

Lancaster Farming

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Outlook Affects Well-Being

MEDICAL AUTHORITIES ARE beginning to agree generally that psychosomatic medicine has a definite place in the treatment of many ill persons. While the term itself means little to the average person, it can be interpreted briefly to mean the direct relation of mental attitudes with a person's health.

More physicians are relying on the mental attitudes of their patients in arriving at their diagnosis. Happiness of a person — at least in a sense of well-being and satisfaction — can often be nature's antidote for illness. Anxieties and fears eventually will interfere with a large portion of the normal functions of the body. You can prove this to your own satisfaction. After a period of worrying, a fight with your wife, an argument with your boss, a tiff with one of the youngsters, a sudden calamity, check yourself and see if you don't feel physically "worn out." It's an actual physical reaction to a mental situation.

In most cases of illness — although not in every case — it is quite possible that an emotional cause may be linked with the physical result.

While death rates from heart trouble, cancer, tuberculosis, and many other diseases, are alarming, there are few people who died from laughing. Actually, we could cure a lot of our ailments simply by laughing at our troubles instead of worrying over them. More nervous breakdowns and other physical crackups can be traced to worrying over trivialities than any other source. With the pace of present day living and problems, you sometimes have to hunt for things to laugh at — but they are there. The more we laugh the easier laughing becomes.

Flattery Will Get You Anywhere

DALE CARNEGIE LISTS AND discusses six ways to make people like you. We can only list them and leave it to the reader to develop his points.

- 1 Become genuinely interested in other people.
- 2 Smile
- 3 Remember that a man's name is to him the sweetest and most important sound in the English language

4 Talk in terms of the other man's interests

6 Make the other person feel important

FINALLY, remember that when a person asks, "How are you today?" he is usually just being polite. He isn't asking for a recital of your medical record.

You Determine Your TV Fare

NOW THAT THE FROST is on the pumpkin and the fonder's in the shock, and the small fry are bobbing for apples, it would be a good time to sit back and consider whether today's TV is "trick or treat."

The expansion of television coverage over the nation in recent years has been phenomenal. Its swift grip on our attention and much of our leisure has threatened every other form of entertainment — including the pleasure of reading. But, has TV improved as it has expanded? Does it teach as well as amuse? Can it inspire us as well as sell us the sponsor's pills, puddings or platforms. Is it a stimulant or an opiate?

The answer lies within ourselves. Programs variety — what with the costly spectaculars, the ancient movies, the colossal give-away shows, the news-reels, panel interviews, documentaries, sports, travelogues and adventures-in-science—gives the hand that twists the dial the power to fill the mind with substance or with drivel. What the trend is, will depend of course on which type of material most of us turn to.

Stressing the importance of a large vocabulary, the high school English teacher told her class, "Use a word ten times, and it will be yours for life."

In the back of the room, a pert blonde senior closed her eyes and was heard chanting, "Fred, Fred, Fred, Fred, Fred, Fred, Fred, Fred, Fred, Fred, Fred, Fred, Fred."



BY JACK REICHARD

25 Years Ago

50 YEARS AGO (1907)

The Pennsylvania Railroad Co announced plans termed the largest planting of forest trees in the history of the United States. The company had acquired an extensive tract of land in the Alleghany mountains between Altoona and Hollidaysburg. The grounds were to be planted with various seeds which at the end of forty years was expected to yield an annual harvest of more than four hundred thousand railroad ties.

SCHOOL TEACHING TAKEN FOR GRANTED

A writer of note on rural life, back in 1907, declared, "too often the qualifications and quality of service rendered by the teacher of country public schools are taken for granted, with not as much interest being manifested as would be shown in the selection of a groom for our thoroughbred horses and cattle."

The writer pointed out it would not only be a good thing for the pupils of the school, but satisfactory to the teacher herself, if patrons would visit the school more frequently and get on the spot knowledge of the teacher and the quality of her work.

In a test conducted by the New York agriculture experiment station it was found that in a herd of ordinary cows there were several animals which ran up feed bills for the year amounting to \$28.50, while the milk they produced sold for \$25. It was pointed out that the farmer not only received nothing for his labor but also spent \$3.50 on each cow in a careless system of husbandry on his farm.

U. S. D. A. ISSUED PROTEIN BULLETIN

The relative protein value of wheat and corn was given in a bulletin issued by the U. S. Department of Agriculture in 1907. It showed that 10 cents would buy four pounds of corn at 2½ cents per pound, containing a protein content of 31, while it would buy two pounds of wheat at 5 cents per pound with a protein value of one. In the bulletin's summary, however, it was pointed out that corn was the more practical and economical of the two grains for most feeding purposes.

An elderly granger in a western town was given wide-spread publicity while attending an affair of special doings by purchasing merry-go-round tickets, \$15 worth at a time, and distributing them among area youngsters. When asked about his extravagance the granger explained "I feel I am making a better disposal of my money than if I frittered it away buying one of your slot machines."

GERMANY WINS BALLOON RACE

The German balloon Pommern won the race of nine airships which started from St. Louis, Mo., on the afternoon of Oct. 12, 1907. The balloons represented United States, England, France and Germany, with the James Gordon Bennett cup and a cash prize of \$2,500 offered as awards. The Pommern landed at Asbury Park, N. J., a distance of nearly 900 miles from the starting point. All balloons entered by United States landed in Maryland, giving them fourth place in the race.

Edward Reynolds, of Wilkesburg near Pittsburg, Pa., mystified physicians and surgeons who had treated him for slight ailments on several occasions and were unable to locate the most important organ in his body — his heart.

Reynolds consented to an X-ray examination offered by the Westinghouse Electric Manufacturing Co., Pittsburg, where the examining medicos were almost incredulous when X-rays showed a pair of hearts, one on each side. The one on his left was smaller than the right side organ, which had the stronger beat.

SHINY-HEADED MONSTER STARTLES FARM FAMILY

At 3 a. m. in the morning a midwest farm family were awakened by a loud knock at the door. They looked out the window and saw a queer looking beast about six feet long, with four legs, no neck and a shiny head three feet long. Before the farmer could get a gun the strange animal disappeared in the dark.

The next morning, in a cau-

tious search about the farm, a stray hog was found with its head stuck tightly in a ten-gallon milk can.

A double decker barn on the Lancaster farm of W. C. Venose in the Chestnut Level Area, was destroyed by a fire at noon on Oct. 18, 1932.

Mrs. Venose was alone with a five-year-old child when she discovered the barn on fire. The nearest telephone was about one mile away and by the time help arrived the building was a mass of flames.

Quarryville Fire Co responded and saved the wagon shed and hog pen which was on fire. The stock was all out of the barn. Six tons of straw, seven tons of hay, with other contents went up in smoke.

The loss was estimated at \$4,000. Firemen stated the origin of the fire could not be determined.

FARMERS ADVISED TO USE HAY FOR FUEL

Twenty-five years ago this week farmers in the St. Paul, Minn. section, getting from one to five dollars a ton for "prairie hay", were advised by Dr. Gortner, of the University of Minnesota, to use the product for fuel, in the place of coal that was selling up to seventeen dollars a ton. Dr. Gortner recalled the days when shelled corn was selling for ten cents a bushel and farmers burned it in their stoves.

The Minister's Salary

Some churches do not have salaried ministers. Most of the churches in America, however, do have salaried ministers. One thing that many church members do not realize is that the salary of a minister is positively not the same thing as a weekly wage paid to a farm hand, or a business man's return on an investment in stocks, or a fee paid to a lawyer. If you hire a man, he is your man. If you don't like what he is doing, you can fire him. But the minister is not a hired man. He is God's man, at your service, but not under your thumb. The business man wants to get rich, or richer; his income builds up his fortune. But the minister's salary never grows to a fortune. The lawyer has a stated set of fees, and if he is like some lawyers, he charges what the traffic will bear, i. e. he charges the wealthy more than the poor. In the Protestant church there is no scale of fees, most of what the minister does is free. Progressive ministers are today doing away with the wedding fee for example, marrying only their own people and doing this as a part of the church's service to its people. Furthermore, and this is most important, the minister's salary, unlike professional fees, is NOT payment for services rendered. If the minister is any account, his services are beyond price (How much is it worth, in cash, to be comforted in sorrow, strengthened in temptation, illumined in spirit?) The salary is a subsidy enabling him to work without a salary!

The Minister's Ambition

Paul made it clear that he had a right to a salary, though he preferred not to use that right but to earn a living as he went along. But even if he had been "paid," the salary could never have been the main thing with him. "That I may WIN some people"—not to build a kind of private empire, not to win people for himself, but for Christ. Only God saves men, but he saves men through men. And what price can be named which is a fair "payment" for saving a man's soul?

All dedicated men set the doing of their work above the paycheck in importance. Their real heart's ambition is not for more pay. Their ambition is greater effectiveness—a closer approach to perfection, whether their work is art, teaching, bridge-building or whatever else it may be. So the true minister's secret ambition is not a bigger congregation, more salary, more prestige; it is more souls won.

THE BIBLE SPEAKS

International Uniform Sunday School Lessons

BY DR. KENNETH J. FOREMAN

Background Scripture: I Corinthians 9.
 Devotional Reading: Acts 26:12-23

Minister

Lesson for October 20, 1957

THE man has various titles. He may himself prefer to be called by the simple democratic "Mister." But he is also Pastor John Doe, and the Reverend John Doe, and maybe Doctor Doe, besides. Some call him the preacher. But the title that binds him closest, perhaps, to the Lord Jesus, is the word "Minister." Jesus said: "The Son of man came not to be served but to serve." The Latin word for "serve" (that verse (Mark 10:45) is the word from which our English word "minister" is derived. It is the most inclusive of all the titles; it means in general one who is of service to others, and in particular one who serves in the name of Christ.



Dr. Foreman

The Minister's Call

Consider three points about ministers, which the people in the pews often overlook. One is the minister's call. What he does is a "calling" rather than a "position". How does a minister come to be pastor of a particular church? That varies from one denomination to another, though not very much. But how does the minister come to be one in the first place? That is always the same, whether he is a Roman Catholic priest or a Protestant minister: he is a minister of Christ because he believes, he was called by the Lord to do and be just that. Could he be mistaken? Indeed he can. There are men in the ministry who have no business there. The problem of how to be sure about one's call to the ministry is a problem for ministers, not for most of the people who read these lines. What we need to do, when we "call" a minister, is to be sure we get a man who among other strong points has this: he is God's man first of all; ours only because he was God's.