

HOME HEALTH CLUB

By Dr. David H. Reeder, Chicago, Ill. Brain and Brawn: Co-ordination of forces is the great secret of success in the battle for good health as well as in any other battle.

I had a letter this morning from a young woman that lives in a large city "somewhere out West" and it was so vastly different in tone from one that she wrote me three months ago, that I at once felt the force of the logical causes for the change. In the first letter she told of being all ways tired and irritable, of inability to sleep, of worry about her health and various other things. In fact, a tale of woe that is very commonly poured out to the doctor.

Instead of the regulation pills and tonics that are prescribed by most family doctors, I recommended that she turn to her Home Health Club book, Vol. 2, and systematically practice the simple exercises described in part two of that book under the heading of Dynamic Magnetism, and that she drink a large tumbler full of hot, sweet milk every night before going to bed.

The letter I just received says that she cannot remember a time when she felt so happy and full of life and ambitious as she does now, that she sleeps well and without the usual unpleasant dreams. Best of all, she is able to relax her tired muscles at night and let them rest. Her mind is at ease and the worry is gone.

Now, the one great object of the exercises that are so carefully planned and described in the book is to effect a perfect co-ordination of the two forces brain and brawn. In nearly every case of inefficiency, nervousness and general nerve weakness, I find that there is a serious lack of such co-ordination. The mind wanders around over a series of events and returns always to the ones that are most annoying and disagreeable.

The muscles respond to the irritation and seek by activity to direct the mind, but instead they exhaust themselves in useless movement; such people are in the habit of drumming the fingers, trotting the feet up and down or in the case of some women, violently rocking or fanning, all of which is done unconsciously, while the mind is wearing itself out thinking over and over again about how many heads of cabbage the worms ate up last summer, or about the extra street car fare that had to be paid because the transfer was forgotten.

Now, if the mind and the muscles are taught to work in unison and at some practical thing that will keep both of them busy, neither will be exhausted; they will grow strong and vigorous together. If you happen to be near one of the government training camps and watch the work of developing an awkward young giant into a well trained soldier, you will find that the co-ordination of the mind and muscles is the first requisite to success, while in the aviation service this balance of power must be developed to a most remarkable degree.

In this connection it is well to bear in mind that in the use of the brain, it is well to select the kind of food that will supply to the tissues the proper elements for keeping up the muscular power, the nerve force and the brain force. Remember that bread and butter with meat and potatoes may satisfy your hunger, and eaten once daily as the principal or heavy meal is wholesome and nourishing, but that you also need fresh ripe fruit and raw or uncooked vegetables in order to supply certain much needed elements and vitamins, in order to reach the maximum of efficiency, as well as health and happiness.

In the club notes to follow, I am going to let you read a letter I recently received from a middle aged woman that tells of the decided benefits of co-ordination of food, exercises and mental training, combined with the herb remedies described in the Club Vol. 5, which tells how to prepare and use the medicinal plants of America.

Columbia Shut Out The sporting world has its eyes centered on that Newtown A. C. team this season as it is starting the season in the same manner as the New York Giants. On Saturday Newtown presented Columbia with a beautiful assortment of eggs on the Kinderhook diamond in a 6-inning game by a 12 to 0 score. Myers did not allow a list. Newtown has a number of open dates and teams wanting games should address Raymond Myers, R. D. No. 1, Columbia, Pa. The score follows:

Table with columns for team names and scores. Includes rows for C. Fogie, C. Derr, D. Peifer, R. Geltmacher, D. Witmer, Showalter, Kemmerly, H. Geltmacher, R. Myers, and totals for Columbia and Newtown.

Deeds Recorded Heirs of Edwin G. Dyer to Charles F. Linthurst, property in Florin, \$650. Jacob G. Hershey to Jacob H. Rutherford, property in Florin, \$3,160. Walter W. Shue to Michael K. Shue six acres of land in Rapho township, \$860. Melinda C. Olweiler to Eli B. Wolgemuth, sixteen and ninety-five perches of land in Mount Joy township, \$1,659.37. Executor of Frank W. Gingrich to Ephraim Shearer, Nissley's mill property, partly in Dauphin county and partly in Conoy township, this county, \$3,250. Eli B. Wolgemuth to Jacob G. Wolgemuth, 118 acres and forty-eight perches of land in Mount Joy township, \$12,257, and to Menno G. Wolgemuth, 124 acres and twenty-seven perches of land in Mount Joy township, \$14,136.18. Four Shirts, sets, 10 pr.

Travelers From Far and Near

(Continued from page 1)

Mrs. J. H. Dulebohn. Mrs. Benjamin Horst and Miss Katie Eshleman were Saturday visitors to Lancaster.

Miss Elizabeth Gramm of Landisville, was a guest in the family of Henry Grosh on Sunday.

Mr. and Mrs. D. F. Gable and their guests, Mr. and Mrs. Neamand visited at Middletown on Sunday.

Miss Mary Greenawalt and sister, Kathryn, spent Saturday afternoon as guests of Lillian Olweiler.

Mrs. R. Lauer and daughter, Dorothy Louise, of Harrisburg, are here on a visit to her parents.

Mr. and Mrs. Amos Bortzfeld and son, Howard visited friends and relatives in Lancaster on Sunday.

Mrs. Mary Gerber of Ruby street, Lancaster, is spending several days here with friends and relatives.

Mr. Melvin Peffer of Harrisburg, was a Friday visitor to his parents, Mr. and Mrs. B. Frank Peffer.

Mr. and Mrs. Norman Stauffer of near Marietta, were guests of R. Fellenbaum and family on Sunday.

Misses Florence Sillers and Beatrice Pennypacker were guests of friends and relatives on Saturday.

Mr. and Mrs. Francis Bennawit of Lancaster, were guests of Mr. and Mrs. John Pennypacker on Sunday.

Mr. James Schatz of Coatesville, spent Sunday and Monday here with his mother, Mrs. Christian Schatz.

Mrs. Ada Dyer and Miss Stella Bussler of Sunbury, were Friday guests of Mr. and Mrs. F. G. Pennell.

Mrs. Annie Hendrix, who has been living in Philadelphia, is here on a two weeks' visit to friends and relatives.

Miss Eleanor Gable and Beatrice Newcomer were guests of Miss Helen Hostetter at Elizabethtown on Tuesday.

Mr. and Mrs. Jacob Grogg are spending a week at Malvern with the former's sister, Mrs. Andrew Bachman.

Mr. and Mrs. Martin Cope and family of Landisville, were the guests of Mr. John Greenawalt and family on Sunday.

Mrs. Fred Leiberher and two sons, Freddie and Kenneth spent Wednesday with Miss Mary Myers and mother.

Messrs. Albert Myers, Milroy Brown and George Zeller of Camp Meade, were home on a furlough over the week-end.

Mr. and Mrs. William Neamand of McAllisterville, spent several days in the family of D. F. Gable, on North Barbara street.

Edward, young son of Mr. and Mrs. Arthur Hendrix, underwent an operation at St. Joseph's Hospital at Lancaster last week.

Mrs. Abram Rhinehart and Miss Bessie Wittic were Sunday guests of the former's daughter, Mrs. John Fitzkee at Lancaster.

Mrs. Earl Kaylor celebrated her birthday anniversary on Saturday. She was the recipient of many useful and beautiful gifts.

Mr. and Mrs. Henry Wittic and granddaughter, Miss Mildred Kaylor spent Sunday at Middletown and Harrisburg with relatives.

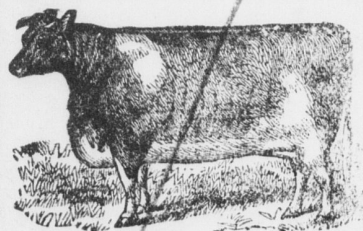
Messrs. Claude Roelke and Lester Rentzel of York, spent Saturday and Sunday here as guests of the latter's cousin, Mrs. Fred Leiberher.

Mr. Irvin Sweigert, who is a U. S. sailor, was home over the week-end with his parents, Rev. and Mrs. A. M. Sweigert at the Evangelical parsonage.

Mrs. Martin Felton, wife of Rev. Felton of Morton, Pa., and son Paul, are spending several days here as the guests of Rev. and Mrs. A. M. Sweigert.

Public Sale of Cows, Heifers, Bulls, Shoats

Friday, May 17, 1918 Hotel McGinnis, Mount Joy



A LOT OF GOOD COWS They consist of Holsteins, Durhams, Brindles, Etc. Fresh, Springers and a few Backward Cows. Extra big milkers and good butter cows. Some very good cows among this lot.

A FEW STOCK BULLS Large Lot Home-Raised SHOATS This is a fine lot of stock and the sale should not be overlooked.

Sale at 1.30 p. m. C. S. FRANK & BRO. J. L. Minnich, Auct. J. H. Zeller, Clerk.

Any person having stock for sale, call 129-12 Bell phone, or drop us a card.

SALE REGISTER Friday, May 17—At Hotel McGinnis in Mount Joy, a large lot of cows, bulls and home-raised shoats by C. S. Frank & Bro. Minnich, Auct.

Rex Passed Away The pet collie, Rex, of Mr. Harry W. Hoffman, died. He was a very fine dog and prized highly by Mr. Hoffman.

WANTED—Old Pigeons in any quantity from a pair to several hundred pairs. Will pay 25 cents a pair. Deliver any time at this office. 3-6-17

BORN Mr. and Mrs. John Greenly of Rapho, announce the birth of a son.

Much credit is due to the captains and members of the teams who worked unceasingly until the quota of the town had been reached and passed. The borough was divided into seven districts and the captains of the districts were as follows: District No. 1, H. N. Nissley; No. 2, Clayton Hoffman; No. 3, F. Fenstermacher; No. 4, H. S. Newcomer; No. 5, H. E. Hauer; No. 6, R. Fellenbaum, and No. 7, Walter G. Brown.

Mount Joy has raised \$620,000.00 in the three loans with additional subscriptions still coming in and in spite of slackers will be on hand with the fourth when Uncle Sam needs it.

Burgess H. C. Schock is chairman of the Liberty Loan committee; H. M. Stauffer, secretary and Thos. J. Brown, treasurer.

CHANDLER SIX \$1595

First Quality Has Put Chandler in First Place

WHEN men talk now of fine cars selling at medium prices they speak first of the Chandler. Because, for five years, the Chandler has been such a good car, so well built, so dependable in its service on the road. And because now, so distinctly, it offers extraordinary value.

The most distinguished feature of the Chandler Six is its marvelous motor—Chandler-designed and Chandler-built—which, through five years of refinement without radical changes, has been developed to a point approximating perfection.

The life, pick-up, power and endurance of the Chandler motor have been a revelation to thousands of experienced motorists.

The Chandler motor is mounted in a really great chassis, and Chandler bodies offer an attractive range of choice.

SIX SPLENDID BODY TYPES

- Seven-Passenger Touring Car, \$1595 Four-Passenger Roadster, \$1595
Four-Passenger Dispatch Car, \$1675
Convertible Sedan, \$2295 Convertible Coupe, \$2195 Limousine, \$2895
(All prices f. o. b. Cleveland)

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WALTER WELFLEY, Floirn, Pa.

CHANDLER MOTOR CAR COMPANY, CLEVELAND, OHIO

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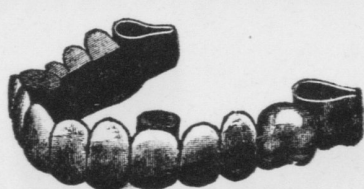
H. C. BRUNNER

Good Furniture

Is the only kind I sell—Furniture that is Furniture ROCKERS, MIRRORS, HALL RACKS, EXTENSION TABLES CHINA CLOSETS, KITCHEN CABINETS

In fact anything and everything in the Furniture Line Undertaking and Embalming

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Teeth

If They Need Attention See

DR. FRED P. AUTEN, Dentist

BOTH TELEPHONES 3 EAST ORANGE STREET OPEN EVENINGS