--indeed, it already is a sanctuary in nature's scheme of things--or a center for research in marine biology. With careful planning, it could have recreational use for swimming, camping and hiking. What this unspoiled island does not need is to be leveled, paved and dotted with thousands of cottages. The plight of Bald Head illustrates the danger everywhere to the nation's vanishing seashore.

(Bald Head, con't.)

There is need for an emergency federal moratorium on any further development of such undeveloped seashore lands until permanent plans can be worked out for their conservation and regulated use."

Herbert Hechenbleikner  
March 8, 1971

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BY-LAWS  
of  
THE NORTH CAROLINA WILD FLOWER PRESERVATION SOCIETY, INC.

ARTICLE I.

Section 1. Principal Office. The principal office of this Society in the State of North Carolina is to be located in the City of Greensboro, North Carolina.

Section 2. Other Offices. In addition to its principal office in the State of North Carolina the Society may maintain branch offices at any other place or places in the State, or in any other State, as may be designated it Board of Trustees.

Section 3. Corporate Seal. The Society shall have a seal upon which shall be imprinted it's name and the words, "North Carolina."

ARTICLE II.  
(Members and Meetings of Members)

Section 1. Members. The membership of this Society shall be composed of all persons who make a gift or subscription to this Society of as much as One Dollar (\$1.00), such membership to expire at such time as may be designated by the Board of Trustees. Only members who have made such donations are eligible to vote, hold office, or otherwise participate in the business and affairs of the Society.

Section 2. Annual Meeting. The annual meeting of the members of the Society shall be held on the 1st day of May of each year, if not a legal holiday; and, if a legal holiday, then on the day following, at the principal office of the Society in Greensboro, North Carolina, or at such time and place as the Board of Trustees may from time to time designate, when and where they shall elect by plurality vote, by ballot, a Board of Trustees and transact such other business as may

(By-Laws, Section 2, con't.)

come before the meeting.

Section 3. Quorum. Ten per cent (10%) of the membership of this Society present at any meeting shall constitute a quorum for such meeting. A poll of the membership may be taken by authorization of the Board of Trustees with a written communication, and any action based upon such poll, however, shall be carried by a vote of the majority of the membership.

Section 4. Special Meetings. The Board of Trustees shall call a special meeting for the fall of each year, and other special meetings shall be called for any purpose at any time by the Chairman of the Board of Trustees, or Secretary, upon the written request of two Trustees, or of one-third of the members of the Society, or upon resolution of the Board of Trustees, which request or resolution shall state the purpose the purposes thereof.

Section 5. Notice of Meetings. No notice is required to be given of the annual meeting of members of the Society. For all special meetings written notice setting forth the time and place of the meeting and the general nature of the business to be considered thereat shall be given by the Chairman of the Board of Trustees, or the Secretary, to each member; but the members shall have the right to waive the same, and when such waiver has been signed by a majority of the membership of the Society, no notice of such meeting shall be required. Such written notice shall be given ten (10) days prior to the date of any such special meeting.

### ARTICLE III. (Trustees.)

Section 1. Duties. The business and the property of the Society shall be managed and controlled by the Board of Trustees. There shall be five Trustees, each of whom must be members of the Society. They shall be elected every two years by ballot at the annual meeting of the membership of the Society and shall hold office for not more than two years and until their successors are elected and qualified. The Trustees shall act only as a Board, and individual Trustees shall have only that power as might from time to time be bestowed upon or delegated to such Trustee by the Board of Trustees.

Section 2. Increase of Trustees. The number of Trustees may be increased to any odd number, not more than seven (7), by the unanimous vote of the then members of the Board of Trustees, and in such case the additional Trustees may be chosen to hold office until their successors are elected and qualified.

Section 3. Vacancies. If any vacancies on the Board of Trustees shall occur by reason of death, resignation, or otherwise, the remaining members of the Board of Trustees may elect

(BY-Laws, con't. Article III, Section 3)

successors to hold office for the unexpired term of the Trustee, or Trustees, whose place shall be vacated.

Section 4. Meeting Place. The Board of Trustees may hold their meetings, have an office, and keep the books of the Society at any place designated by the Board of Trustees.

Section 5. Meetings. The annual meeting of the Board of Trustees of this Society shall be held immediately after the annual meeting of the membership of the Society, on the date set forth in Article II, Section 2, hereof. Special meetings of the Board may be called by the Chairman or by any two members of the Board, by giving ten (10) days written notice to each Trustee, but such notice may be waived by any Trustee at any meeting at which every Trustee shall be present, and all business conducted at a meeting of Trustees where all Trustees are present shall be binding.

Section 6. Quorum. A majority of the Board of Trustees shall constitute a quorum for the transaction of business.

Section 7. Depositories. The Board of Trustees shall designate the bank, or banks, in which shall be deposited the monies or securities of the Society.

#### ARTICLE IV. (Officers)

Section 1. Officers Generally. The officers of this Society shall consist of a Chairman of the Board of Trustees, or President; a Vice Chairman of the Board of Trustees, or Vice President; Secretary; and Treasurer. The Chairman-President shall be chosen from among the Board of Trustees, and all officers of the Society at the annual meeting of the Board of Trustees, to hold office for two (2) years and until their respective successors are elected and qualified; provided, however, that all officers, agents, and trustees of the Society shall be subject to the removal at any time by the affirmative vote of a majority of the Board of Trustees.

Section 1-A. The retiring officers and chairman must turn over their records and reports in approved order in two weeks after their successors are installed.

Section 2. Additional Officers and Agents. The Board of Trustees at its discretion may elect additional Vice-Chairmen, Vice Presidents, Assistant Secretaries, Assistant Treasurers, a General Manager, and such other officers or agents as it may deem advisable and prescribe the duties thereof.



(By-Laws, Article IV. Section 3)

Section 3. Chairman of the Board of Trustees. The Chairman of the Board shall be the executive officer of the Society. He shall preside at all meetings of the members of the Society, and at the meetings of the Board of Trustees. He shall have general supervision of the affairs of the Society. He shall from time to time make such report of the affairs of the Society as the Board of Trustees may require. He shall perform such other duties as are generally performed by the president of a corporation and such duties as may be assigned to him by the Board of Trustees from time to time.

Section 4. Vice-Chairman. Except as specifically limited by the vote of the Board of Trustees, the Vice-Chairman shall perform the duties and have the powers of the Chairman during the absence or disability of the Chairman. He shall perform such other duties and have such other powers as the Board of Trustees may designate.

Section 5. Secretary. The Secretary shall record all proceedings of the meetings of the members of the Society and of the Board of Trustees in a book to be kept for that purpose and shall perform such other duties as may be assigned to him by the Board of Trustees or the Chairman. He shall have custody of the seal of the Society and shall affix the same to any instrument when duly authorized so to do and attest the same. He shall give or cause to be given all required notices of the meetings of members of the Society and of the Trustees of the Society.

Section 6. Treasurer. The Treasurer shall receive all moneys of the Society, pay bills, and make disbursements as directed by the Board of Trustees and make an annual report to finances and reports other than annually, as may be required by the Board of Trustees. He shall place the funds of the Society for safe-keeping in such depositories as may be designated by the Board of Trustees. He shall keep or cause to be kept a book or books, setting forth a true record of the receipts, donations, gifts, expenditures, assets, liabilities, losses, and gains of the Society, which books shall be open to members of the Board of Trustees when requested. The financial records of the Treasurer shall be audited annually by an auditing committee appointed by the Chairman.

Section 7. Vacancies. If any vacancy shall occur among the officers of the Society by death, resignation, or otherwise the Chairman of the Board of Trustees, or the Secretary will call a special meeting of the Trustees, at which special meeting the Trustees will elect a successor to hold office for the unexpired term of the officer whose place has been vacated.

ARTICLE V.  
(Finances)

Section 1. This Society is a non-stock corporation, but the Chairman and Treasurer are authorized to issue receipts

(By-Laws, con't.)

of the Society for donations received from various donors; such receipts shall entitle the possessors thereof to membership in the Society for such period of time as may appear from the face of said receipts.

Section 2. Dues. The dues and qualification for membership in this Society, as set forth in Article II, Section 1, hereof, shall be one dollar (\$1.00) per year.

Section 3. Financial Commitments. No officer, committee or member of this Society shall undertake any financial commitments except as authorized by the Board of Trustees.

#### ARTICLE VI. (Committees)

Section 1. Executive Committee. The Executive Committee shall consist of the Chairman and Vice Chairman and Treasurer, who will pass upon and authorize all payments of the Society and prepare leaflets and other literature for distribution.

Section 2. Nominating committee. The Nominating Committee shall consist of five (5) members to be appointed by the Chairman at the fall meeting, who shall present at the spring meeting the names of Trustees and officers to be elected for the ensuing term. At least two members of this Committee shall be from the Board of Trustees, and at least one member from the membership at large. These three shall choose a fourth and fifth member.

Section 3. Other Standing Committees. The Standing Committees, in addition to the Executive and Nominating Committees, shall consist of a Program Committee, under the chairmanship of the Vice Chairman of the Society; a Finance Committee under the chairmanship of the Treasurer of the Society; a Publicity Committee, Plant Exchange Committee, Hospitality Committee, which committees shall be under the Chairmanship as appointed by the Chairman of the Society.

#### ARTICLE VII. (Amendments)

The Board of Trustees of this Society shall have power by a vote of a majority of said Trustees to make, alter, amend and rescind the By-Laws of this Society; provided, however, that no amendment, alteration, or rescission shall be approved unless each member of the Board of Trustees shall have been given notice of the proposed amendment, alteration, or rescission at least ten (10) days preceding any meeting, by mailing such notice to the last known address to such members of the Board

(By-Laws, Article VII, amendments, con't.)

of Trustees; but such notice may be waived by members of the Board of Trustees.

KNOW ALL MEN BY THESE PRESENTS that we, the undersigned Incorporators and original Trustees of the North Carolina Wild Flower Preservation Society, Inc., do hereby certify that the above and foregoing By-Laws were duly adopted as the By-Laws of this Society on the 24th day of March, 1957, and that the same do constitute the By-Laws of this Society.

Board of Trustees  
Elected, October 14, 1962

|                            |             |
|----------------------------|-------------|
| Dr. H. R. Totten           |             |
| Mrs. Carl Pegg             |             |
| Mrs. Paul Spencer          |             |
| Mrs. J. A. Warren          |             |
| Mrs. Walter B. Braxton     | Spring 1971 |
| Mr. Lionel Melvin          | Spring 1971 |
| Dr. Herbert Hechenbleikner | Spring 1971 |