

HITT AND RUNN—Of Course Gus Blew In and Shocked Mrs. Rann's Party but Just Look at the Valuables He Saved!



BY HITT

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THE WORLD'S LARGEST CHAIN OF INDIVIDUALLY OWNED DRUG STORES

HEALTH TALK

WRITTEN BY DR. THEODORE B. APPEL, SECRETARY OF HEALTH

"Many persons throughout the winter have been very shy of fresh air. With an almost fanatical affection for super-heated and poorly ventilated rooms, they have practically turned their backs upon the great out-doors. Unquestionably, bodily resistance and tone have consequently suffered. Which, perhaps, is one of the reasons for the existence of that more or less general seasonal complaint commonly called 'spring colds'."

"However, whether one noticeably suffers from lassitude at this time of year or not, the fact remains that making the most of one's opportunities with the balmy out-doors of the temperate months is one of the best health policies that can possibly be adopted. It really pays amazing dividends.

"It may be trite to remark that many of the real blessings of humanity are free—and most certainly this applies strikingly to outside air. Nevertheless, despite this fact, or perhaps because of it, thousands of persons consider it to be of no value and thus persist in the consistent policy of paying entrance fees to auditoriums where fresh air is measurably lacking, or under the caption of 'Social Activities,' continue nightly to hug a bridge table, seen the dance hall, keep their noses in books or their ears too receptive to the radio's siren call.

"Of course indoor amusements, both of the commercial and personal types, have a reasonable and entirely logical claim upon one's time and interest. It is only with the excessive employment of these diverting devices with which we have a just quarrel.

"Indeed one is not required to become anti-social or to forego the wonderful recreations that present day science and ingenuity have developed, in order to practice the daily habit of obtaining physical benefit from the outside atmosphere. A little curtailment in present habits may be necessary but the main factor is a slight readjustment in the budgeting of time to permit a vigorous walk, a long stroll, or regular contact by other means with the great outdoors.

"It follows that the indoor man or woman who deliberately and constantly refuse to fill the lungs with the invigorating and health-giving tonic of the open is doing the body a rank injustice from which he or she will sooner or later suffer if the practice is not rechecked.

"It must be realized that fresh air is one of the body's basic necessities. And no amount of luxury, excitement or artificial pleasure can safely be substituted for it. Therefore, get the fresh air habit if you lack it. In this way only will you be able to experience the real and vital joy of being as fully alive as you were intended to be.

"Habitually open your heart and your body to the open. There is no better time to begin this practice than in the spring. A pleasant and exhilarating experience awaits you."

Self-Control Prominent

Attribute of Socrates Socrates was a graduate of the school of hard knocks who learned to talk by talking and to preach what he had himself practiced.

His two main tenets were self-control and self-knowledge, and here the stories about him are quite consistent. When he made friends with people of means he could enjoy their luxuries. He outdrank Aristophanes at Agathon's banquet, but generally he preferred not to drink too much lest he might think too little. He believed in temperance, and when made symposiarch, or leader of the feast, he called for "little cups."

Good food he enjoyed, but he could endure the poor cooking of his wife. The same with clothes. During the campaign at Potidea, when others were clad in sheepskins and furs, he walked barefoot on the snow. But unlike many moral reformers Socrates did not insist that what he did was the only thing to do.

If the Greeks had smoked tobacco he would not have belonged to the Anti-Nicotine league. No, his doctrine of self-control seemed to be this: "I can do with, and I can do without, and I trust that you can do the same." Or, as he put the matter when present at the fair: "How many things there are which I do not need."—Woodbridge Riley in "Men and Morals."

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"Cover the Well Before the Child Falls In" —Old German Proverb



YAWNING wells in back yards where children play are practically extinct nowadays, but the old German proverb still holds in good. Today few children are in danger of plunging headlong into uncovered wells through their parents' carelessness, but in other ways they need just as much protection as ever.

Children have little sense of danger. The normal, sturdy boy does not fear the open well. Older and more experienced heads must protect him by such a device as placing a lid over the opening and keeping it there. Many other dangers exist in childhood, not so obvious as the open well, but for which effective lids are at hand. For instance, no child needs to have diphtheria today. Smallpox is another equally preventable danger. Scientific investigation tells us that tuberculosis usually begins in childhood, lies quiet and unobserved for years and then flares up in adult life as the recognized disease fatal to many.

If we would cover the well as a protection against tuberculosis we must keep the child from becoming infected with tuberculosis germs; infection usually occurs from close contact with active cases. Even the ancients observed that "tuberculosis runs in families." They thought it was inherited, but we know this is not true. Whenever it "runs in families" it is because the seeds may be readily implanted in the young body when it lives in close contact with a tuberculous person. It may be a fond mother, a loving father, a dear old grandmother afflicted with what she

calls "chronic bronchitis," who neglects to cover the well. Another protective measure is to build up the child's resistance. In spite of all precautions, most persons sooner or later encounter the tubercle bacillus. But if the resistance of the body keeps the upper hand, the disease does not develop into its serious form. This resistance can be increased to a great extent. Modern science now makes it possible to protect children against many resistance-weakening diseases. Modern training methods help to rear children to be healthy and strong. They must have plenty of sleep, well-regulated work and play, sunshine and good food at proper intervals. They must be trained to form health habits. Because the early stages of tuberculosis are usually without signs or symptoms, the condition remains undiscovered in many cases until it is too late. Therefore, it is well to have the child examined frequently by a doctor. The tuberculin test and the X-ray help to discover early signs before severe damage has been done.

In a few places in the United States large groups of school children have been examined for the early form of tuberculosis. About one out of every fifty apparently well children were discovered to have it, and many more were classified as "suspectable." In all these cases steps were taken to prevent the further development of the disease—in other words, these communities are covering their wells.

So—cover your well before your child falls in.

VAIL MEDALS AWARDED 4 TELEPHONE WORKERS FOR OUTSTANDING DEEDS

Three Women Among Those to Be Honored for Initiative in Emergencies in Pennsylvania During Last Year, Leonard H. Kinnard Announces.

Four telephone workers—three women in Eastern Pennsylvania and a DuBois man—are to receive the Theodore N. Vail medal for conspicuous acts of public service in emergencies during 1929, according to a recent announcement by Leonard H. Kinnard, president of the Bell Telephone Company of Pennsylvania.

They are: Bertha G. Stern, commercial representative at Concordville, Delaware county; Vivian E. Quigley, operator, Bally, Berks county; Margaret J. Kane, night operator, Catawauqua, Northampton county, and Floyd K. Steiner, installer-repairman, DuBois.

Vail medals are awarded annually to telephone employees in recognition of acts or services which illustrate the ideals of public service held by the late Theodore N. Vail, former president of the American Telephone and Telegraph Company.

Mrs. Stern is to receive the medal "for good judgment and initiative in an emergency resulting in the saving of property from loss by fire," which threatened buildings on several farms in the vicinity of Concordville.

Miss Quigley is to receive the Vail medal for exercising good judgment and initiative in an emergency on October 2, 1929, when a workman in a coal yard at Barto, a mile distant

from Bally, was buried in a pit beneath a car load of coal. She summoned help from a number of sources, including an electrician and a physician, with the result that she is credited with having aided materially in saving the imperiled man's life.

Miss Kane's initiative in an emergency is credited with having prevented a train wreck April 5, 1929, when she was advised by telephone that the Catawauqua and Fogelsville Railroad Company's bridge at Mickle's was in danger of collapse. She reported the situation to the trainmaster and the Catawauqua police and notified a man living near the bridge. Through her efforts a freight train speeding toward the span was flagged in time to prevent heavy property damage and probable loss of life.

Steiner, a volunteer member of the DuBois Fire Department, will receive the medal for saving the life of a man who was overcome by smoke during a fire last September 2. For 22 minutes he and Leonard K. Johnson, former DuBois fire chief, worked over the man before a physician pronounced the victim in condition to be taken to a hospital for further treatment.

The medals will be presented at a date to be announced later.

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EDUCATING THE MOTORING PUBLIC

VALUABLE INFORMATION FOR MOTORISTS FURNISHED THE BULLETIN BY LANCASTER AUTOMOBILE CLUB

Warning to motorists to investigate before they pay money to strangers for service contracts, or memberships in organizations or agencies they know nothing about, is sounded by the Lancaster Automobile Club in its weekly press bulletin. A number of salesmen representing such concerns are now operating in Lancaster city and county, mostly in the rural sections, painting a vivid picture of service and protection which, they say, no

car owner or operator can afford to "All of this sounds well until the individual, having paid over the sum of \$29.75, or a portion thereof, for a so-called service contract," said S. Edward Gable, president of the Automobile Club, "looks over the document delivered or, as in a number of cases, pays no attention to the contract form until he figures in an accident and needs legal service, or some other aid. Then he discovers, much to his regret, that he does not have the protection he thought he had."

"In one county alone during the past year," Mr. Gable continued, "salesmen for agencies or concerns such as this have carried off more than a quarter million dollars in funds collected from motor car owners. These men operate largely in rural districts, usually selecting as prospects people they consider most vulnerable to the word pictures of heavy fines, perhaps jail, for motorists who figure in an accident and who do not have protection such as their organization is supposed to offer.

"As a result of recent activity of salesmen for some of these concerns in Lancaster county the Automobile Club has had numerous inquiries from motorists approached. Some have called before paying over any money, while others have waited until they have signed a contract and paid the required sum. To all of these, whether members of the Club or not, we are giving assistance in whatever way we can and are urging them to warn other motorists.

"Don't let a salesman of whom you know nothing talk you into a deal with an organization of which you have never heard. When in doubt, call on the Automobile Club, your banker or insurance man, or some other organization or individual who knows something about the activities of salesmen of this sort. Better investigate first than be sorry afterwards."

Strand of Hemp A South American woman living in Paris sued a furniture mover for \$4,000 alleging that while transferring her household goods he lost a bit of a hangman's noose which she esteems as a bringer of good luck. The superstition is ancient. When Haman was hanged on the gallows he built for Mordecai it is likely that there was rivalry among Ahasuerus' people for a strand of the rope Queen Esther diverted from its original purpose. Gilderoy was hanged on a gallows tree so high that his kite was immortalized in a saying which endures to this day, and the hemp must have been in demand.—New York Sun.

Each in His Own Place Let us be not soloists, dominating the whole place, but each one a member of an orchestra, content to bring all that we have and contribute it in music, while we ourselves for the moment keep our personality in shadow and subjection, that there may come to this world a greater harmony, a greater symmetry, a more perfect adjustment of conflicting loyalties, so that we may reach the highest ambition of all, which is, that we may have a name at which men and women, when they hear it, will smile gladly and be proud to claim it as the name of the friend.—Rosslyn Mitchell.

Always Merry and Bright A certain club had replaced its familiar black-coated servitors with young, and sometimes pretty, waitresses. One of the old die-hard members who had strongly opposed the idea dropped in to lunch one day. "How's the duck today?" he growled, glowering at the girl who came to serve him. "Oh, I'm all right," said the waitress, perkily. "How are you, sir?"—Brooklyn Eagle.

When The family was expecting Uncle John for dinner Sunday. During the week father announced that Uncle John could not come because he had dislocated his shoulder. With quite a worried expression on his face Billy asked: "When does he expect to locate it?"



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How much have you lost by lending money to persons who never paid, or by investing in schemes that never came to anything?

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Put it into this bank in your own name. If you ever need it, pay yourself back again. But, so long as you leave it here the money will pay you a sure four per cent interest.

One dollar will do to begin an account with.

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- 50 Charles Thomson \$1.75
- 50 Havana Ribbons \$1.85
- 50 Columbia Straights \$1.85
- 50 Bittner Straights \$1.85
- 50 Blue Ribbons \$1.85
- 50 Wm. Penn \$1.85
- 50 Summons \$1.85
- 50 White Owls \$3.00
- 50 King Oscars \$3.00
- 50 Philadelphia Hand Made \$3.75
- 50 Bobby Burns Staple \$3.75
- 50 Bobby Burns Panatellas \$3.75
- 25 Philadelphia After Dinner .2 for 25c. \$2.50
- All 10c Chewing or Smoking Tobacco .3 for 25c
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