

HOME HEALTH CLUB

By Dr. D. H. Reeder, Chicago, Ill.

Discussing diseases of women from any other but a purely medical standpoint is seldom done. The family physician, if he thinks of the matter from any other standpoint at all, feels that if he attempted to enlighten his clientele, he would be misunderstood. He gets his living comparatively small following, therefore cannot afford to say or do anything that might be misunderstood. Our position being different from that of the family physician we feel that we can discuss the subject in its true light.

There is one supreme truth which should never be lost sight of in thinking and in writing about diseases and their causation; namely: local diseases are self limited and transient without a constitutional derangement to keep them in activity. Local diseases cannot thrive in an organism possessed of a normal amount of resistance; or to put the statement in other words; local diseases cannot thrive in a healthy body.

Readers who have been following the Home Health Club articles in this publication are familiar with the term auto-intoxication and the derangements brought on by it. Women suffer more than men, from self poisoning, for they are more at home and around where food is. Over eating does not necessarily mean consuming unusually large quantities of food. Nerve energy used in other directions, cannot be used for digestion of food. Wherefore, a nervous irritable, nagging woman is dissipating her nerve energy, and has but very little left for food digestion. In such individuals it takes comparatively little food to constitute over eating.

Worry ruins digestion by using up the nerve force; then the fermentation of food that must necessarily follows poisons the blood and secretion checks elimination, following which the injured organs of the body take on disease. When this state is being evolved it will continue in spite of the best treatment, unless the woman can be taught to give up worrying. Thousands of women are slowly committing suicide by the worry route. Women, on account of their sensitive organs are most susceptible to external influences and must learn to cultivate poise. Women are subjected to many nerve depressing influences such as discontent, close housing, envy, fear, domestic unhappiness and idleness.

Close Housing:—This is another name for oxygen starvation and is a common source of much lost resistance. The air in the best ventilated homes is not pure enough for any one to breathe all the time, therefore a certain number of hours should be spent in the open each day. Many wives and children suffer from enemic conditions brought on by living and sleeping in houses improperly ventilated, fresh air is free, but many seems not to know it.

Envy and Discontent:—Thousands of women live in a state of discontent. They do not appreciate what they have in environment, home, family and health. To them every other woman's husband is better, kinder, and far more considerate. No amount of money spent on a chronic fault finder or complainer and grumbler can make her happy or look well. One's disposition shows in the face and in the manner, and a life spent in fault finding and discontent will convert the most beautiful physiognomy into one that is ugly and repelling. Bad mental habits build faces and figures to correspond. Nothing else impairs health so insidiously and so surely as envy and jealousy. The woman who is envious of Mrs. so and so because she dresses better or entertains more magnificently is on the tobogan that leads to mental and physical destruction. Many of these unhappy creatures go from specialist and specialist and finally to the operating table, once, twice, and oftener if they survive the first or second operation; but the surgeon cannot cut out the cause.

Domestic Unhappiness:—No matter what cause may be responsible for this state, result is sure to be ill health. When people marry with the mistaken idea that marriage is a form of chattel slavery, and the man or woman who dominated with idea proceeds to assert his or her authority, the result is they have the kind of time best described by the term Gen. Sherman used in referring to war. Children brought up in an atmosphere here of strife and discontent suffer in body and in mind, and their development is greatly impaired.

Selfishness in either wife or husband is the gear of domestic life. Husbands who would feast their sordid souls on the luxuries of life, and spend more in one day than they expect their wives and families to consume in a week, do not deserve the ministrations of a faithful wife. They have no legitimate kick coming if doctor's bills and bills of domestic help begin to pile up because of sick wives. On

the other hand, such wives are ruined by indulgent husbands. The man who will indulge a wife to the point of straining his credit and hampering his success in life will have an invalid on his hands, for a woman who will take advantage of an indulgent husband will play the sick racket if necessary to accomplish her desire for a Change of Climate or to buy a surgical operation, the fee for which it is sometimes intimated, she divides with the physician.

Some families fall into the vulgar habit of disagreeing and quarreling all the time. They seem to have agreed to disagree, and no matter what subject is broached it is a signal for a dispute and a quarrel. Their nerves are always worn to a ragged edge, and it is usually the wife who, because of her greater sensitiveness, shows the strain and finally breaks down. A physician once said that every big quarrel a certain husband and his wife had meant a good fee for him.

The Social Act:—Here is another prolific cause of disease. The woman who breaks into society to find herself frequenting, rest cures and anatoriums, and her husband seeking the bright lights. A certain amount of nerve energy is required to keep the various organs of the body functioning normally to maintain the body equilibrium. The woman who draws upon this energy beyond normal physiological repair, will find herself hovering about the offices of the physicians who make a specialty of treating the diseases of women.

CLUB NOTES

Dear Doctor: I am writing to ask you if you can give me a good receipt for making a good substitute for coffee. Also tell me how I can get the books you publish. An immediate reply will be greatly appreciated.

There are quite a number of different so called cereal coffees on the market. Some of them may possess greater merit than others. It is claimed by some that if they are taken to any extent, they derange the stomach and cause heartburn, and I believe it.

One of the simplest substitutes for the coffee bean is barley. If you do not care to send to headquarters for any of the varieties of substitutes for coffee advertised, try browned barley and you will find it to be just about as good as any.

A personal reply has been sent you regarding the books. All readers of this publication are at liberty at all times to write for information pertaining to the subject of health. Address all communications to the Home Health Club, 5939 Cottage Grove Ave., Chicago, Ill., U. S. A. with name and address in full and at least four cents in postage.

How To Get Rich

Live up to your engagement. Earn money before you spend it. Never play at any game of chance. Drink no kind of intoxicating liquor.

Good character is above all else. Keep your own secrets. If you have any.

Never borrow if you can possibly avoid it. Always speak the truth. Make few promises.

Keep good company or none. Never be idle. Do not marry until you are able to support a wife.

Keep yourself innocent if you would be happy. Even live (misfortune excepted) within your income.

When you speak to a person look him in the face. Make no haste to be rich if you would prosper.

Save when you are young to spend when you are old. Avoid temptation through fear you may not withstand it.

Never speak evil of any one. Be just before you are generous. Never run into debt without you see plainly a way to get out again.

Small and steady gains give competency with tranquility of mind. Good company and good conversation are the very sinews of virtue.

Your character cannot be essentially injured except by your own acts. If any one speaks evil of you let your life be so that none will believe him.

When you retire to bed think over what you have been doing during the day. If your hands cannot be usefully employed, attend to the cultivation of your mind.

State of Ohio, city of Toledo, I, ss. Lucas County. Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, Ohio and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every copy of Catarrh Cure that cannot be cured by the use of HALL'S CATARRH CURE.

FRANK J. CHENEY, Notary Public. Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1888. A. W. GLEASON, Notary Public. Hall's Catarrh Cure is taken internally and acts directly upon the blood and mucous surfaces of the system. Send for testimonials, free. F. J. CHENEY & CO., Toledo, O. Sold by all Druggists, etc. Take Hall's Family Pills for constipation.

Advertise in the Mt. Joy Bulletin. Read the Mt. Joy Bulletin.

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WE are about to show to you that it is no longer necessary to pay the prohibitive prices for Furs in this City. We intend to sell stylish reputable Furs, at prices that will be a positive revelation to a complete stock of all the new 1912 models, here you may be sure that no old merchandise will be seen on is this season's goods, purchased direct from the best furriers of America. Remember here every pi ey will be cheerfully refunded on any Fur you buy here provided it is returned at once.

We Sell Furs on Honor as Well as For Money; Your Money Back For The Asking Separate Scarfs, Muffs

Beautiful, large separate pieces double scarfs and pillow or barrel muffs. All are richly lined and made of high grade, full pelted skins. There is not a fur in the lot that wouldn't sell elsewhere at \$7.50—extra special \$4.98

Beautiful French Coney Sets

Barrel or pillow muffs and large, fancy scarfs; made of exceptionally good quality French Coney, with a rich and beautiful finish. Sets that usually command \$10. Special, \$5.98

White Iceland Fox Sets

A beautiful fine quality white fur; barrel or pillow muff and large, fancy scarf, skillfully made and splendidly finished; lined with white satin. A regular \$17.50 set, \$9.98

Fine French Coney Sets

Here is one of the most remarkable sets that will be offered this season. Extra fine quality French Coney skins; large size barrel or pillow and fancy scarf; fancy or plain black lining, a good \$17.50 set, \$9.98

Handsome Red Fox Sets

The most fashionable sets, beautifully made of extra fine quality American red fox skins; a large, beautiful muff; tall and head trimmed and animal scarf to match. A set that would sell in all other stores at \$35; our price only \$22.50

Rich Pointed Fox Sets

These sets represent a combination of rare beauty; quality and low price. The skins are fine and dependable; the pieces are well made and finely finished; large pillow muffs; head and tall trimmed; double scarf; very stylish and substantial; a \$40 set for \$22.50

A Sensational Millinery Sale Last Week To Purchase Hats AT HALF PRICE

Please remember, these goods are all absolutely new, fresh and desirable; nothing old as you will find in most stores. Come on Saturday—expect to find the best Millinery values you ever saw, you'll not be disappointed.

We Trim All Hats Free of Charge

Saturday will end the most remarkable sale of Millinery Lancaster folks ever had an opportunity to patronize. No other store, no other sale ever offered such beautiful, new and stylish Millinery at such wonderful savings.

The Last Day Will Be The Best of All

All remaining stock will be still further reduced; and besides, there are a few lots that could not be put on sale heretofore, because of lack of space; these are some of the best of the great purchase.

Hats as low as 19¢. Trimmed Hats at Near Half Prices, Plumes, Aigrettes, Fancies, Etc., All Away Under Usual Prices

Save Money On Furniture

By Purchasing From The Only Strictly Cash Furniture Store in Lancaster County

The people of Lancaster and surrounding counties have come to realize, that with a strictly cash store like Donovan's, so conveniently located, it is no longer necessary to furnish their homes from stores which sell both for credit and for cash and have no fixed prices. Such stores cannot compete with us on values—comparisons of merchandise and prices will prove this. We have no bad debts that our cash customers must pay for, no discounts to one person and something else for another. We have one price for all and that the lowest for high grade dependable merchandise.

Here is an enormous stock to choose from; larger than any other in the state with but a very few exceptions; variations are extensive and Donovan's prices are positively unmatchable.

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Constructed of northern white oak, quarter sawed; panel back; box slip seat; upholstered in best grade of genuine leather, \$2.75

Extension Tables

Beautiful pedestal design; 42 in. top of quartered oak; claw feet; plush rim 5 in. deep; high polish finish, \$13.90

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Solid oak; 44 in. case; canopy top with mirror 14x 30 in., handsomely finished; two small drawers; large china compartment; large linen drawer; \$11.90

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White enameled Iron Beds of very handsome Colonial design; all square tubing; without ornamentation; great value, \$10.50

Enameled Cribs

Of neat design; strongly constructed of one inch tubing; equipped with a closely woven steel spring included with this, \$4.50

Three Piece Parlor Suits

Attractive new patterns; Mahogany finish frame, of massive roll design; rubbed and polished; strongly constructed; upholstered in extra good grade of Verona or Spanish leather; a wonderful value at the price \$28.90

An Unmatchable Couch Value

You can't find the equal of this couch in a day's hunt. Constructed with hardwood frame; finely finished; guaranteed steel springs; upholstered in velour; plain or roll edge, \$9.98

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The Donovan Specials Are The Suits and Overcoats Buyers, Not Because of What We Say About Of What They Are

Hundreds and hundreds of county patrons are taking which we offer. We want this store to be as near to you, as possibly make it. By paying your car fare we make it just as easy as going to the home of a friend or neighbor.

We refund to you in cash the cost of your round trip car anywhere in Lancaster County, to Lancaster and back home any one day amounts to \$10 or more.

The growth of our Clothing business is phenomenal, and as the largest in Pennsylvania outside of Philadelphia and Pitts

We are proud and grateful beyond expression that the recognition the fact that the goods we sell are right, that our prices of guaranteeing every garment until it is fully worn out meets w

To those men who are not yet customers of the Donovan Clothing gradually growing less, we would say that the principle of this bu

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"The Donovan Special" in both Suits and Overcoats comes in styles and makes. It is not a \$15. Suit or Overcoat but one that we \$20. Suit in Lancaster. To sell it a \$15. and shall continue to do so ship still more emphatically over all our competitors in Lancaster. made by a manufacturer who has entered into a mutual agreement agree to sacrifice almost our entire profit, so that we may offer to our Overcoat.

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