## THE MOUNT JOY BULLETIN, MOUNT JOY, PA.

# A CASE OF PATENT MEDICINES ille Talks on Health and Hygien by Samuel G. Dixon, M. D.

As a further warning against the do themselves by resorting to various drugs and patent medicines, which was mentioned last week, I would like to add from my personal ex-perience a story typical of this practice. There are any number of simi-lar ones I have come into contact with, and any physician could tell scores from his own experience. This is the story of Henry, a col-

ored waiter years ago in a well known restaurant at the corner of Ninth and Chestnut Streets in Phila-delphia. I stopped in there one day to get lunch and as soon as I sat down Henry approached me and in-formed me he was especially glad to see me that day. I asked him why. "Well doctor," he said, "Ah'se

done got de consumption." I asked him why he thought so. "Got a powerful bad cough; can't eat; can't sleep; can't keep no flesh on me rehow."

on me nohow. "Is that so, Henry? When did you get this cold?

""Bout two or three weeks ago." "What are you doing for it?" "A friend done tol' me to buy a bottle of Dr. Blank's Expectorant. Boon tokin', it stoad over since Been takin' it steady ever since. Reckon Ah'd been cured by this time ef I hadn't been powerful sick." Well, Henry didn't need to go any further after he had told me that.

He admitted in answer to my ques-tions that the more he had taken of the medicine the less he wanted to the medicine the less he wanted to eat and the more "miserable" he felt. He said he thought that was on account of his "consumption." I explained that it was the medi-cine and not the cold that was pro-ducing this effect. I told him the medicine had robbed him of appetite and the cold was taking advantage

and the cold was taking advantage of the consequent lack of nourish ment and run-down condition and ended by the prediction that if he didn't stop taking that Expectorant and let his stomach recover, so that he could enjoy again a good cup of coffee, a nice lean piece of beef of mutton, and perhaps some toast, he would actually get the disease he thought he had.

thought he had. "Now, Henry," I said, "I'm sorry that I have to leave for Europe in the morning. But I want you to stop taking that medicine at once and go and get a good doctor and do exactly what he tells you. You'll soon be the same old Henry again. l don't believe you have consumption yet. Give Nature half a chance and she'll throw that cold off. The Ex-pectorant has destroyed your di-gestion but as soon as that recovers you will be all right again."

About six months later I returned to Philadelphia and stopped into the restaurant to inquire after Henry. I found him fat, healthy, and his customary good-natured self. He greeted me smilingly.

'You was right, doctor," he said. t medicine surely was killing Soon's Ah stopped it Ah done "That got hungry, Then Al-victuals and got cured. Then Ah ate good

'Who was your doctor?"

"Well, Ah'll tell you how dat was. Ah jus' began to git well so fas' Ah didn't feel like Ah needed no doctor

Perhans that accidental meeting with Henry saved his life. Quack medicines kill a great many people. I don't think Henry ever took any more. I urged him to make good use of his lesson and impress it upon anyone else he might hear of who was about to make his mistake.

**TOP-DRESS YOUR GRASS** PYOU want to grow hay that is tall and rank, The kind that puts money into the bank, If you want to drive out the pestiferous weeds, Fill tell you just what your hay crop needs. Your grass starts to grain the very first thing, When the days get warm in the early spring;

But your soil is still cold and cannot impart

The plantfood required to give it a start.

A ND though you may have a very good sod, The grass will be stunted and look downtrod, And weeds will come in because they can grow Where your grass doesn't have a ghost of a show. A top-dressing fertilizer, high grade and strong, Will start the grass off-make it grow right along. it then will be stout, and a healthy rich green, The woods will depart, no more to be seen.

YOU'LL ask, "Why didn't I do this before? I've increased my yield by a ton or more." If you follow with corn, as many folks do. It will increase the yield of your corn crop, too. For top-dressing causes the grass roots to grow, Which adds to the humus, as good farmers knows It acts like manure-in the very same way, It will increase you corn crop as well as your hay.

SO TOP-DRESS your meadows and bring up your yields, You can double your profits and better your fields. It will thicken your sod, and drive out the weeds; it's easy to do, and it's what your grass needs. -BRIGGS.

# MORE MONEL FROM WHEAL PROFITS FROM FERTILIZER

Wartime Prices Mean Big Top-Dressing Profits.

Wheat has brought wartime prices for the past two years. Most of the points: 1916 wheat crop was sold for over twice as much per bushel as was obtained by farmers a few years ago. Every extra bushel counted double last year. The world must be fed, and the continued demand upon the American producers must mean high prices for 1917 wheat.

Early reports show that the condition of the winter wheat planted for 1917 was from 15 to 20 per cent below normal, and that the crop went into the winter in bad condition. The outlook for big yields is not glowing. Crop experts assert that the 1917 wheat crop is bound to bring excellent prices.

You cannot increase your 1917 winter wheat accesse now, but you can increase your yield from 15 to 50 per per cent by spending a little more money on each acre. Extra bushels mean extra dollars. Labor costs and other overhead charges per bushel are kept down, and net profits shoved up when greater yields per acre are obtained. This year of all years, spending a little more money than usual on the wheat crop will pay big returns. Less than two bushels of wheat at

present prices will pay for actual money outlay per acre for top-dress-ers; five to ten more bushels per acre from top-dressing with fertilizers is not unusual. Figure your acreage, estimate for yourself next fall prices, and weigh the subject of top-dressing on its merits as an investment that will bring large returns.

## Plantfood Makes Crops.

The tiny wheat plant must have special nourishment as soon as it wakes was about to make his mistake. Medicine is a great power. In the proper hands it is a power for great good. In the wrong hands it is a power for great evil. Medicine is in the wrong hands when some un-the wrong hands is treated on the mistake. Up in the spring, which is before much of the plantfood in the soil becomes available. Big crops demand enormous quantities of plantfood. The biggest help you can give your wheat crop this spring is to apply a top-dressing the wrong hands when some un-recognized disease is treated on the this spring is to apply a top-dressing this spring is to apply a top-dressing basis of the sick person trying some-thing he has seen advertised, or what some friend recommends, or what some druggist thinks he ought to acid in an available form. The fertilizer should be broadcasted the matter with you. Therefore it is the fertilizer attachment of the wheat foolish to think you can know how to cure yourself for the illness may foolish to think you can know how to cure yourself for the illness may fertilizer distributor. If the wheat drill is used, leave the disks suspended doctor and don't take so that they will not cut the wheat plants. Apply this fertilizer before the field is rolled or harrowed. Harrowing will work it into the soil where the roots can get the plantfood. You

Covering

## HOME HEALTH CLUB

### Edited by Dr. David H. Reeder, Chicago, Illinois.

Killing the business :--- The medical rofession has for centuries made its ving out of the mistakes, accidents wilful misdeeds of the people it serves. Knowing that the pay for his services can only be secured on account of the sickness or suffering of his patrons the prossion as a whole and in many no-ole individual cases, has worked steadily to overcome sickness and steadily to overcome sickness and diseases. Some have spent the major portion of their lives seeking to edu-cate the people up to the fact that they themselves are largely responsi-

they themselves are largely responsi-ble for their own suffering. For a quarter of a century the Home Health Club has been telling people to stop over-eating and un-der exercising. The latter part of this advice does not apply to the laboring people but to the profess-ional and idle class. The time is now drawing near when these instructions are to be followed whether you want to or not and hanny will be that o or not and happy will be that amily that has profited by the pracical directions that I have given a bout diet, food values and the advantage of knowing how to prepare the right combination with the least

labor. In the Home Health Club book Vol. 1, you will find complete infortion about the food values and in Home Health Club edition of ation he Nature Cure Cook Book, you ill find complete directions for the reparation and combination of all inds of wholesome and nutritious bods for securing and maintaining erfect health through a simple and atural diet.

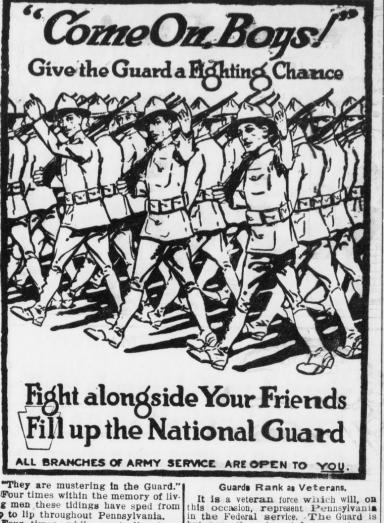
Drying Vegetables:-Twice lately have called your attention to the Efficiency in using fertilizer on grass, that is, in getting greatest re-turns for the fertilizer applied, deact that the reason why fresh vege ables do not keep fresh is because hey contain so much water. When he water is removed they will not pends very largely upon the following

rot nor freeze. I have been so swamped with inquiries for more letails that I must to a certain extent A Good Sod .-- It is useless to fee tilize weeds, and nearly useless to fertilize those low-growing grasses (June ide step" and throw the responsi-lity on the Department of Agriculgrass, sweet vernal, etc.) which somelity on ure at Washington. The matter has already been taken up and an experitimes drive out timothy and red top. It is more profitable to fertilize a proental plant is now being operate ductive mowing than one which has determine the best and simplest "run out." It is usually more profitay. able to break up and re-seed a weedy

The secret of retaining the deli meadow than to bring it back by ferte volatile oil that gives odor and tilizing, although the latter can be avor to fruit and vegetables is the ll important part of the information done, and often profitably. Good Drainage.-Grasses and clovers

nd I am informed on very good uthority that the Agricultural De do better on well-drained than on a artment will soon give this informa-on to about 1500 lecturers, who ill rapidly cover the south first and wet land. Sedges and other water loving plants take possession on wet soils, and it seldom pays to fertilize en follow north with the growing ason. Those of you that have a these. However, while the farmer is finding capital for necessary improveteam cooker can experiment a little or yourselves with a small slow itchen plant. Try this and report ments, these wet-land plants can be kept out of the wet meadow by feedsults ing the grass which is already there, vegetables just as you Prepare

and this again at a profit. would for the table by peeling, wash-ng and slicing, then subject them Sweet Soil .- Timothy always does better on a sweet soil than on a sour o very hot steam, time to depend pon the kind of vegetable; potatoes, soil, and gives greater returns for the arrots, parsnips and beets from  $2\frac{1}{2}$ o 10 minutes according to the in-ensity of the heat. Scalding, live fertilizer applied. Lime, however, should be applied before seeding, or on other crops in the rotation. If used team over the raw surface of these egetables for  $2\frac{1}{2}$  minutes will not as a top dressing on grass land it is slow acting and relatively expensive. jure the starch cells but will pre-nt the escape of the volatile oil uring the drying process. There nould be a free circulation of moist apply top dressing is just when the grass turns green in the early spring. ir through the drying oven if an oven is used, but the vegetables may be spread thinly over screen It is then that the soil is cold and the plantfood in the soil raw and unavailable. A good start at this time may rays or shelves and dried with the often win the battle. Three hundred eat of the cook stove by arranging pounds applied early is better than the trays in tiers like you fix an oat sprouting device for growing green four hundred pounds of fertilizer ap plied late. The result of application chick feed. Several trays can thus be arranged over the stove, as the process progresses to the dry state can be seen within 48 hours after the fertilizer is washed into th trays should be changed, placing color of the grass changes. The sickbottom tray on top and proceedly yellowish-green color is replaced by ing in rotation with each tray until the entire product is bone dry and hard as dry wood. This will take from 2 to 4 hours according to the a deep, dark, thrifty green. Growth starts. Root growth is stimulated. The plant can use more of the food in the soil than before. Early application nd of vegetables and degree of leads to highest efficiency. When the process is finished one Even Spreading .--- From 200 to 400 ishel of dried potatoes will equal 5 ishels of fresh and one hundred pounds per acre is the usual application of a top-dressing fertilizer. This unds of dried cabbage will equal sounds of dried cabdage will equal 800 pounds of the fresh and this product will keep for years. Keep rying, you may spoil a few pounds, but the results will justify the efsmall amount must be evenly spread Broadcasting by hand is perfectly pos sible. It is more expensive and not as efficient as machine distribution.



Four times within the memory of living men these tidings have sped from

Four times, while men's lips have ave sensed a stronger tension and man's pulses have known a quickening beat. For men know that the simple an-

**control** from State to Federal hands **control** from State to Federal

Once-almost a lifetime ago-the tidings presaged the storm and fury of civil strife into which marched gaily the youthrul chivalry of Pennsylvania's militia, to emerge, four years later, stern and masterful conquerors. A second time the message forecast. d the clash of arms which broke the clash of arms which broke the clash of arms which broke the clash of arms which close and again file upon file of Pennsylva. And again file upon file of Pennsylva. and again he upon file of Pennsylva-ma youth was seen on its way to take up the cause of an oppressed people. Once again—and this time so recent that echoes of the measured tramp are hardly stilled—the mustering in meant a long jaunt to the far southwest, where the bright face of danger peer-ed over the border. Today-

"They are mustering in the Guard." Well may the heart-tension tighten the pulses leap more responsive than ever to this speeding message. For never before has it been the forerunner of a national peril of such sin portent Enlistment Beats Draft.

## PENNSYLVANIA DUTCH

## What Shwilkey Bumblesock Has To Say This Week

Die letsht woch war en fremmer karl do uf 'm Sara-Wen Blotz un dar hut feel dagookt we 'n Guvver-ment atichen oder 'n seck'n class Shaera Shleifer! Aer is komma uf 'ma roata 'mobil

un hut g'shtupt drous on unserem Eck felt. Wei aer ivver die fence dagradled is un is im felt rum ga-dopt os won aer eppes sucha daet, bin Ich aw in 's felt wo aer war, un

hob ihn g'froagt wos aer do in my'm feld sucht, un wie aer haest. Don secht 'r aer waer es Depart-ment fum Federal Goverment, un aer waer appoint for der price fum waitza runner tzu bringa for aurma leit we net mae os tzwae for die finf dawler der dawg greega for ihra irwet

arwet. "O, Ich fershtay," hob Ich gsawd, "bisht du aw im londt rum gadravelt we der Waitza finf-un-sechtzig cent bis dri-fardle die Bushel war, for der price nuf tzu du for die aurma bowera?" "De biskt der Werdell Kitemiller

"Du bisht der Wendell Kitzmiller, wie Ich fershtay, un du musht net tzu dam feel quesdions froaga. Dy bisniss is tzu answera won ICH DICH quesdlons froag. Un Ich will fun dem Grund do ous dyme feld for 'n tzu Anna Liza, un ous tzu finna fer-wos uf dem Shtraima lond ken wai-tza uf-woxt."

tza uf-woxt." "O," hob Ich ga-ontwordt, "sell kon Ich dir sawga, un du brouchsht ken grund nemma for 'n tzu Anna Liza um's ous tzu finna." "Is sel so?" hut der Karl g'froagt, "ferwos? Wos is die ursach?" "Weil m'r ken Waitza uf dem Shtraima g'sait hen!" Sel hut seller Karl g'settelt, un aer is gonga for nuch may so dinga

aer is gonga for nuch may so dinga ous tzu finna un en ney chapter tzu shriva for 'n Buch os g'shdudiert sul warra in 'na Bowera Shol! Ich un die Sara Jane hen aw

1 this occasion, represent Pennsylvania
in the Federal service. The Guard is but recently returned from a strenus ous period of duty on the Mexican border. Long hours of stiff practice in military maneuver under the blistering rays of a tropical sun have case-hardened the guardsmen. And their efficiency has become a matter of national record.
They "did their bit" side by cide with the regular army on the border. I and, acquiring, by emulation, many of the campaigning tricks of the experimence oldier.
But reficient as is this fine State soldiery, its numerical strength is much below the war standard fixed by the Federal government. Some regiments can muster, at present, only two-thirds of the number they should have in their ranks.
Pennsylvania's young manbood whole was is biness, un es gebt

two-thirds of the number they should have in their ranks. Pennsylvania's young manhood which recently made such an inspiring response to the call for registration now has another patricht duty con-fronting it. Those who have register ed are eligible for military service. Sooner or later they will be ordered to report for physical examination and if up to the physical examination and to a registered man to await a formal cal to arms. In fact, since it is more than likely he must go it is greatly to his own advantage to be the arbiter, himself, of where, when and how he shall go. Enlistment Bests Draft.

wera Compartment. Die Sal Yudder, denk Ich, wert appoint for die Brimary Class larna tzu shwimma un sie larna hinna un The status of the

When you are taken ill, you canbe of a serious nature. Don't take drugs that are recommended by anyone but a doctor and don't take patent medicines. Go to a physician. He is the man best qualified to administer medicine.



Hay in Long Rotations. Most rotations include two or more years of grass and clover instead of one year. This is desirable. It re-

can carry on these operations until duces seed cost, and also furnishe the wheat is up four inches in height heavy sod which, turned under, helpe maintain the humus of the soil. In Top-dress, grow more bushels per this case, top-dressing is necessary

Make well

lled Kernels

lake flinty

Kernels

Increase Weight of Ear

Help make

Butt Covering

Excellent

acre and increase your bank account after the first year.

FERTILIZERS

A Picture That Teaches Its Own Lesson

EST

ort. Those that have small steam anning outfits can easily adopt hem to this service.

MEETING OF AUTO CLUB

orty-five New Members Were Elected at Maytown Friday Night

Forty-five new members were lected at the regular monthly meet-ng of the Lancaster Automobile llub held on Friday evening in the and hall at Maytown. Each month ees a big addition to the memberroll which now comprises about ourteen hundred names.

Reports were received of speed raps on the Columbia turnpike on he outskirts of Lancaster and at Marietta. It was decided to erect warning signs at the former place or the protection of tourists and to dvertise the conditions existing at Marietta where on one day sixty-one arrests were made for alleged violaons of the automobile laws.

Regret over the resignation of State Highway Commissioner Black whose aid had been enlisted in the toll abolition campaign in Lancaster

toil abolition campaign in Lancaster county was expressed in the adoption of the following resolution presented by George D. Brientnall: Whereas, Frank B. Black, the late State Highway Commissioner, having been injustly forced to resign, for reasons well-known to the general public: theorefore he it

public; therefore, be it. Resolved, that we, the members of the Lancaster Automobile Club, do hereby deprecate such action as being against the interest of good and free roads, and that a copy of this resolu-tion be sent to Mr. Black.

The club decided to appoint a committee to call on the street officials of Lancaster in the interest of securing street improvements, the committee to report at the next meeting, and elected the following: W. Frank Gorrecht, M. T. Garvin and R. V. Alexander.

Why Lancaster county's repre-sentatives in the Legislature voted against the bill providing for lights on all vehicles was asked by C. A. B. Zook, and at his suggestion the secretary was instructed to write to each representative and ascertain the

The following resolution by Mr. Brientnall was adopted: Resolved, That a steering commit-

Brientnall was dury. Resolved, That a steering commu-tee of three or five be appointed to devise ways and means looking for-ward to the nomination and election The September meeting will be held at Mount Joy.

Call on, Telephone or Write **E. Schroll,** Yount Joy **free and better roads.** Complaints were received of a bad ordition of Parkside Avenue in Lan-caster township, of the road from Herrville to Rawlinsville, of the ex-caster township, of oil on the Har-

able that a monstrosity so foul and malevolent could spring to life in this enlightened day. Americans viewing its revolting progress with horrified eyes, did so with only the impersonal interest of meconcerned onlookers. Danger to their own free land-and free institu-tions-from the disportings of this monstrous thing appeared too remote to be given any consideration. Its bloody wallowings so riveted the eye that for a time the grim purpose animating its ruthless onslaughts was entirely uncomprehended. It was not until Belgium had been instrered almost beyond hope of res-toration and überty-loving France had been brought face-to-face with virtual entitlation, that America grasped the two significance of the demon machine and its workings.

## Shall Liberty Vanish?

Shall Liberty Vanish? And who can doubt, today, that this semificance is, in all probability, the obiteration of the liberal institutions to which free peoples are committed. Mould this machine prevail liberty, as we know it, must, in time, vanish from the face of the earth. The nation stands today at a cross-road of destiny and the path to the goal of security looms up rugged. Al-freedy it is resounding to the tread of armed men. The regular army is on the move and now the call has gone i out for the country's second line of definese—the National Guard. Pennsylvania once more is calling f

Army's Brighter Side. And these are details not to be over-looked even by men who are keen in hothearted desire to serve their State and Nation. That there are many such is the confident hope of the Pennsyl

We Can't Please You

Don't Come Again

um-g'falla is!

Always maintaining the nignest pay of any army in the world, the army service—both regulars and Guard— has taken a new lead far beyond even its old pay-roll standard. The rate of pay for enlisted men is now \$30 per month and upwards. Even at \$30 a month there is a big inducement to save. Since everything Der Billy is awver gli uf-dagradelt un is aeps-gongs obg'shtart for Gshwire Lawhuck sei office un Beace g'shworra un Sallt'n Battery r'numma!

Even at \$30 a month there is a big inducement to save. Since everything is "found" for men in the service, ex-penditures need only be for a few per-sonal luxuries. It is figured that a man may easily save two-thirds of his pay. There is a system in vogue by which the money may be left on de-posit, and 4 per cent interest is al-lowed. De Case sul forekomma dar Moon

dawg nuchmiddawg um tzwae u om house. Wos es nuch weider gebt wert m'r ousfinna, so sella waeg! Awver hen-yah, der Doktor het der Billy net shlawga sulla!

'm hut

## ROADMAKING STOPPED

# State Highway Department Calls Off Work at Mount Gretna

stretch. Under the personal direction of

Under the personal direction of Deputy Highway Commissioner Geo. H. Biles and Superintendent of Construction James Sampson, a force of 275 men had been at work with road rollers, scrapers, tractors, etc., but most of this working force is to be discharged, and already the roadmaking equipment has been as-sembled for its early return to the owners from which it had been re-quisitioned by the State highway de-partment at the time of undertaking the work.

Every merchant in this section should advertise in the Bull he wants his share

wred were. The regular army is on the treat of the second line of the control the call has gone to be the function of the call has gone to be the call has the call has the call has gone to be the call has the call h risburg turnpike near Landisville. and of the absence of danger signals at the Leaman Place bridge of the WANTED. Pennsylvania railroad, and steps were taken to secure an improve-Your Job Printing Business