

## Tar Heel Outdoors

West End - Here and there small patches of snow remained on the ground. Brown leaves still clung on the black-jacks and rattled dryly as we brushed by. Two lean pointers briskly worked the oaks and open field in the cold morning air, their breath vaporizing in dense clouds.

Jocko, the liver and white, ranged widely with his head high, checked cover quickly, then moved to the next likely spot. Sam worked closely and carefully, following each scent in diligent search.

In the open weed field far ahead of us, Jocko locked into stone-rigid point for an instant, took a cautious half step and froze again, his tail a white vertical ramrod. Sam, closing fast, had his nose to the ground and did not see the point. Jack Myrick shouted, "Whoa, Sam," and the dog lifted his head, saw Jocko, and backed him from a distance of nearly 50 yards.

Myrick and I strided deliberately past Sam. I clicked off the safety, then slowed behind Jocko, wishing to prolong the experience, savor the morning, the dogs, the air. What followed comes to mind as a slow-motion movie, each event set apart, separate - explosive whir of wings, picking a bird angling away to the right, stock up against cheek, a little lead, the burst of feathers, follow through.

Sam retrieved the bobwhite, as Jocko eagerly cast out again for singles. Plainly Jocko felt compelled to find more birds, quicker and with more style than Sam.

A few minutes later, Sam was locked on a single. Ap-



proaching through scattered briars and broom straw, I felt confident of the shot, but the quail burst away low and fast toward a distant pine and bramble thicket as I fumbled with the safety. When I finally fired and missed, it was more a curse than a practical wing shot.

The other birds we found

at Pine Lake Shooting Preserve flew well and were challenging targets. Just watching the dogs work was worth the trip.

With available hunting lands rapidly shrinking, shooting preserves like Pine Lake are the answer to hunters' dilemma. Years ago, most of us lived in rural areas or small towns with nearby farm land. The mass population shift to the cities has left numerous sportsmen without a place to hunt.

North Carolina has more than 20 commercial shooting preserves open to public hunting. In addition, a few operate on a private or club basis. On the public preserves, you may hunt a half day for \$30 and take usually eight pen-reared birds. Additional quail may cost about \$2.50 each.

With the recent advent of preserves, some long-time quail hunters have sold their dogs and given up hunting wild birds. The cost of feeding a dog all year, combined

with the sometimes difficult task of finding birds, makes the preserves attractive, particularly for the sportsman who hunts only a few times a season.

Although most Tar Heel preserves provide dogs, you may bring your own. There is no better way to give a young dog experience than on a preserve where birds are in ample supply. It may be possible to work your puppy with an experienced dog provided by the manager.

Preserves which have shooting most like wild-bird hunting release quail before and periodically throughout the season, and hold them on the area with food plots. Hunters who scoff at released bird shooting should try the birds at Pine Lake. There, quail are raised in spacious pens and fed on the ground. When released, they get along very well in the swamps and fields scattered throughout the preserve and are strong fliers the day they are released.

Wild birds frequently mix with the released bobwhites and, after a time, the hunter may not be able to distinguish between them until they are brought to bag.

For a list of controlled shooting preserves, write the North Carolina Wildlife Resources Commission, Box 2919, Raleigh, N. C. 27602.

### About Your Home

Children love to play with fire, somehow it seems to fascinate them. Many young lives have been snuffed out on account of the carelessness of parents and caretakers.

Little children should not be left alone in rooms where there are open fires, lighted candles within reach, or vessels of hot water upon stoves or on the floor. During this Christmas season we cannot be too careful with Christmas trees and decorative lights.

Numbers of children fall victims each year, to explosions from firecrackers, or other so-called toys of a dangerous nature.

It is well to teach children that the most effective way of extinguishing a fire is by smothering or by pouring water on it. The latter cannot always be obtained.

Illustrate this to them by kindling a little fire in the yard when no water is convenient, and putting it out by throwing dirt or sand upon it. Explain to them that fire can't breathe without air; that if deprived of it, it will instantly die. This knowledge may save a frightful catastrophe.

A fire can be put out by rolling the person in a quilt, carpet, blanket or any material that is thick and strong.

Wrap the body in hot blankets. Leave the clothing alone. Exposed parts may be covered with cloths saturated with baking soda. Call a doctor for professional help as soon as possible. The healing process is long and expensive.

## Health And Beauty

A person suffering with arthritis has a condition of inflamed joints that cause considerable pain. Like the common headache, arthritis is brought on by any number of varied diseases and physical conditions.

There are many different forms of arthritis and about a hundred variations of these. However, two of the forms together make up more than 70 per cent of all rheumatic complaints. They are rheumatoid arthritis and osteoarthritis.

Rheumatoid arthritis is the more serious of the two. It is a progressive disease and is more evident around the movable joints and can attack

almost any part of the body.

There are endless theories about the causes of rheumatoid arthritis. Some facts tend to and often it will occur after an attack of tonsillitis, a severe cold, or an infection of the gall bladder. Removal of the tonsils or gall bladder or the clearing up of the cold will often result in the disappearance of joint pain and swelling.

An old theory is that rheumatoid arthritis will start after a strong emotional upset such as sudden death in the family, worry over the illness of a loved one, loss of a job, working under unpleasant conditions.

Rheumatoid arthritis is so

painful that there is little chance that anyone would try prolonged self-treatment. Consult your doctor and follow his instructions to the letter if you feel arthritis is starting. The first sensations will usually be stiffness in the hands or the knees for no apparent reason.

The best years can always be ahead.

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