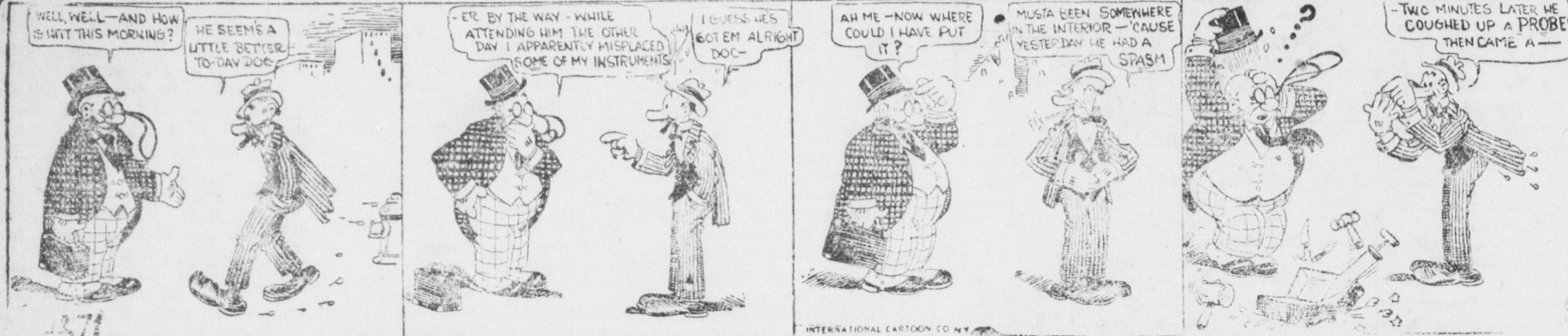


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HEALTH TALK

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

"Last evening two friends were discussing plans for the summer vacation. One of the men intends to take a two thousand mile automobile trip; the other expects to do the same thing except that he hopes to cover twenty-five hundred miles, both journeys however to be completed in ten days. Thus they are typical of thousands of recreationists who plan more for the thrill than for the reconstructive possibilities of a summer's outing," said Doctor Theodore B. Appel, Secretary of Health.

"It so happens that each of the referred to gentlemen has already arranged for his children to enter a summer camp. And in this connection one of them, most truthfully remarked, 'You see, the back-to-nature life, the rest and discipline connected with an organized camp will develop a fine degree of vitality and vigor in the youngsters and will consequently generate a fine physical resistance for their next winter's work.'

"Strangely enough, this perfectly logical solicitation for the welfare of offspring is frequently considered to be quite unnecessary for the parents themselves. But the point is that oftentimes they are in need of health-giving and vitality-building rest quite as much as are the children, and in some instances, even more so.

"Therefore, while there is no desire to minimize the pleasure to be obtained by rolling along through strange country at a stiff clip of two hundred miles a day for ten days, or to deny the excitement of the more or less hectic man-made diversions at summer resorts, it should be clearly understood that less attention to such alluring pursuits and the display of more interest for nature's real demands would result in greater and more lasting dividends from the annual sojourn than is now the case for many hundreds of thousands.

"People should realize that fresh air, quiet, rest, wholesome food and regulated hours will accomplish in terms of health and happiness quite as much for them as for the young people. Therefore, it is suggested that in planning for this year's pleasure careful consideration be given to the health as well as to the thrill factor of the vacation.

"A few less miles at break-neck speed, or the development of a wholesome resistance to exotic entertainment, late hours and excesses at summer resorts, and more affection for the life-giving possibilities of nature will give the body a real boost in terms of joy and health and vitality. Why not plan along these lines this summer?"

Peculiar Belief About Monstrosities in Erin

It is affirmed that one does not have to go to equatorial Africa to hunt mysterious lake-dwelling monsters—such monstrosities are talked of in Ireland, an Armagh correspondent writes: "I know nothing of Central Africa, but I know Ireland very well, and there I have encountered the belief in monsters, which are usually described as snakes of enormous size, living in the depths of lakes in various remote places of the island. It is a curious belief, because there are, as is well known, no snakes in Ireland. In the wild western parts of the country, from north to south, this belief exists. The dwelling place of the monster is usually some small, dark, mountain lake, lying under overhanging cliffs, and far from human dwellings. One such I can mention by name. It is known as the Hag's lake, and is in a wild spot called the Hag's Glen, lying under the crags of Carratun, in Kerry, on the northern side of that mountain. A youth who lived in the poor hamlet nearest to this spot assured me that the great 'serpent' which lived in that lake was well known to exist. I asked him if he had seen it. He said 'No,' but his grandmother had seen it very early one morning when she was out on the mountain looking for a beast which had strayed. 'We don't go near the lake in the dark,' he added."—Montreal Family Herald.

HOME HEALTH CLUB

WEEKLY LETTER WRITTEN EXPRESSLY FOR THE BULLETIN BY DR. DAVID H. REEDER

DEAR DOCTOR: I have just been having the flu and had a very hard time getting over it. I have had a bad cold and cough with much pain in the back. I sweat profusely at night so that when morning comes I am very weak and have no appetite. I grow constantly weaker, when I wrote you once in 1918 you thought I was in danger of having consumption but my people ridiculed that idea. I regret that I did not act on your advice at the time, I might have saved myself from the fate, which now seems certain. Can anything be done for me now, Doctor? I dread more than anything else to leave my little ones. Children need a mother always. I will do whatever you say for me to do if you think there is any chance for me.

—Mrs. B.
ANSWER: It is not too late if you will really do as you say you will do, anything I tell you to do. Alright, now to start off with, you have a good prosperous farm, good buildings, modern machinery, pure bred stock of all kinds. In fact an up to date modern farm in all things except the most essential, the modern conveniences in the home. These must be installed you can afford it and if you think more of yourself than of the money it will be done at once including electric lights. In addition to all this I want you to get a good therapeutic lamp of which I told you in personal instructions. You are then to follow strictly the diet I have given for 6 months. If you were sick in bed someone else would have to do the work. So just play sick for three months, and be lazy. When you are well, you can enjoy those modern conveniences.

Dear Doctor: About 6 months ago I was told by my family doctor that I had cancer of the breasts. He took me to a local surgeon who is considered very skillful and they advised me that both of my breasts would have to be removed. One of the breasts was very hard indeed and very painful. There was a lump in it also, and soft lumps under the arm. The other breast was not as badly inflamed and not as painful but there was one or two lumps in it.

I had a horror of operations and wrote to you first. I detailed all my symptoms and I was very happy when I received your reply in which you advised a simple method of treatment for me to follow at home for a while and which you believed would prove to my satisfaction whether I had cancer or not. It is needless to say that I followed your directions religiously and reported to you whereupon you wrote out for me a very careful and complete course at dietetic treatment and told me how to care for myself for several months. Already impressed with confidence, I have carried out the instructions and I think it would be difficult for you to find anyone where in the world anyone who could be more grateful than I am.

All of the soreness and all of the symptoms have disappeared and there has been no pain for a month, and the only thing that is left is a slight thickening at one place in the mammary gland, but there is no soreness in it and I am confident that if I continue treatment it will disappear. The condition of my health is now better than it has been for many years. I have just taken a trip of several hundred miles to see my mother and while there could not follow as strict dietetic directions that I have at home, but having lived in such thro accordence with your directions for so long I experienced evil effects from the slight indulgence which I permitted and I was very careful not to overeat. The result is that I feel even better now than I did before I went away.

I have been told since by a very competent physician that a very large proportion of operations for the removal of the entire breast were unnecessary for the simple reason that in large number of cases that condition was not cancer any more than mine was and since I have learned that a positively correct diagnosis of cancer can be made under what is known as the Vagal Reflex system even in the first stage of the disease. I no longer have any fear of that terrible scourge and you can rest assured that there will be no surgery in our family until the case has been submitted to the Home Health Club.

ANSWER: Your letter is the second that I have received this morning and the two are almost identical, both describing the result of following the Home Health Club methods of treatment under the same conditions and with the same gratifying results. I trust

EXPERT URGES WIDER USE OF NEW POLICE TELEPHONE SYSTEM

William F. Hoffman Points Out Advantages of Service Now in Operation in this State

Communication is considered half the battle in the effort of police to apprehend criminals, and this phase of the fight against lawlessness in Pennsylvania is being won through the medium of the telephone typewriter system, in the opinion of William F. Hoffman, chief of the Bureau of Criminal Identification, Pennsylvania State Police.

Co-operation also is essential in the apprehension of criminals, according to Mr Hoffman. In discussing recently the efficiency of the Pennsylvania police telephone typewriter system, which was placed in service last December 23, he said: "We now have before us a new problem in police education. We must acquaint police officers of the smaller towns with the benefits obtainable from this system. Many of them, not having a telephone typewriter receiver installed in their town, fail to take advantage of the system for rapid communication. Should a forger or confidence man victimize a citizen in a small town, or should an automobile be stolen, the chief of police, by telephoning information concerning the crime to the nearest sending station of the system, can have 100 other police forces in the State on the lookout for the criminal within fifteen minutes. Inquiry along this line can be made over the telephone typewriter more rapidly and efficiently than by any other method.

"This system is still in its infancy, but we are sending more than 900 State-wide broadcasts each month."

Sentimental Song Made Official Royal Melody

"Home, Sweet Home" is not the only operatic air that has become a kind of national melody, for France has a tune with words of a similar sentiment. This is "On peut-on être mieux qu'en sein de sa famille?" ("Where can one better be than in the bosom of one's family?"). It was written by Gretry as a quartette in his opera "Lucette" and first achieved a political position when it was sung at Versailles on July 15, 1789, when the Bourbons were being turned out. It was also sung at Carlton house when George III and Queen Charlotte paid their first visit to the prince of Wales and his bride in February, 1795, which possibly caused the homesickness of the princess and made the marriage an unhappy one, and again at Korymbia on the retreat from Moscow on November 15, 1812. It was adopted as an official royal melody on the restoration of the Bourbons in 1814.—London Mail.

Vice-Versa Girl

Can you imagine how embarrassing it must be to start crying when someone tells you a joke and you really want to laugh, and to start laughing when you want to cry?

This is the unfortunate position of a girl at Bordeaux, who possesses inverted muscles which the doctors say they cannot cure.

Apart from this peculiarity she is normal. But when her face is tear-stained her eyes show amusement, and when she smiles her eyes reveal dreadful unhappiness.

Marvels of Space

Who can comprehend the distance of "twelve millions of billions of miles" at which a picture, reproduced in the Sphere, was taken of a spiral nebula in Ursa Major—famously known as The Plough? Even astronomers find such figures unwieldy, so they cut them down, in drastic manner, to "light-years" of measurement. This is a trifling unit of six million million miles, making Ursa Major, in easy language, only 2,000,000 light-years away from us! Incidentally, that means the light we see left The Plough two million years ago.

That Frenchman De Tour

Some eastern tourists stopped at Somerset, Wis., for gas and oil. The man at the filling station was of Scandinavian persuasion. The tourists were discussing the roads, and the Swede horned into the conversation with the following:

"Det Svede Jefferson haes gat som fine roads, en det English man Lincoln haes gat some fine roads to, en Roosevelt's ant so bad, but det Frenchman De Tour haes gat da vorst roadz ay aver saw."—Badger Highways.

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that many others may be encouraging to follow Nature's rules and let Nature do the curing rather than to be needlessly mutilated.

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PLAN YOUR VACATION TRIP IN AN ORDERLY WAY, HEAD OF AUTO CLUB ADVISES

Dependence on roadside information is one of the greatest causes of annoyance and inconvenience to the tourist, according to S. Edward Gable, president of the Lancaster Automobile Club. Mr. Gable pointed out that with a network of highways extending in all directions and with conditions on them, because of construction, etc., changing from day to day, it is almost imperative that the motor vacation be planned in an orderly way.

"With the touring season now getting into full swing," Mr. Gable said, "the demand for the proper type of road information is steadily increasing. We handle hundreds of inquiries daily through our Touring Bureau, which is equipped with maps of every type, with detour and general road condition data of the latest type and with pamphlets, folders, etc., of wide interest to the traveler.

"Charting of tours, taking into consideration road conditions, points of interest, detours and the like, must be done by experts who make a study of this work. The time is past when tourists start out on a hit-or-miss basis and take conditions as they find them enroute. With the facilities of a motor club a tour can be mapped out with the same precision as is the movement of a train, and the traveler knows before he starts just what route he is taking, where he will stop, what points of interest he will see, and where he can expect to encounter difficulties in the form of detours, etc."

The people of Lancaster county want and should have the best and latest in touring information available, and that is what we give them through our connections with the American Automobile Association and its great chain of clubs, and through the State Department of Highways of Pennsylvania and other agencies of that type, Mr. Gable said.

Writer Would Go Limit in State Abbreviations

The abbreviation used for Ohio is "O." Apparently Oklahoma and Oregon do not object. But these are states whose names begin with letters which are not the first letters of the names of any of the other states. These states are: Delaware, Florida, Georgia, Louisiana, Pennsylvania and Utah. Why not use D, F, G, L, P and U for the abbreviations in those cases? Also, West Virginia is the only "West" state. So why not simply use "W. V." instead of the usual "W. Va."? The only reason for abbreviations in the first place is the desire to save time and space. Then why not save all the time and space possible, or else use the full name? Why fuss with "Pa." and "Penn." and "Penna." when "P." would fill the bill?—Worcester Telegram.

Columbus a Corsican?

Canon Castaing in a lecture at Marcellines asserted that Columbus was a Corsican born at Calvi. He has made a long research into the life of the great explorer and maintains that he has found documentary evidence of the Corsican origin of Columbus. According to Canon Castaing, Columbus was the son of a wool carder and lived at Calvi until he was about ten years old. When Pierre Bonaparte visited Haiti, said the speaker, he discovered an inscription in Spanish on a rock, saying: "Cursed be the Corsican who brought us hither." This inscription, Canon Castaing believes, was written by Spanish navigators and referred to Columbus.—Pathfinder Magazine.

Advance in Palestine

New staple crops are being introduced into Palestine. Among those that are being tried out by the Palestine department of agriculture are nuts, flax and sunflowers, the department also giving much attention to the fertilization of the soil.

This work under the department is largely directed toward benefiting the local Arab fellahen, or peasant farmer, because the interests of the Jewish settlers are so well cared for by the Zionist organization. Because of the success of the orange show at Jaffa last year, the event was placed on a permanent basis, and a second show held recently was well received by the large crowds it attracted.

Being Polite to Spirits

In Borneo many trees valued for their timber are regarded as being the dwelling places of good spirits. Superstition, however, comes to the aid of economic necessity and before he incurs the displeasure of the spirits by destroying their home, the native drives a hatchet into the trunk and returns to his family. If in the morning the hatchet has fallen to the ground it is a sign that the spirit willingly has left the tree for a new residence. It is remarkable, observes a writer in the Sydney Bulletin describing the hokus pocus, how consistently the hatchet falls to stay put.

LINER OLYMPIC LINKED TO U. S. BY TELEPHONE

With the inauguration April 18 of ship-to-shore telephone service on the steamship Olympic, of the White Star Line, another voice channel for passengers on the high seas became available.

The service, like that established some months ago with the Leviathan and later with the Majestic, makes possible telephone conversations between passengers and any Bell System telephone in the United States.

If you can get amusement out of your own follies you will be able to work up a smile any time.

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