

GINSENG HUNTING PROFITABLE HOBBY FOR WESTERN CAROLINAS

them than hills—and the mountain people of Western North Carolina are digging it up in the form of wild ginseng roots.

They spend many a Sunday afternoon looking for these roots as a means of supplementing the income from their small farms. Like many of his neighbors J. R. Mundy, of Reems Creek, has his favorite and "secret" spots to hunt. His last diggings uncovered this area's champion—a root weighing one and a quarter pounds and believed, because of its size, to be at least 100 years old.

Mundy's afternoon search netted him \$12.50, having sold the root to a local herb dealer. The local dealer sold it for \$40 to a New York firm and the root is now on its way to a Hong Kong, China, auction. "Once in China there is no telling what price a root of this size will bring," said Robert A. Blustein, the New York dealer. It is the largest he had seen in 10 years of buying and selling ginseng.

In China, if a man is at death's

door a little ginseng tea will keep him alive for a day or two so he can straighten up his affairs. Opium smokers use it for "hang-overs." It is believed to prolong life—and even to restore it.

The American men of science think little of the ginseng as a medicine—but in China it is a "cure-all." Large, old ones like Mundy's specimen are often preserved and worshipped as gods. In fact, Blustein predicts that this particular root—for a "fabulous" price—will find its way into some rich man's home, its very presence supposed to ward off all illness to the household.

Ginseng is found only in China and North America, growing on wooded hillsides. About 50,000 pounds are dug each year, over half of this being found in Western North Carolina, parts of Kentucky, Tennessee, and Virginia. The plant ranges from eight inches to two feet in height, consisting of several stems with three clusters of leaves on each. In the Fall it bears small red berries which drop and bury themselves in the ground to produce more ginseng—but it takes at least seven years for the roots to become large enough for digging.

The average root on the market today is two to four inches long and about one-half to one inch in thickness. It has many branches, often taking shapes similar to the human figures.

There is no judging of the root by the plant. Small, short stemmed plants often have large, old roots and enormous plants often reveal tiny roots too small for selling. The ones too small for the market are brewed by the mountain women for a "health tonic."

Blustein says ginseng can be cultivated, although the wild root brings a higher price. He has offered to get the seed for any farmer who has the land to try it and says the price today, for the cultivated variety, ranges from \$7 to \$16 a pound.

R. S. Dearstyne, head of the Poultry Department at State College, says North Carolina poultrymen could save thousands of dollars each year if they do a careful and consistent job of culling their laying flocks.

Ten Rules On How To Grow Old Gracefully

New York.—Ten commandments for a person to grow old gracefully, as listed by Dr. Herman Seidel of Baltimore:

He should continue to work at his vocation and retain his accustomed position in society as long as possible.

Avoid sedentary habits and inactivity, continue with whatever open air activities or hobbies he may be accustomed to; if he has none he should acquire some.

Engage in systematic daily exercise, designed to prevent or overcome physical deformities; these should include the practice of deep breathing.

Make full use of helpful gadgets such as hearing aids, eyeglasses and dentures.

Keep face and body free from unsightly blemishes.

Always maintain self-respect and dignity, be jealous of his appearance, dress neatly, and retain good manners.

Continue contact with buddies and lifetime friends, and learn to make new ones.

Follow good body hygiene and sanitation; eat sensibly—a well-balanced diet of nourishing food.

Seek medical advice at frequent intervals, and carry out in full the advice given.

Above all avoid despair and an outlook of futility, and "fear God and keep His Commandments, for this is all that is required of a man."

Dr. Seidel, chief of medicine, Hebrew Home for the Aged and Infirm, Baltimore, is author of one chapter in a new book, "Rehabilitation of the Handicapped" edited by William H. Soden.

One reason for a more cheerful outlook for older people is that the nation has so many of them, and will have even more

in the future. This fact is compelling research into the changes and processes of aging, and how to help people age more gracefully, he says.

"It is inaction that is harmful to the aging person and not action," Dr. Seidel writes.

Commissions Are Now Available In Air Force Reserve

Commissions as a second lieutenant in the United States air force reserve are now available to young men and women who meet the qualifications, it was announced today by the air force recruiting representative here in North Wilkesboro. The qualifications are: age 21 to 28; education: high school graduate plus two years college or be able to pass equivalent examination; have served at least six months as warrant officer or one of the first three grades in the air force of the United States, or the air corps of the army of the United States, or the army of the United States.

Some men are eligible regardless of rank held if they are college graduates. Those who have held or are now holding a commission in any of the armed forces are not eligible.

For further information contact the U. S. Army and U. S. Air force recruiting station in the City Hall, North Wilkesboro, N. C.

Rev. Watt Cooper In Historic Tableau Chapel Hill Church

Three days of reminiscence, special ceremonies and feasting marked the Centennial of the Chapel Hill Presbyterian church last week-end. One of the highlights of the program was a historic tableau in which four narrators impersonated four main figures in the history of the church. They were: Phillips Russell, a member of the Centennial Committee; Rev. Watt Cooper, North Wilkesboro, who took the part of "Parson" W. D. Moss, famous minister of the first World War period here; Mrs. G. A. Harter, Chapel Hill, who appeared as Cornelia Phillips Spencer, one of the Church's most active workers in the postwar period up until 1894; Dr. Wallace E. Caldwell of the University History Department, who took the role of ex-Governor David L. Swain, president of the University of North Carolina before the Civil War; and Henry R. McFadyen, Oak Ridge, who impersonated Prof. Benjamin S. Hendrick, the University professor who was expelled at the instigation of W. W. Holden, Raleigh editor, leader of the successionists in 1862.

Mrs. Sarah A. Tweed, North Carolina, recently died at the age of 107. She was a member of the Little Pine Creek Baptist Church for 90 years.

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