

HEALTH TALK

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

Appendicitis

From the old days of the "Doctor Book" down to this highly health-conscious period, a large number of persons have refused to admit their limitations in the healing art.

"Some time ago a study of thousands of hospital appendicitis cases was made in a metropolitan city. It was quite conclusively proved that the mortality was decidedly higher among those individuals who, under a woefully misguided idea of their ability to direct symptoms, took laxatives to eliminate the abdominal pains associated with the condition.

"This story in itself is quite impressive. But to it must be added the penalties of delayed proper treatment. The investigation showed that only 1 out of every 39 patients died who were operated upon during the first twenty-four hours of the attack.

"Certainly, such a situation justifies an emphatic warning to everyone who experiences persistent abdominal pain. When so suffering no one should take a laxative or cathartic unless it is professionally advised.

"It is logical to assume that a fair proportion of the increased appendicitis toll could be decidedly diminished if the habit of self-diagnosis and self-medication could be curbed."

POLAND IS GROWING AGGRESSIVE NATION

Washington.—Poland's strategic position between Soviet Russia and militant Germany brings this aggressive European nation more and more into the spotlight of world affairs.

"Twenty years ago the name of Poland could not have been found on any map of Europe," says the National Geographic society.

"Once before Poland was a great power. In the sixteenth and seventeenth centuries its territory extended from a point within fifty miles of Berlin to the meridian of the Sea of Azov, and from the Khanate of Crimea nearly to the Gulf of Finland.

Interviewer—What is your wife's favorite dish?
Husband of Famous Movie Actress According to the fan magazines it is peachbloom fudge-cake with orange wisp salad—but at home it's tripe and cabbage.

"Stimulate your business by advertising in the Bulletin."

An Ace-High Dinner Serves Four Persons For One Dollar

DO YOU KNOW WHY -- Most Parents Have Similar Experiences?

Cartoon strip showing a father's frustration with his misbehaving son, William. The father asks, "How long for a nice quiet smoke and a pleasant conversation with the telephone?"

OWL LAFFS

An illustration of an owl with the text "BY A WISE OWL".

OWL LAFFS

A lady who lives on a farm near Silver Springs went to Philadelphia to her daughter who had been married six months prior and gone there to live.

"Economic Progress." Economic progress has kept step with political growth. Devastated areas have been reconstructed. From marshlands to mountains, agriculture has been brought back to pre-war levels.

"Do you want to know something?" asked Red Metzler's girl. "Sure," answered Red, real interested.

Sunday two New Haven St. couples went for a long drive together. The husbands occupying the front seat and the wives the rear seat.

Every man has his own peculiar way of proposing to his girl, but a proposal that I overheard on Monday night was carrying things a little low and mixing business with pleasure.

A Columbia baker proposed to his girl and this is what he said: "Sweet TART, you're ROLL the world to me! I'm a well BREAD young man and that's a good RAISIN why you should marry me."

"Not enough people mind their own business." "My mother-in-law left a note saying she intended to commit suicide with my old army rifle," remarked a World War veteran to a pal.

A crowd of fellows were standing in front of "Jack's Restaurant" in Elizabethtown when one of the fellows, who weighed about 200 lbs and was 6 ft. tall remarked: "Well, I have to run along and take a sewing lesson."

"THAT LITTLE GAME" CALLING

A cartoon illustration of a man in a dark room, with a clock showing 12:00. The man is looking at a door with the sound effect 'DONG! DONG! DONG!' written next to it.

RECIPES TRIED and TRUE

"M. B." SALAD 24 large prunes 2 packages Cream Cheese 1 can sliced pineapple

CODFISH SOUFFLE 3 package shredded codfish 3 cups mashed potatoes 2 tablespoons chopped onion

CORN PUDDING 2 cups corn, 1 cup milk, 1 cup bread crumbs, 2 eggs, 3 tablespoons butter, 1/2 teaspoon salt, dash of pepper.

DON W. GORRECHT Mount Joy, Pa.

Illustration of a Dexter Washers machine with the text "Dexter Washers \$49.50 to \$125"

Lester E. Roberts Telephone 22J 25 East Main St., MT. JOY, PA.

Advertisement for Hartford Hail Insurance Co. featuring a cartoon character holding a sign that says "HARTFORD FIRE INSURANCE CO. Hail Insurance".

Hartford Hail Policy

No uncertainty about the Hartford Fire Insurance Company, which has promptly paid every just claim for over a century. Let us tell you what a policy costs and what it covers.

Advertisement for Lydia E. Pinkham's Tablets, "Tired, worn out, no ambition".

Advertisement for R. U. Trimble, "Perfect!".

Advertisement for J.N. Stauffer & Bro, "Swiss Watches and Small Wrist Watches Repaired".

Advertisement for Don W. Gorrecht, "My sale was a real knockout".

Advertisement for Dexter Washers, "Prestige!".

Advertisement for Lydia E. Pinkham's Vegetable Compound, "Took off 17 lbs. of ugly fat".

Advertisement for Bulletin Mount Joy, "How are your shoes?".