

# NORTH CAROLINA WILD FLOWER

PRESERVATION SOCIETY, INCORPORATED

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## NEWSLETTER October, 1971

1951



1971

Anniversary Noted!

### Organization of the N.C. Wild Flower Preservation Society

In the Fall of 1951 Mrs. C.A. Graham, Sr. of Ramseur, District Director of the N.C. State Garden Club, in Randolph County, met with Mrs. Herbert P. Smith at Smithwin Farm and called together the people whom they believed to be interested in preserving wild flowers. They felt that the time had come in defense of the road machines and fast going wood lands to act in some way.

The first meeting was called at the farm of the Herbert P. Smiths. The Wild Flower Club of Winston-Salem and High Point were invited. Mrs. Smith had met these people at her home and they came again, certainly then and now giving their support ; they also came from Chapel Hill, Asheboro, Ramseur and Siler City. The organization did not meet with too much enthusiasm at first by some, for fear that we would meet with "diggers" rather than preservers, but under the tender loving care and guidance of Conner Smith, the young organization grew and grew and in spite of discouragement and hard times, the Society has become a potent power in North Carolina. It now has more than two hundred and fifty members.

Pattie S. Warren (Mrs. J.A.)

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A.S.

President's Message

September 1951

" Scatter seeds from your Wild Flower Garden on all your trips" Conner Smith, First President

The dedication of the Medicinal Garden at the Country Doctor Museum on the 29th of August was a delightful experience. The remarks of Mr. Paul Green were most appropriate and thought provoking. Our Society can be justly proud to sponsor this project. Our thanks to those who designed the garden, supplied the know-how, the incentive, the bricks and the plants.

Our thanks also to Mrs. Walter Braxton and her "friend and typist", Mr. Braxton, for the ten years during which they edited and published our Newsletter. A fine publication! A good job!

This issue of the Newsletter introduces the new editors, Mrs. Hubbard, Mrs. Lamm and Mrs. Stronach, who with the help and cooperation of the membership will prove to be a triumphant triumvirate.

The Fall meeting of the Society will be Sunday, October 17, at Hanging Rock State Park in Stokes County, one of the loveliest sections in our beautiful state. Dr. Hechenbleikner has arranged with Dr. Hollis Rogers (UNC-G) who knows every bush and stick in this area, to guide us about the park. The meeting place will be the parking lot by the lake. Dr. Rogers will arrive a bit early and will have a fire going as a smoke signal and for cheer and comfort. Let's picnic at 12:00 noon, have a SHORT business meeting and take the afternoon to enjoy October's bright blue weather with Dr. Rogers. Bring your picnic baskets, drinks, walking shoes and any seeds or plants you might wish to share with others. Dr. Heck has a batch of fresh seeds of the sweet shrub, Calycanthus, he wishes to spread amongst us.

See you at the Fall meeting! Wear your name tag!

Marjorie P. Newell

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Members who have not paid their 1970-71 and 1971-72 N.C. Wild Flower Preservation Society dues please send check before the Fall meeting to Miss Bessie Pope, Treasurer, P.O.Box 1274, High Point, 27261. (\$2)

APPRECIATION OF THE BRAXTONS  
Lionel Melvin

Mrs. Walter Braxton has faithfully, diligently and of course without any pay served as editor of the Newsletter, sometimes with little praise and now and then some criticism when betwixt the writer and the press, a word was misspelled or a comma was lost, which incidentally happens to all editors. I remember when the Society was having its usual difficulty in finding an editor under the Presidency of Mr. Braxton, Viola volunteered for the position, perhaps just to help her husband, but she continued to serve after his tenure of office and surely many times afterward she must have remarked, " I should have had my head examined", for the task was not an easy one. It called for the combined efforts of both Mr. and Mrs. Braxton.

So, let us give thanks to the Braxtons for a job well done and let us be grateful that we have in Mrs. Charles S. Hubbard, Mrs. W.T.Lamm, Jr. and Mrs. George Stronach three capable successors.

The Braxtons have been a mainstay of the North Carolina Wild Flower Society from its early beginnings, for few of us, unless the Tottens, have been more faithful in attending the meetings and taking an active part in its activities.

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THE EDITORS

Please remember that we are taking this step temporarily, depending upon the difficulty of receiving material and upon our own difficulty in organizing a paper. We are trying a new format with emphasis on saving space. Please let us know whether you approve.

Membership list and the long roll of officers are to be published yearly; please make reports concise; we must have them within ten days after the Board meets. Since we have creative talent and experts in the Society, we prefer to print for the time being only articles written by our members or for this paper; we must rely upon volunteer material. There could be

no group more able.

Send material and suggestions to Mrs. Charles Hubbard, 2000 Cedar St., Durham 27707 or to Mrs. W. T. Lamm, Jr., 903 Raleigh Rd., Wilson 27893; send drawings or photos to Mrs. George Stronach, N. Pearson, Wilson 27893.

Mercer R. Hubbard

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MINUTES OF THE EXECUTIVE BOARD

Sunday, August 29, 1971

The Executive Board of the N.C. WildFlower Preservation Society met in Bailey at the Country Doctor Museum for a special occasion, as the herb and medicinal garden was dedicated in the afternoon, after a picnic lunch was enjoyed by the board members.

Dr. Marjorie Newell, president, called the meeting to order; Miss Bessie Pope, treasurer, reported present balance to be "648.88. Minutes were read by Mrs. Caroline Donnan, secretary, and were corrected to add Mrs. W.T.Lamm, Jr. as a Director. Directors and Mrs. Herbert Smith, Mrs. Paul Spencer, Mrs. Walter Braxton, Mrs. Lamm, Dr. H.R.Totten and Dr. Herbert Hechenbleikner.

Dr. Newell announced that Mrs. C.S.Hubbard, Mrs. W.T.Lamm, Jr. and Mrs. George Stronach are the new NEWSLETTER editors.

Mr. Gordon Butler noted that Methodist College in Fayetteville had acknowledged the book Natural Gardens of North Carolina, by Dr. B.W.Wells.

After a discussion about maintenance of the garden, Dr. Hechenbleikner moved that \$100 be sent to Mrs. Lamm, as Chairman of planting; Mrs. Warren seconded this motion which was passed unanimously. Mrs. Hubbard spoke of the hope of establishing a fund to provide interest to be used for upkeep.

Mr. Lionel Melvin said copies of Trees of Southeastern States, Coker and Totten and Natural Gardens of North Carolina, Wells, would be donated to the Museum Garden.

Mr. Melvin moved that the Fall meeting of the Society be held in Chapel Hill at the Botanical

Garden. A counter proposal was made by Dr. Hechenbleikner that the meeting be held at Hanging Rock State Park. A show of hands decided the issue; the meeting will be held at Hanging Rock on October 17, 1971. Dr. Hechenbleikner said he would be in contact with Dr. Rogers about suitable trails.

Mr. O.B. Roberts, Scout Executive, invited the Society to hold its Spring meeting at Camp Bonner on the Pamlico River. Many interesting native plants have been found here; a cataloguing has been made by C. Ritchie Bell, Professor of Botany at UNC-CH and Director of the North Carolina Botanical Garden.

A letter was read from Mrs. Holgar Nygard informing that Rep. George Miller, Durham, has put through an amendment to the former wildflower bill which adds the names of 29 flowers and plants to the protected list sent out by the state Garden Clubs. Mrs. Nygard adds, "There is now a legal restraint to the digger's conscience; permission to dig must be given by owners of the land on which the plants grow". She asked if the Society would help sell pictorial calendars of the Eno River for the Christmas season. The Board decided not to sell the calendars, which include 12 scenes of the Eno and sell for \$1.25.

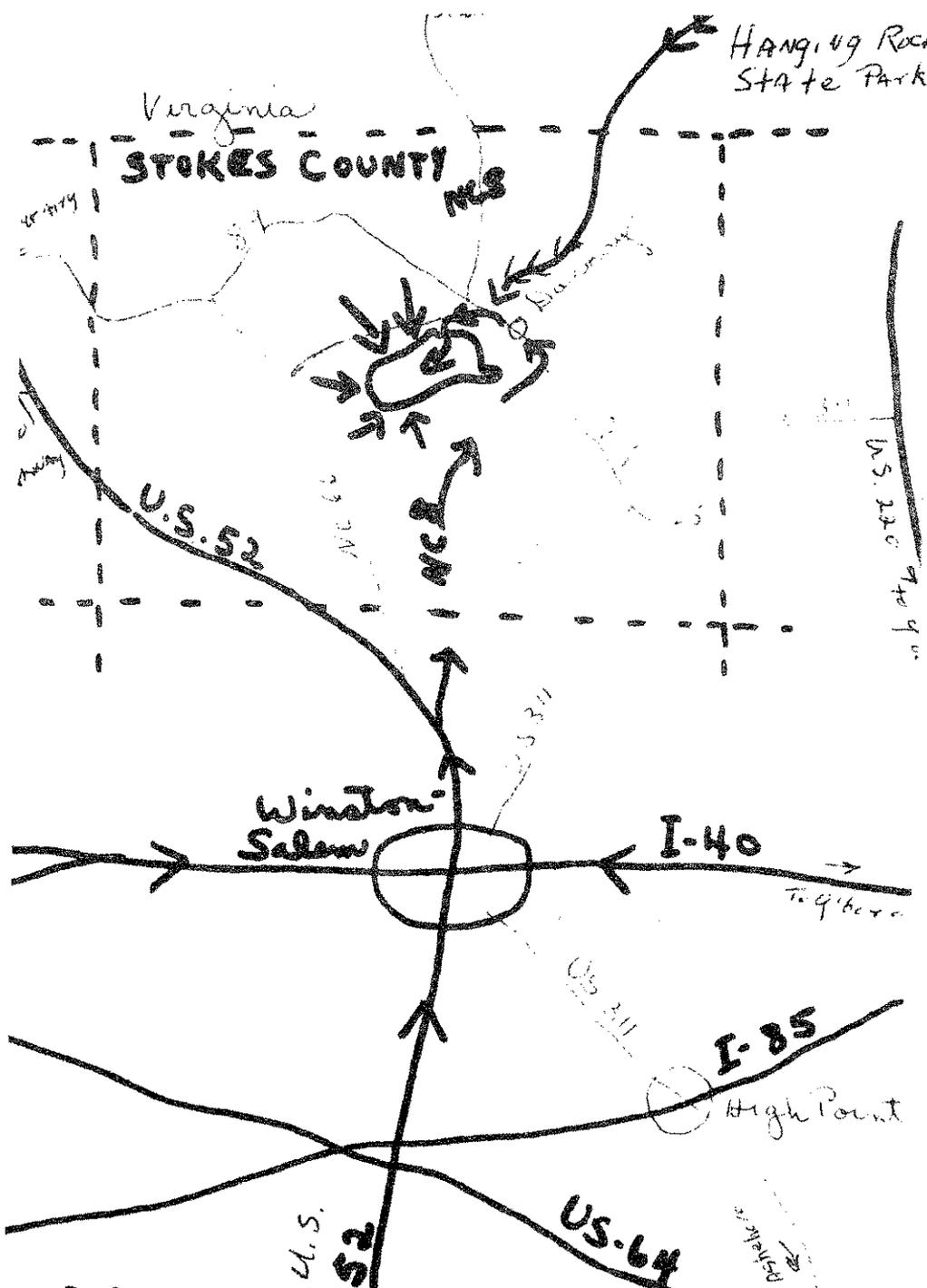
Dr. Hechenbleikner said the Legislature had given a favorable vote to preserving Crowder Mountain and King's Mountain near Charlotte. Many did not realize that the King's Mountain Military Park is several miles from the actual mountain.

The Board meeting adjourned and the members gathered in the garden to meet the nearly 500 guests who had come for its dedication and to hear Mr. Paul Green speak.

After the formal dedication, Dr. Josephine Newell and Dr. Gloria Graham invited board members and special guests to Dr. Newell's home for a reception. Dr. Josephine Melchior assisted them in serving.

It was a memorable occasion.

Respectfully submitted,  
Mrs. R.F. Donnan  
Secretary



Preferred route; take Us 52 North from Winston Salem to N.C.S. Continue on N.C.8 @ a mile past Danbury to a paved country road, turn left, at signs. Travel a bit over a mile, turn left into the Park, continue to parking area.

## GOLDEN-CLUB (ORONTIUM AQUATICUM)

Growing and Propagation  
by Herbert P. Smith

The Golden-club is a perennial with slender yellow bloom spikes borne on curved stalks which are whitened beneath the flowering portion. These bloom stalks, which are about six to eight inches tall, come up in early spring before leaves, about time of last frost. The large leaf-blades are oval and almost half as wide as their length. The Golden-club is found in wet

ground and wet marshes and along small streams. This plant grows well near or in the edge of a pool of a wild flower area. The roots must be in water at all times. As blooms fade, there are small green bulblets formed on the portion of bloom stalk that was yellow. As these bulblets grow they become heavy and pull the stalk down to the wet ground where they immediately take root and start a new plant.

Plants can be started by putting the bulblets in gallon cans. First put a row of holes about one inch from the top of the can. Fill can with good soil mixed with some sand so soil will stay real moist and water can drain off through holes made near top. Keep moist and plants should be ready to plant in a permanent place next year. I have eight cans of bulblets growing from this year's planting. Everyone wants some Golden-club plants, but they are hard to dig up when blooming size.

Hope the Wild Flower members will try growing this plant from bulblets.



NCWFPS Field Trip, Columbia, S.C.  
17 April, 1971

Sand Hills - Edmund, Peach Tree Rock:

The Sand Hills extend across central South Carolina to a roughly northeast-southwest direction and represent a narrow strip from twenty-five miles wide which includes Columbia. This physiographic phenomenon is viewed by many geologists as the remains of an old shore-line dating back to the Eocene period. The region consists of low hills of medium to fine textured sand and where the terrain is suitable small clear-water streams arise. In some areas the long continued percolation of soil water and solutes has resulted in cementing the sand and the formation of a rock layer.

The very dry type of habitat is found here largely because rainfall is percolated rapidly in response to gravity (in the summer the soil surface may be dry within thirty minutes after a shower) and because the slight rise in topography is enough to place the water table out of reach of the plants growing there. Due to the sparsity of the arboreal canopy and the often hard condition of the surface, a wide range of temperature occurs. Light intensity is at a near maximum due to reflection from the bare and light colored surface. (Note the vertical orientation of the leaves of the turkey oak seedlings growing in full view).

The soil is acid, leaching renders it very sterile and in the past fires were frequent.

Among the more interesting plants of the area are:

<i>Quercus laevis</i>	<i>Selaginella acanthonota</i>
<i>Quercus incana</i>	<i>Cheilanthes tomentosa</i>
<i>Quercus margaretta</i>	<i>Osmunda cinnamomea</i>
<i>Pinus palustris</i>	<i>Triplasis purpurea</i>
<i>Ceratiola ericoides</i>	<i>Sporobolus capillaris</i>

Euphorbia ipecacuanhae	Muhlenbergia capillaris
Opuntia compressa	Anthraenantia villosa
Ilex glabra	Yucca filamentosa
Vaccinium arboreum	Froelichia floridana
Polycodium stamineum	Craetaegus spp.
Chrysoma paniculata	Lupinus diffusus
Leiophyllum buxifolium	Robinia nana
Warea cunefolia	Hypericum lloydii
Arenaria caroliniana	Clethra alnifolia
Monotropa uniflora	Kalmia latifolia
Gaylussacia dumosa	Vaccinium crassifolium
Gelsemium sempervirens	Asclepias humistrata
Amsonia ciliata	Seymeria cassinoides
Aureolaria pectinata	Agalinis setacea
Symplocos tinctoria	Liatris spp.
Carpephorus bellidifolius	Haplopappus divaricatus
Haterotheca spp.	

Sand Hills - Edmund, Scouder Creek:

Within the Sand Hill area, an occasional clear water stream or log produces a strikingly different type of community. Our consideration is an old mill pond and its surrounding boggy border. Some of the interesting plants are:

Chamaecyparis thyoides	Sarracenia rubra
Gordonia lasianthus	Sarracenia flava
Lyonia lucida	Sarracenia purpurea
Ilex glabra	Drosera rotundifolia
Smilax laurifolia	Drosera intermedia
Viburnum cassinoides	Mayaca aubletii
Persea borbonia	Xyris spp.
Magnolia virginiana	Sphagnum spp.
Nyssa biflora	Juncus spp.
Eleocharis spp.	

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At the end of the first four months after being organized in 1951, the NCWFPS had sixty-three members on roll.

## CONGAREE SWAMP

The Congaree River formed at Columbia by the confluence of the Saluda and Broad meanders to a point about 30 air-line miles eastward where it joins the Wateree to form the Santee. Throughout its course the Congaree is bordered on one or both sides by a floodplain that may be as much as three miles wide. High percentage runoff in the Piedmont during the cotton era resulted in frequent flooding. Farm abandonment and reforestation in recent years has reduced this but overflow is still common.

Some fifty years ago, a large local lumber company went out of business still owning an extensive tract of this land which then was heavily timbered. Since that time, no cutting has been done with the result now that this tract is perhaps the finest remaining stand of mature swamp forest in the State or maybe the south-east.

Efforts are being made to preserve it.

Among the more interesting species to be found here are:

<i>Pinus taeda</i>	<i>Populus heterophylla</i>
<i>Quercus lyrata</i>	<i>Populus deltoides</i>
<i>Quercus michauxii</i>	<i>Myrica cerifera</i>
<i>Pagodaefolia</i>	<i>Carya aquatica</i>
<i>Quercus laurifolia</i>	<i>Carya cordiformis</i>
<i>Quercus phellos</i>	<i>Carpinus caroliniana</i>
<i>Planera aquatica</i>	<i>Lindera benzoin</i>
<i>Ilex decidua</i>	<i>Asimina triloba</i>
<i>Acer negundo</i>	<i>Itea virginica</i>
<i>Berchemia scandens</i>	<i>Decumaria barbara</i>
<i>Ampelopsis arborea</i>	<i>Aronia arbutifolia</i>
<i>Ampelopsis cordata</i>	<i>Wisteria frutescens</i>
<i>Nyssa aquatica</i>	<i>Taxodium distichum</i>
<i>Clethra alnifolia</i>	<i>Lyonia lucida</i>
<i>Leucothoe axillaris</i>	<i>Fraxinus caroliniana</i>
<i>Gelsimium sempervirens</i>	<i>Asclepias perennis</i>
<i>Cayaponia boykinii</i>	<i>Senecio glabellus</i>
<i>Boltonia caroliniana</i>	

GROWING NORTH CAROLINA WILDFLOWERS  
B.W.WELLS

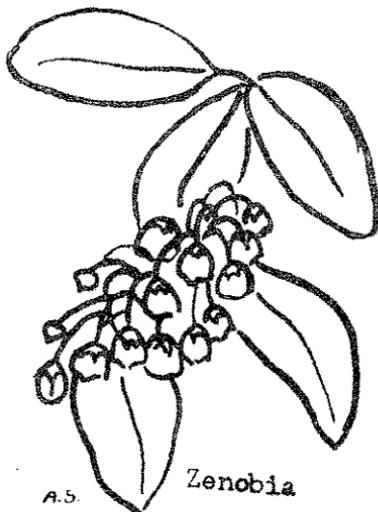
Today we are witnessing the steady destruction of the original vegetation. The truly undisturbed wild areas are now to be found many miles from the cities and towns. Millions of children are growing up with no knowledge of the wild flowers, which were so familiar to their ancestors.

The only way to correct this deficiency is to transfer the wild flowers to small areas in the yards of both urban and suburban homes.

This may be most successfully accomplished by moving blocks by spades full of the soil in which they are rooted. The size of these transfer areas should be kept very small ( 3 by 3 square feet) so the soil can be carried in cartons. In the dugout area the new soil will be placed.

Our wild flowers are largely found in seven ecological community types:

1. The aquatic community. This will necessitate a small pond to introduce the water lily, spatterdock and others. On the surface you may find and add the the floating pinhead size plant Wolffia, the dwarf duckweed, the smallest flowering plant in the world.
2. The fresh water marsh. Along the shore can be grown the pickerel weed and the extraordinary but rare dragonhead and the beautiful mint Macbridia with its rose-colored corolla.



3. The sandhills. The soil of this community is easily moved. It should be placed on a slightly elevated area for the plants on it are adapted to low water and low nutrient. The deeper the sand, the better this habitat. Survival of the transplanted plants is very low. Be sure to move an extra amount of soil with the plant.

Of especial interest are the lupine, the milk pea, the spiderwort, the moss pink and in some places the trailing arbutus may be found. The plant of greatest interest is the sandhill pixie, which totally recumbent, grows in mats. It is a recently discovered species and when in bloom in late February, is literally covered with its small white flowers. It is very rare and known locally near Spout Springs and another locality in S. Carolina. A small portion of the mat with the sand under it should be enough to survive on the new area.

4. The deciduous forest. Most prominent in the piedmont before the leaves appear, are the spring wildflowers which are perhaps the best known. These are the dog-tooth violet (a lily type), spring beauty, hepatica, buttercup, trillium, columbine and many others. There will be no need of moving any soil for these plants, for they will stand transplanting to sites under a grove of deciduous trees anywhere in the piedmont and the lower altitudes of the mountains.

5. The "pocosin" or shrub bog. In the lower coastal plain there has occurred a remarkable plant succession backwards from forests to shrubs to herbs, the total cause of which is fire. Under the heavy rains of the glacial period, thousands of acres were covered with gum and cypress trees which were not seriously affected by the lightning initiated fires. With the advent of the Indians some 13000 years ago, the fires greatly increased and over large areas the trees disappeared and the shrub bog took over. Two genera became dominant, Cyrilla and Zenobia.

Here is found an inexplorable fact. Zenobia is one of the most beautiful flowering shrubs in the State and is abundant in many of the pocosins. Yet it is almost unknown among our cultivated plants. This shrub and its

bog soil could easily be transferred to another site. It is abundant in Holly Shelter Bay.

6. The savannah. These are found on the flat uplands where the increasing fires of the early white settlers destroyed the shrubs, which were replaced by the perennial herbs with their underground stems and roots safely and permanently preserved.

This community involves over a hundred species, of which 75 are wild flowers, making it the most prolific flower community in the South. A few examples follow:

The night-nodding dandelion (not related to the common dandelion) is unique in turning its head downward toward evening and becoming erect again in the morning.

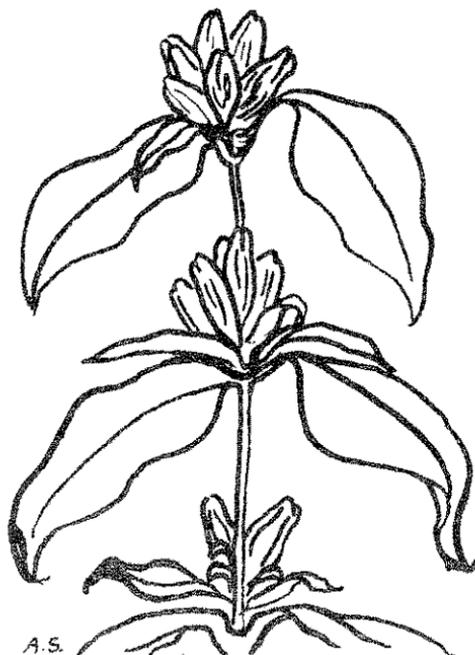
The white orchid (*Gummadeniopsis*) blooms in July in such numbers as to place it high in the floral pageant.

The white-bracted sedge with reduced white upper leaves which simulates a flower.

*Zygadenus* is a yard tall species of the lily family, blooming in midsummer with a large panicle of white flowers.

The Venus flytrap is abundant on many savannahs.

If the small savannah transfers prove successful, it would be in order for the State to establish a large savannah for some park. It would make an excellent addition to the area where the new zoo will be developed.



gentian

WILDFLOWERS OF MEXICO  
by Herbert Hechenbleikner

Although the author has, on previous trips, made many wild flower pictures in Mexico, the trip during the summer of 1971 with a Swiss friend who is a botanist and a horticulturist resulted in many more photographs.

Most of the area covered was on the central plateau at an average elevation of 5000-7000 feet but we did drive up into the mountains as high as 12000-14000 feet. In the tropical jungle near Tamazunchale (alt. 300 ft.) we saw various species of Philodendron growing up into trees to a height of 50-75 feet. There were also various bromeliads and other epiphytes as well as some orchids, several of which were in bloom. In this area the natives grow limes, oranges, bananas and papayas as well as mangos and other tropical fruits.

As one drives up the edge of the plateau the first sizeable town is Zimapan where one will find a remarkable tree in a school yard. This cypress(tule) has as great a diameter as a large redwood but, as with all Taxodium species, relatively little height. This magnificent tree is in perfect condition and the city fathers have, since my last visit in 1966, landscaped the area around it.

Along the roadsides in many places one sees much horse nettle but of a brighter color than ours. Poppies, morning glories, especially the rarer bush type which stays open all day, wild lantana, wild dahlia, native begonias growing in crevices in volcanic rocks are among the plants seen in many places. When one comes to the many limestone areas, especially in the state of San Luis Potosi there are many varieties of cactus. In fact this Mexican state has often been called the "cactus capital of the world". By July most of the species have already bloomed but we were able to photograph a few flowers. In the Mexican open air markets the ripe fruit (tuna) and in certain species the stem is eaten. It

is said that the stem of one species is sliced and cooked and quite indistinguishable from a string bean.

In a tropical canyon near the edge of the mountains we saw many species of ferns including the tree ferns fifteen feet high with trunks eight inches in diameter. Here also was a very large form of insect catching plant known as the butterwort (*Pinguicula*). The flower this Mexican species has the appearance of a large violet. Here in the canyon were species of mistletoe and the other flowering parasitic plant, native to our own state, called dodder (*cuscuta*).

In Mexico both dodder and mistletoe grow on a great variety of plants including large trees. The various species of mistletoe grown on many kinds of deciduous trees as well as on pines, junipers and other evergreens.

On the upper slopes of the higher mountains, 10-14000 feet the rather open pine woods have a ground cover of a fine bladed grass growing in clumps to two feet high. Scattered among open places here and there are large thistles and hundreds of blue lupines. On rock outcrops in the more shaded places are beautiful pale green sedums with spectacular red and yellow flowers. In many places in the mountains as well as in the steppe areas where most of the cactus species are found there are ferns of many species. In the tropical mountains of Michoacanm where there is considerable rainfall, there are many epiphytes on the tree limbs even on the conifers.

At the elevations found on the Mexican Plateau there is a predominance of yellow, blue and red flowers and the colors are much deeper or brighter than those of the same species of flowers found in our Piedmont or Coastal Plain. The author made similar observations in the Alps in 1968 and 1970. Evidently the extra ultraviolet light or some other atmospheric factor is the cause of this.

Many of our European weeds common here are to be found in Mexico. In several places the water hyacinth (*Eichornia* common to Florida) was found. Down in the tropical canyon

along the path by the tree ferns an old friend, the sweet gum (Liquidambar) was found. Those who would like to see these plants are urged to go in April for the early blooms or mid-July for the later flora for the rainy season is in the period from April-August. On some occasion members of the NCWFPS might like to see some of the wildflower slides taken on six trips to Mexico.

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Many members of the NCWFPS have already given plants or made donations to the garden. Our dreams for the first year have been fulfilled and we are busy planning for the future.

We thank Dr. Josephine Newell, President of the Museum, for the cordiality and wonderful coolness of her home on the day the garden was dedicated; this reception honoring Mr. and Mrs. Green was a pleasant close to a thrilling day.

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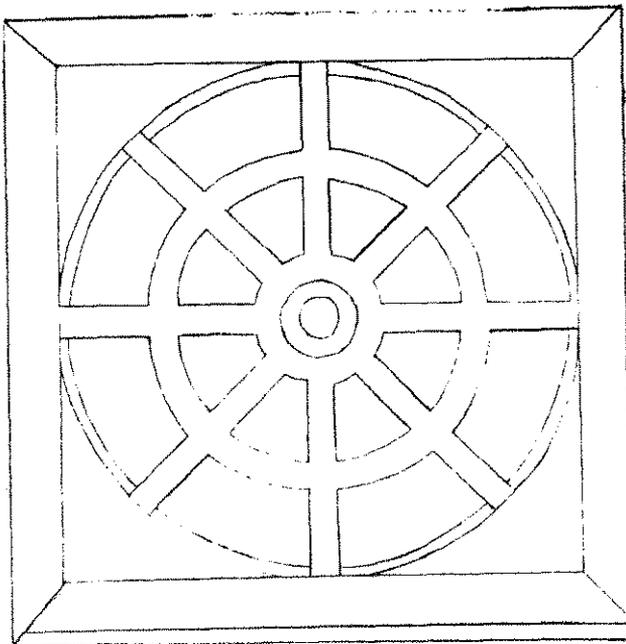
Listing of plants and their uses will continue in the next issue as plants are added to the garden.

The Medicinal Garden needs a bench in case anyone is inclined to help.

Plants needed:

- |             |                            |
|-------------|----------------------------|
| Rattleroot  | Sassafras                  |
| Ginseng     | Senna                      |
| Burnet      | Elder                      |
| Boneset     | Madonna Lily bulbs         |
| Gorge       | ( <i>Lilium candidum</i> ) |
| Costmary    | Iris florentina            |
| Rue         | Blue flag (Its resinoid is |
| Valerian    | irisin; Iris versicolor;   |
| Pomegranite | cholagogue and cathartic   |
| Foxglove    | in doses of gr. 1)         |
| Arnica      | Artemisia                  |

THE MEDICINAL GARDEN AT THE COUNTRY DOCTOR MUSEUM  
Bailey, North Carolina  
Designed by Elizabeth Lawrence



Plants in the Garden and Their Uses  
compiled by Linda Mitchell Lamm

1. Laurus Nobilis Bay; Bay leaves are among the oldest of European herbs, now cultivated extensively in Central America and our Southern states. Like many of the aromatic herbs, the leaves of fragrant bay were woven into wreaths of honor for Greek and Roman heroes and kings. The essential oil of the bay or laurel leaf is an ingredient in some perfumes but the chief use of this exceedingly aromatic leaf is as a culinary herb seasoning. Used with many foods such as fish, game, pickles, soups, sauces, etc..

2. Lavender; The flowering tips are used chiefly in perfumes, soaps and scented sachets. Also made into a tea for gas, headaches, sore joints and circulation.

3. Rosa Gallica (to be planted in the Fall; Lemon Balm planted here this summer); Melissa officinalis. Name from the Greek word Melissa signifying bee. Balm is an abbreviation of the word balsam - chief of the sweet smelling oils. Use lemon balm tea for feverish colds; tea

may be made of either dry or green leaves. Tea also used for nervous headaches and neuralgic symptoms. "An excellent restorative".

4. Pennyroyal; Our grandmothers made pennyroyal tea for measles and whooping cough or concocted a lotion of it and other herbs and creams, to be smeared over the face and arms to discourage insects when the family went a-berrying or fishing. Gerard mentions a sort of amulet. "A garland of pennyroyal made and worn about the head is of a great force against the swimming in the head, the pains and the giddiness thereof."

5. Thyme; Once supposed to have a variety of medical uses but now used as a culinary herb and in "HerbBouquet" bags. There are 37 varieties.

6. Horehound; Has been known chiefly as medicinal herb over the centuries and is one of the few herbs whose uses have changed little since the discovery of its healing qualities early in Greek and Roman history. Many ailments of the throat and lungs were treated with this bitter herb. It was not until the 19th century that horehound candy became a great winter-time favorite. Only recently the tender leaves and flowers have been used as culinary seasoning. The bitterness of the herb gives it a certain element of risk but because of its grayish-green beauty, horehound remains an important garden herb.

7. Tansy; The word "tansy" comes from the Greek word meaning "immortality". Tansy grew in the herb gardens of Charlemagne and was cultivated by the Benedictine monks. At one time during early English history, mention is made of tansy cakes, puddings and tea. All of these were served in the beginning of Spring because they were believed to be a good tonic. The leafy tips have medicinal and industrial value in the preparation of cosmetics, toilet water, ointments and in the liqueur Chartreuse. A "tansy Tea", brewed from either dried or fresh crushed leaves, is said to have a valuable calming effect upon the nerves. Somewhat narcotic. Also used as an antidote for poison ivy.

8. Witch-hazel; Well-known as a soothing astringent lotion.

9. Rosemary; Rosmarinus officinalis is among the most romantic of all the herbs. For more than 3000 years this fragrant sentimental herb has been used in 100 ways for its lovely aroma and in many symbols of varied significance. Rosemary, like sweet basil and lavender was always cultivated in medieval monastery gardens.. It is the symbol of love and remembrance. Ophelia in Shakespeare's play Hamlet chants, "There's rosemary, that's for remembrance". English brides wore sprigs of rosemary in their hair and carried the sweet herb in their bridal bouquets as early as the 15th century. Also used in funeral sprays. The English still place a wreath of rosemary on the graves of their soldiers on Armistice Day. Fresh and dried leaves are unusually pungent and used in eggs, fish, meats (especially lamb). Southerners used it - perhaps still do, in lard. Used in sachets and moth preventatives. The oil is used commercially in scenting perfumes and toilet preparations.

10. Fennel; Has one of the richest histories of any of the herbs known to mankind. A symbol of flattery and as emblem of heroism. Known centuries before the Christian era. Shakespeare gave credit to the superstition that anyone who ate fennel would have a clearer vision. Was a symbol of Victory to the Greeks and Romans. The Italians today are still faithful to the fennel plant and seed. They plant it wherever they roam. Dwarf variety called Finochio. Used in flavorings - sweet like anise, or licorice.

11. Colchicum; The dried corm or ripe seeds of Colchicum Autumnale are medicinals. Used for the relief of gout and rheumatism and was the principle ingredient in the eau medicinale of the French. It has been found poisonous to some constitutions.

12. Chamomile; Familiar to all readers of Beatrix Potter. The tea prepared from the dried blossoms can reduce fever and inflammation in wounds and slight sprains. Most attractive to bees. In many European countries today Chamomile tea is used in place of regular tea and coffee. The oil of Chamomile adds fragrance to perfumes, cosmetics and blends of tobacco.

13. Periwinkle; Vinca minor; An ancient herb in medicine.
14. Calamus root or Sweet flag; The scraped and dried rhizome is slightly aromatic and pungent to one's taste. Widely used for the relief of colic. Useful in treatment of flatulence when chewed slowly and the saliva swallowed. Also used as a seasoning. Brer Rabbit says in Tales of Uncle Remus " I got so I can't eat no chicken 'ceppin she's seasoned up wid Calamus root".
15. Pinckneva Pubens - Fever tree; An infusion of the bark used in reducing fever.
16. Bergamot; Our early colonists learned the use of the bergamots from the American Indian. They used the dried leaves in making herb tea. The fresh leaves make a colorful garnish for a cool drink as well as a subtle addition of flavor.
17. Teasel; The flower head of the fuller's teasel, covered with stiff hooked bracts was used when dried to raise a nap on woolen cloth.
18. Foxglove; Its leaves are one source of the important drug, digitalis, a powerful cardiac stimulant and diuretic.
19. Comfrey; A decoction of the mucilaginous root of the common Comfrey (C.officinale) is used in cough mixture.
20. Boxwood; Widely used and loved for its neat growth and unique aroma. Some claim it almost hypnotic in its effect. Box hedges were much esteemed in the countryside to dry linen on. Its leaves were used in a hair dye. was of little use in the apothecary shop.
21. Basil; This sweetly fragrant herb is one of the symbols of love in Italy. In India the basil plant is still revered as sacred. Like so many of the ancient herbs of history, sweet basil found its way from the Near East, Greece and Italy into Spain, Portugal and England. As early as 1610, the herb was cultivated in North America. Later sweet basil became a great favorite among the culinary herbs of the first colonists.

22. Borage; Borage officinalis has been among those herbs most universally favored since the time of the ancient Greeks. Its leafy tips, placed in a cooling drink, are said to bring a pleasant forgetfulness of all troublesome thoughts. Pliny recorded that the delicious flavor of borage would drive away all sorrows and bring courage to those who crushed and blended it in a cup of ruby wine. Its cucumber-like flavor is enjoyed today in green salads and as a cooked vegetable.

23. Yarrow; Achillea millefolium; Yarrow tea is drunk for the liver and to relieve disorders of the kidneys.

24. Crocus sativus; 100 bulbs planted throughout the garden. It is mentioned in the "National Dispensary" and is official in most pharmacopœias but not in the U.S.. It is occasionally used for flatulent dyspepsia. The Pennsylvania Germans made a tea of it to bring out the measles. Used elsewhere in the United States as a mouthwash for cases of thrush. Used in perfumes, for flavoring food and for its brilliant yellow color.

25. Benzoin; Used for croup and coughs. Also in dermatology. Leaves are chewed or steeped to make a tea to cure children of worms.

25. Balm of Gilead; Mr. Melvin brought this but we could not find its medicinal use.

27. Horse radish; Has been cultivated in Oriental Europe for over 1000 years. During the Middle Ages it was grown for medicine and in 1542 Fuchsius mentioned it as a condiment. It is said to stimulate the appetite and can also be used as a poultice wherever mustard is appropriate. It is a favorite condiment either hot or cold with meat or seafoods.

Addendum to Balm of Gilead; Buds collected in February or March and used in the preparation of a stimulant or expectorant medicine. These buds are known by pharmacists as "Poplar bud" and are used by them in compounding such cough preparations as Compound Syrup of White Pine.

NATIVE PLANTS FOR THE COUNTRY DOCTOR'S GARDEN  
Elizabeth Lawrence

I hope everyone will go to Bailey to see the garden of medicinal herbs at the Country Doctor Museum. The herbs in it at present are mostly the ones that came from England in Colonial times, but we are working on a collection of the American plants that the colonists learned about from the Indians.

People speak of medicinal plants as if their use is a thing of the past, but barks and roots and leaves are advertised in every issue of the Georgia Farmer's and Consumer's Bulletin, the old names are on the price lists of the wholesale drug dealers, and teas and tonics are still household remedies all over the South.

Since the herb gatherers, the dealers and the country people use English names, and seldom resort to Latin, I have had to match the common names by sending for the plants advertised in the Market Bulletins, and by consulting the Illustrated Flora of Britton and Brown. The Flora has the most complete listing of common names that I have come across. In Southern Wild Flowers and Trees Alice Lounsberry tells about the folklore and uses of the flora of the North Carolina mountains at the turn of the century, and M. Grieve, in A Modern Herbal gives the medicinal virtues of American as well as European herbs. Hannah Withers sent me a United States Dispensatory published in Philadelphia in 1881. It belonged to a country doctor in Monroe, North Carolina, and throws more light on the use of herbs in horse and buggy days.

I think I have identified most of the native herbs that I have found in the bulletins and on the dealers' lists, but I should like very much to hear from anyone who knows local names, or who uses home remedies.

As you see by Linda Lamm's list, we already have calamagrostis root and it is flourishing although I have planted it in my garden a number of times and have never gotten it

to grow.

Gordon Butler brought us pipsissewa (*Chimaphila maculata*) which is in the market bulletin as ratsbane, and is also called spotted wintergreen. The Indians used it for rheumatism and scrofula.

He brought us a Saint John'swort too, *Hypericum Stans.* *H perforatum* is the species of the dispensary, but I think they are all medicinal.

Mr. Shinn has promised to give us rattle root (*Cimicifuga racemosa*), one of the most frequent offerings of the Georgia Bulletin. The specific name was formerly *serpentaria*, and it is called rattlesnake root, or sometimes blacksnakeroot (and in the bulletins blacksnake root!), being one of the many plants the Indians called rattlesnake masters, guaranteed to cure snakebite. In the mountains it is taken in whiskey for rheumatism, Mrs. Lounsberry says, and helps the sufferer to bear it even if the cure is not complete.

We should, I think, have Hames-town weed (*Jimson*), *Datura stramonium* in the garden. In the History and Present State of Virginia (1705) Robert Beverley describes its effect upon some soldiers sent out to Jamestown to "pacifie the troubles of Bacon". They gathered young shoots for greens. A "very pleasant comedy followed", and lasted eleven days; one soldier blew feathers in the air, and another shot darts at them; one sat in a corner like a monkey grinning and making "Mows" at the others, and one "would fondly kiss and paw his Companions". In retelling the tale Anne Pratt says, "The love of the marvellous, so prevalent in those days, doubtless led to an exaggerated statement of those effects; but the plant is now well known to be a powerful narcotic". She says it is called Thorn-apple because it belongs to "The Prince of Darkness, the origin of all evil".

Dr. Wood, in the Dispensatory, says that *Datura* was first introduced into regular practice by

Baron Storck of Vienna who used it in treating mania and epilepsy. Other uses are for neuralgia and rheumatism, and in 1846 Dr. J.Y. Dortch of North Carolina reported its being very useful for ringworm.

At the dedication of the garden, Paul Green spoke of poke-root (*Phytolacca americana*) as a home remedy, but handsome as it is with its wine-colored stems and wine-dark berries, I don't think its virtues sufficient to warrant our having it in the garden. We would soon have nothing else. Poke is an Indian word for smoke, and was first given to some plant that they used for tobacco. I haven't been able to discover its connection with *phytolacca*.

Pokeberries are said to have poisoned children and perhaps adults, but birds, especially thrushes and mockingbirds, love them.

Robert Beverley said, "the Planters pretend to have a Swamp-Root which infallibly cures all Fevers and Agues". I asked Paul if this is what they dosed him with when he was little. He said, No the Swamp-Root he took was a patent medicine. I hope some one can tell me what the Planters pretended to have.

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## CONTENTS

Anniversary and Organization, Mrs. J.A. Warren	p. 1
Appreciation of the Braxtons, Lionel Melvin	p. 3
Columbia, S.C. Field Trip	p. 8
Editors, The, Mercer Reeves Hubbard	p. 3
Golden-club, Growing and Propagation Herbert P. Smith	p. 7
Growing N.C. Wildflowers, B.W. Wells	p. 11
Map to Hanging Rock State Park	p. 6
Minutes of the Executive Board, Mrs. R.F. Donnan	p. 4
Native Plants for the Country Doctor's Garden Elizabeth Lawrence	p. 23
Plants in the Medicinal Garden and Their Uses Linda Mitchell Lamm	p. 17
Plants Needed for the Garden	p. 16
President's Message, Marjorie P. Newell	p. 2
Wildflowers of Mexico, Herbert Hechenbleikner	p. 14