

Hitt and Runn—The Idea Was All Right But—Where Was the Wherewith?

BY HITT



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HOME HEALTH CLUB

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

Resuming our subject of last week on night coughs, nothing of a narcotic nature should ever be recommended, even to give temporary relief, especially when there is sufficient strength remaining so the outward application may be made and give new health as well as ease for the time. But the smoke of saltpeter is harmless; it will soothe, too, when all opiates and narcotics will fail.

Here, however, it is desirable to advise concerning cases where there is strength enough to bear some treatment during the day, without waiting for the coming of the night cough. Begin in the morning, when the patient is warm in bed, and first of all, rub gently for ten minutes with warm olive oil, the whole of the back. This can be done under the bed clothes with the least imaginable fatigue to the patient.

Immediately after this a small, cold, damp towel, folded narrow, should be placed along the entire center of the back and covered with a dry one. The patient will lie on these, or have them gently pressed to the back along the spine. This should be done for a quarter of an hour or longer, if it is found to be soothing and comforting.

You are, in fact, dealing with ill formed asthma, in such a case, but there may be no asthmatic symptoms, as these are generally understood.

After this cooling process has been carried far enough, it will be well to give another quarter of an hour's rubbing with warm olive oil, so as to awaken to fresh vital action the nerves and muscles that have been soothed by the cold.

There are cases of patients who have not known a night's easy sleep for years, who have secured perfectly sound rest by such treatment as this alone. But you will have patients, it may be, who have not sufficient warmth to keep them comfortable during the cooling process of the spine. Then have the feet and legs, up to the knees, packed in a nice, warm blanket fomentation. Rub thoroughly with oil before this is put on. If this is properly managed, the sufferer will be so heated that the cold cloth on the back will be most welcome. Thus you will be enabled to cool so effectively that the spasmodic irritation will be completely removed.

This subject is of such great importance that next week I will continue along the same lines. All readers of this publication are at liberty, at all times to write for information pertaining to the subject of health. Address Dr. David H. Reeder, 3 E. 31 st. St. Kansas City Mo., with at least 6 cents postage.

EX-HIGH OPENS BASKET BALL SEASON AT MARIETTA

The Mount Joy Ex-High opened their basket ball season on Thanksgiving evening when they played the Marietta Reserves on the latter's floor, and were defeated by a 34-20 score which is appended:

Mt. Joy	Field	Foul	Tls
Charles, F	0	1	1
Laskewitz, F	2	0	4
G. Halbleib, C	3	0	6
Hawthorne, C	1	1	3
Weaver, G	0	0	0
R. Halbleib, G	2	0	4
Beamenderfer, G	1	0	2
Totals	9	2	20

Marietta	Field	Foul	Tls
Seaman, F	8	0	16
Bremer, F	2	0	4
Rahm, C	5	0	10
Brayman, G	0	1	1
Brenner, G	1	1	3
Totals	16	2	34

NOT OBLIGATED TO RETURN UNORDERED XMAS CARDS

Every year many local residents are puzzled by receiving through the mail an unordered box of Christmas Cards, together with a request for one dollar in payment for them.

The sending of such unordered merchandise through the mails is a nuisance which should be abolished. The following statement from the office of the Postmaster General outlines your rights in handling it: "You do not have to pay for such cards. You do not have to return them."

Just put them aside. If an authorized agent calls for them you may give them to him. If he doesn't call within a reasonable length of time you may charge storage for the trouble you've been put to in keeping them.

Ancient Cannon Linked With Japanese History

An old Dutch gun was recently located in the Kanazaki shrine, Saga, by Prof. Chozo Muto of the Higher Commercial college of Nagasaki, who is an authority on the history of the early Christian civilization. It has for a long time remained unknown to the public, but when Professor Muto visited the shrine and saw the gun, the marks it bears were declared by him to be those of the United East India company. The gun has also a letter H on it, and Professor Muto believes this to stand for Hoorn, a city in the Netherlands, where there was a branch office of the trading company. History records that on the outbreak of the riots in Shimabara and Amakusa by the Christians in 1637 against the Tokugawa government rule, the government ordered the governor to mobilize 100,000 troops to bring to an end the civil disturbance. The governor succeeded in defeating the rebels the following year with the assistance of Dutch men-of-war, which were then anchored off Nagasaki. Professor Muto connects this historical fact with the gun that has stood unobserved in the grounds of the Kanazaki shrine.—Osaka Mainichi, Japan.

Cinema Traced to Idea of Photographic "Gun"

Although it is not possible to say that any one person definitely invented the cinematograph, writes the Paris correspondent of the London Daily Telegraph, a large share of credit for the development of this machine is undoubtedly due to the great French scientist, Etienne Marey. One of his pupils, Prof. Charles Richet, in recalling his outstanding achievements, described him as "the immortal creator of the cinematograph." M. Marey made important contributions to physiology, as a student of the circulation of the blood, to medicine, to flying and to the cinema. Possibly it was his interest in the movements of animals, and particularly the flight of birds, which led him to concentrate his attention on the making of "moving" pictures. In 1882 he made a photographic "gun" with which he was able to take sixty pictures a second of birds in flight. By 1888 he had produced serviceable cameras and projecting instruments, and it is claimed that these were the first true cinematograph recording and projecting machines.

Growth of Brain

According to various authorities quoted in Halls' "Adolescence," the size of the brain increases but little after eight years. It reaches its maximum size at about 12 to 14, though there may be a very slight growth between 20 and 30. In old age it gradually loses weight and size. "In the boy of 15, the volume of cell bodies is already on the average 124 times their size at birth and by 30 will have increased to 150-fold. Cells constitute but a very small part of the total brain, so that they can increase many fold and not greatly affect its total size or weight."

Organized Beggary

While begging in Japan is not the fine art and honorable calling that it is in some parts of China, nevertheless in Tokyo and other large cities there are hundreds who make their living by soliciting alms in public. Competition incident to a highly commercialized age has made it necessary for these mendicants to organize, and a beggars' guild now exists and enforces beggars' law. The operations of these persons are limited to three hours each day and they have a Communistic way of sharing their pickings.

Ebb

The San Diego divorce court suddenly came to life. It was the wife who was suing, and for a moment they thought she was a poet. "My husband," she declared, "reminds me of the way the ocean is at times." "You mean he's so grand," encouraged the court without cracking a smile. "No," snapped the woman, "I'm referring to ebb tide—when it's all going out and nothing coming in."—Los Angeles Times.

Too Fluent

A war-weary Tommy, elated by prospects of going on leave, was approaching the docks at Boulogne. He had just asked the French porter some question. A torrent of explanatory French followed. The soldier, weighed down by haversacks and equipment, stood stolidly listening and gazing intently at the porter. Finally the verbal torrent ceased. Then Tommy spoke again. "And 'ow does the chorus go, matey?" he asked.—Bairnsfather's Book, "From Mud to Muffin."

MARKETS

Wheat, per bushel	72c
Corn, per bushel	95c
Eggs, per dozen	48c-51c
Butter, per pound	35c
Lard, per pound	13c

Subscribe for the Mt. Joy Bulletin

HEALTH TALK

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

"A few weeks ago a woefully misinformed mother knowing that her son of seven was suffering from measles, insisted that one of her neighbors who had brought along her child of three, should come in and visit her for a little while. "Johnny," said she, "only has the measles. He is not at all sick. Indeed, I didn't even call the doctor." When her friend hesitated she falsely assured her that even if the baby did get the disease it "was a good thing to have it over with." Unfortunately the persuasion was successful. And a funeral resulted, said Doctor Theodore B. Appel, Secretary of Health, today.

"This attitude toward the childhood diseases, and measles in particular, is entirely too common. It is directly responsible for the spread of these maladies, with their consequent toll of health and life. "It must be appreciated that illness in any form is no light matter; and that the communicable diseases of the young are always serious from the viewpoint of their possibilities.

"For example, in measles, nine-tenths of the deaths occur in children under five. And in a large American city no less than 1400 children ranging from under one year to fifteen lost their lives in one year because of this disaster. And this calamitous result does not include end results, such as impaired vision and weakened constitutions that were occasioned in thousands of cases not terminating fatally.

"There are a few simple rules which, if carried out, would definitely reduce the measles hazard. Not to follow them is an exhibition of thoughtless, almost criminal, neglect for the rights of one's child and the children of others. Here they are:

1. If the child develops a running nose, sneezing, red and watery eyes, put him to bed immediately and call the doctor.
2. Keep the little patient warm and eliminate drafts and glare.
3. Light diets only—milk, cereal or soups.
4. Do not permit others to come in contact with the sick child. Thus establish quarantine even before the placard is placed.
5. Keep the patient in bed until the doctor permits him to get up; and this, no matter how well he may appear to be.
6. And finally, after recovery consult your physician at intervals for the possible discovery of after effects.

"Measles is a dangerous disease. Therefore, respect its power. And 'e the child-en live."

The Health Seal



This is the 1930 Christmas Seal. Santa Claus has given it his official approval by uplifting his hand to emphasize the holiday greeting, "Merry Christmas—Health to All."

Nearly everybody buys Christmas Seals, which raise money to fight tuberculosis, but few know that the original Seal designed by Howard Pyle in 1907 is treasured by stamp collectors and has a value of \$5.00—5000 per cent. of the original cost of one cent.

This is the twenty-fourth Seal sale. The greater part of the returns are used in the community where the money is raised.

Christmas Seals and Health Bonds are sold throughout Pennsylvania by organizations affiliated with the Pennsylvania Tuberculosis Society.

This is the only Christmas Seal whose proceeds are devoted to health work and the saving of lives from tuberculosis.

Give health—Buy Christmas Seals

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ADVERTISING

Advertising and not competition is now the life of trade, according to the advertising experts who met to attend the International Advertising Association convention. The delegates at this meeting heard a number of interesting things. Among these was the statement by Charles Stelzle, New York expert, to the effect that if churches do not advertise their "ware"—spiritual upbuilding and moral betterment for both the individual and humanity—they cannot hope to arouse interest among the masses and fulfill the obligations placed upon them as parties to the general spiritual movement.

Another speaker declared that "advertising is greater than any single moral force we know of today. Advertising brings about changes for the betterment of life itself, changes which fuse into the social and political life of the nation."

It is now generally admitted by economic forces everywhere that advertising is the most important development of modern business. And it is also coming to be realized that newspaper advertising is the best kind of paid publicity. In the convention just mentioned the delegates who were advertising experts, agreed that newspaper advertising affords the best publicity medium for the churches and all church activities.

Advertising is no longer a theory. It is a science. And it pays.

Hear The New Atwater-Kent Radio

---AT---

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Mount Joy, Pa.

sept17-tf

Announcement
Simon P. Nissley
Funeral Director
18 Poplar Street MOUNT JOY, PA.
Bell Telephone 210
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Read the Bulletin

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