

# The Dallas Post

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THE DALLAS POST

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## EDITORIAL COLUMN

Devoted to the Current Topics of the Day

### VACATION TIME

No more pencils, no more books,  
No more teacher's saucy looks!

That's what the school boys and girls used to chant when they began their summer vacations. Nowadays they may chant it out of respect to tradition, but the emotion that inspired such a verse is gone.

For the modern school boy and girl doesn't think of teacher as a person with "saucy looks." The plane of the profession of teaching has been raised to a marvelous degree. New educational methods seek to enlist the cooperation rather than the fear of the pupil. Punishments are less severe and the work is made more interesting. School is not such a bad place after all. Shakespeare's boy going "unwillingly to school" is different from the pupil of today, anxious to learn and to play under proper, wise direction.

Nevertheless, the children are all happy at the prospect of almost three months of complete freedom. It is the duty of parents to see that their children derive every ounce of benefit possible from their summer vacations, so that they may return to school next Fall refreshed in mind and body and ready to do their best.

### GENE TUNNEY, AUTHOR

From Italy comes the rumor that Gene Tunney, retired heavyweight champion of the world, who has been visiting with the world-famous playwright, George Bernard Shaw, contemplates entering the literary field.

George Bernard Shaw is said to have given Gene Tunney encouragement in this new ambition. And so the world is to have a new thrill, seeing a dyed-in-the-wool pugilist turn to the gentle art of letters.

Of course, a not altogether new thrill. Almost every successful sportsman has written articles on sports, or had such articles written for him by ghost writers. However, from Tunney we do not expect a story of his experiences in the ring.

For Tunney's mental make-up is different than that of most pugilists. He typifies the new school of athletes, whose minds are developed as carefully as their bodies. Tunney reads and understands Shakespeare and Shaw, and has the friendship of such literary artists as Thornton Wilder.

Tunney evidently wants to become one of the world's classics—and if he should succeed, it will be among the most remarkable phenomena of modern times, for who would have dreamed that a hand capable of delivering knockout punches could also be employed in the delicate art of penning masterpieces. We have yet to see whether Tunney's pen is more powerful than his punch.

## GUIDEPOSTS TO Health and Happiness

By Bernarr Macfadden



### OVEREATING OR TEMPERANCE IN EATING

Of all the diabolical traditions to which modern man is enslaved the pernicious habit of overeating undoubtedly tops the list. Sir William Osler, one of the greatest surgeons the world has ever known, said: "Excessive eating does more damage than excess drinking"—which can only mean that all the evils of the drink habit taken together, normal, financial and physical, are surpassed by the direct results on immoderate eating. And yet who has not taken part in a conversation like the following:

"It's lunchtime."  
"I don't feel a bit hungry."  
"But it is time to eat!"  
"I really don't want a thing."  
"But you must eat. You'll get a headache or sick or something. You've got to eat to keep up your strength!"

And so we sit down to a table and gorge ourselves, taxing our stomachs with a load with a load of food that it is not inclined or prepared to digest. Or else we become worried, go to a doctor, get a prescription for an expensive "tonic," and prod the appetite into a synthetic desire for food.

That is all wrong. Temporary loss of appetite is nothing to worry about. For millions of years man lived in blissful ignorance of the mandate "three square meals a day." He ate only when he was hungry. Then civilization came along and originated breakfast, lunch and dinner, and man tried desperately to adapt himself to the new order of things. And in the main he has succeeded.

But every once in a while these poor fettered bodies of ours rebel. The inborn habits of millions of years have not yet been abolished by the acquired behavior of a mere handful of centuries. We still slay and maim and pillage as our forefathers did. And likewise—for apparently no reason at all—we suddenly find ourselves minus an appetite at the "right" time and utterly ravenous at unheard-of hours.

So don't worry when this happens to you. Go right ahead on about your business and wait until you are really hungry.

A word about proper eating when the appetite is normal: Try to eat the foods that appeal to you most, provided they are sensible and nourishing. Eat only two or three different dishes at one meal and avoid those combinations that fight with each other. No matter how hungry you may be, don't fall on your food ravenously. Give yourself the pleasure of prolonging the enjoyment of eating something you like. This stimulates the entire digestive mechanism all along the alimentary canal and causes the salivary juices to pour into the mouth. Then when you swallow your food it is met in the stomach by the proper solvents.

There is an old adage that says: "The platter kills more than the sword." Remember that. If there were any way of checking up, it would unquestionably be found that the number of people killed in war is less than the number of people who have committed suicide by overeating.

**"King's English"**  
It is the king's English just as it is the king's army, the king's navy and the king's country. Everything in the tight little Isle is subject to him, in theory at least. The expression is proverbial. It is sometimes credited to Shakespeare because of his use of it in the first act of "The Merry Wives of Windsor," but it antedates him.

**Appalling Suicide**  
The boiling pool at Rotorua, New Zealand, was used to commit suicide by an elderly man. He jumped into it and was boiled alive. Horrified spectators were unable to do anything. They could see the man clearly for a time, standing upright, his head a few feet below the surface and looking up. The body was recovered with grappling irons.

## Heard Around the Corner

### Where as He Gone?

The writer had occasion to go into the Dallas Hardware Company yesterday and had considerable difficulty to locate Charlie (erstwhile Herman) Ellsworth, one of the obliging members of the hardware firm.

Charlie was doing considerable hiding behind the counter. Upon investigation of the cause we found that Charlie had in some mysterious or reckless manner completely eradicated that adornment which has had such a fine resting place on his upper lip. As Charlie knew I was one of the many admirers of his mustache, he naturally felt very timorous about presenting himself before your scribe.

### Some Hot Weather

Up until this writing, Friday morning, we sure have had some hot weather this week. It has been most noticeable along Main street, where automobile traffic has been very heavy with machines going towards Harvey's Lake, and in most cases filled with bathers.

### Stores Closed Wednesday Afternoons

Most of the local stores about town are closed each Wednesday afternoon. This order will be in effect for the entire summer so as to allow the clerks a half day holiday.

### Charlie Gregory's Now Open Mondays

Charlie Gregory, proprietor of Gregory's haberdashery and barber shop, has announced that his place of business and his barber shop will be open all day Mondays. For some years Charlie has been closed Mondays but since the addition of Ed VanCampen to his barber shop and Able Morris to his clothing department, he will now be open to his trade all day on Mondays.

## -Kunkle-

Miss Huldah Race of New York City is spending a two weeks' vacation with her parents, Mr. and Mrs. James Race.

Chester Redfield of New York City, who is the guest of Mr. and Mrs. Frank Smith, is suffering from an attack of pleurisy. Dr. Brown of Lehman is attending him.

Miss Eloise Nulton of Kingston is spending a two weeks' vacation with her grandparents, Mr. and Mrs. Frank Smith, and her parents, Mr. and Mrs. William Nulton.

Chester Redfield, Mr. and Mrs. Frank Smith and Mr. and Mrs. George Deitrick of Falls recently enjoyed a motor

trip to Greenfield, Lackawanna county, where Mr. Smith and Mrs. Deitrick spent their childhood days, this being Mr. Smith's first visit there in thirty-three years. In the trip from Falls to Greenfield and return they passed through Olyphant, rebald, Peckville, Clark's Green and Clark's Summit.

Mr. and Mrs. James Race entertained at diner on Sunday Mr. and Mrs. Marvin Elston, Mr. and Mrs. Fred Honeywell, Emily Grace, John, Nellie, Florence and Connie Honeywell, Mr. and Mrs. John of Kunkle and Miss Huldah Race of New York City. In the afternoon Mr. and Mrs. Wheeler Kunkle, Ellen, Doris, Ruth and Louise Kunkle. Mr. and Mrs. Charles Herdman entertained on Saturday evening Mr. and

Mrs. J. N. Whipp and Mr. and Mrs. D. P. Honeywell of Dallas.

A daughter was born to Mr. and Mrs. Dory Schoonover on Friday, June 14.

Mr. and Mrs. Harry Dewitt and children of Mt. Greenwood spent Sunday with Mr. and Mrs. Cragg Herdman.

The following attended the meeting of the W. C. T. U. at the home of Mrs. Ralph Welsh on Tuesday: Mrs. Charles Erdman, Mrs. Victor Rydd, Mrs. Russell Miers, Felice Miers, Mrs. A. C. Devens, Mrs. Frank Hess, Mrs. Ralph Ashburne, Mrs. Igeon Miller, Clara Miller, Mrs. C. W. Kunkle, Mrs. William Brace, Caroline Brace, Mrs. W. H. Conden, Mrs. Charles Wertman. Mr. and Mrs. Amos Kitchen of Al-

person called on Miss Blanche and Fred Mosier Monday evening.

Harry Shoemaker has not recovered from his recent illness and is continuing his treatment with Dr. Fleming. His many friends express regret at his continued illness.

### Balloons' Travels

Toy balloons recently released in the Isle of Wight have been found in France and Germany.—Washington Star.

### An Irritated Nose

If your nose has become irritated from your eye glasses, rub the sore portion with a little dry alum three or four times a day and the trouble will soon vanish.

## What Do You Do If the Parachute Doesn't Open? By Albert T. Reid



# Inland Utilities, Inc.

Announces the acquisition of  
**DALLAS WATER COMPANY**

**THE** water service of this community—a service vital to the health, happiness and prosperity of every individual living here—has become a unit of Inland Utilities, Inc.

No town or city can grow beyond the capacity of its water system. Water requirements must be foreseen and planned for long in advance. Public health must be guarded. The service must be so efficient and economical that the cost of water, a vital necessity of life, never becomes a burden to users.

Your community has taken a progressive step by linking its water

service with an organization which serves, through its subsidiaries, various communities in Pennsylvania, Maryland, West Virginia and Virginia. It is estimated that the areas so served contain a population in excess of 225,000. Such a corporation places at the disposal of its Dallas unit an exceptional degree of engineering talent and experience.

Inland Utilities, Inc., is now an integral part of this community and pledges itself to an ideal service based on efficiency of management, a continuous regard for the utmost needs of every consumer and a cordial relationship with every citizen.

**INLAND UTILITIES, Inc.**

ROBERT HALL CRAIG, President.