

HEALTH TALK

WRITTEN BY DR. THEODORE B APPEL, SECRETARY OF HEALTH

THERAPEUTIC LAMPS

"Hippocrates, in 510 B. C., as the original expounder of natural cures for diseases, did not overlook the value of fresh air and the sun. However, it was not until a comparatively few years ago that Rollier, a Swiss surgeon, sent countless human beings out into a zero atmosphere declaring, 'The cold will not harm, and the sun will cure.' To the astonishment of skeptics, this Spartan treatment achieved spectacular results with young bodies racked with tuberculosis. And in this way, much of the present enthusiasm for the sun and the therapeutic lamp got its start. However, enthusiasms can be overdone, and this one is by no means an exception," states Dr. Edith MacBride-Dexter, Secretary of Health.

In spite of repeated warnings by physicians and public health officials, literally thousands of persons under the vacation spell will over-expose their bodies to the sun and suffer painfully in consequence. Others, on the sound theory that the sun's rays are beneficial, will overdo exposure again with untoward results. And there is still another large group who, being impressed with the healing advantages of light rays, become too devoted to the therapeutic lamp.

Light treatments undoubtedly have great value, including those taken in the home. Nevertheless it is one thing to use this therapeutic agent under professional supervision and quite another one to 'go it alone.' As with the sun, not only the benefits of the ray lamp must be appreciated, but its limitations as well.

There are many cases on record where the home prescribed and non-professionally directed use of the various ray treatment methods have dangerously affected eyes. Again persons who do not tan easily are very poor subjects. Low blood pressure individuals also often suffer unfortunate reactions to the rays. And in early cases of tuberculosis it is often contra-indicated.

It follows, that no matter how valuable both the sun and artificial rays may be, control and knowledge are essential. This means that the wise person who employs either the sun or the lamp as a therapeutic measure will only do so under professional advice and supervision. Decidedly, it does not pay to take chances."

Spray Raspberries

Where anthracnose on raspberries has not been thoroughly controlled by the spring sprays, a fall spray application is advisable after the berries are removed. Use liquid lime sulphur concentrate, two gallons in 100 gallons of spray mixture, and thoroughly cover the new canes.

Patronize Bulletin Advertisers

DO YOU KNOW WHY --- A Man Can't Find His Things --- Sometimes?



OWL LAFFS



BY A WISE OWL

I was reading in the papers that Mrs. Mary Ann Cordes, in Brooklyn, is trying to sell her husband for \$1500. I was talking to a certain woman here about it and she said: "Gee whiz, I'd give that much if I had it to get rid of mine, much less sell him."

After hearing the following conversation I was convinced the incident had taken place in our local post office. A Marietta Street man had remarked: "So you were badly handicapped in the examination for a job at the post office?"

His friend answered: "Yes I had to write with a postoffice pen.".....Incidentally have you ever used one of those pens?

One of those smart young salesmen, who give that line about working their way through college, stopped at a Delta street home and tried to sell his wares to the man of the house. Failing to sell anything with his usual sales talk he put up quite an argument, when the man of the house said: "Don't forget that you're just a salesman, my boy, and I've forgotten more than you ever knew." Whereupon the youths face lit up and he promptly exclaimed: "I'm glad to hear that. Can I sell you a memory course?"

phila physician and asked: "Doctor, can you do anything for me?" To which the doctor answered: "Let me feel your pulse.".....Let that be a lesson ladies. If local doctors would cure you according to the size of your pocket-book, some of us fellows would stay pretty sick.

Do you remember of that cyclone down near Philadelphia a few weeks ago? Well, I was talking to a farmer from there and I asked: "Did the cyclone damage your house much?" And he replied: "I don't know. I haven't found it yet."

Housemaid's version: Stoop, look and listen.

Oldmaid's version: A man must be soon to be appreciated.

Wife's version: The kin can do no wrong.

A farmer boy from the Back Run remarked to his neighbor chum: "I'll bet you were mad when you caught that skunk." His friend sarcastically answered: "You bet; I was highly incensed."

Two "souses" were exchanging comments on hangovers. The one asked: "Do you ever feel any pain in your throat after you've been drinking?" The second answered: "Oh, yes, just as soon as my wife grabs me by it."

Ned Heilig is still trying to find out what becomes of the pieces when the day breaks.

One of our young bloods took his girl for a ride in the country. As they passed an orchard she innocently asked: "Why do those trees in the orchard bend over so far?" Her boy friend answered: "You'd bend over, too, if you were as full of green apples as they are."

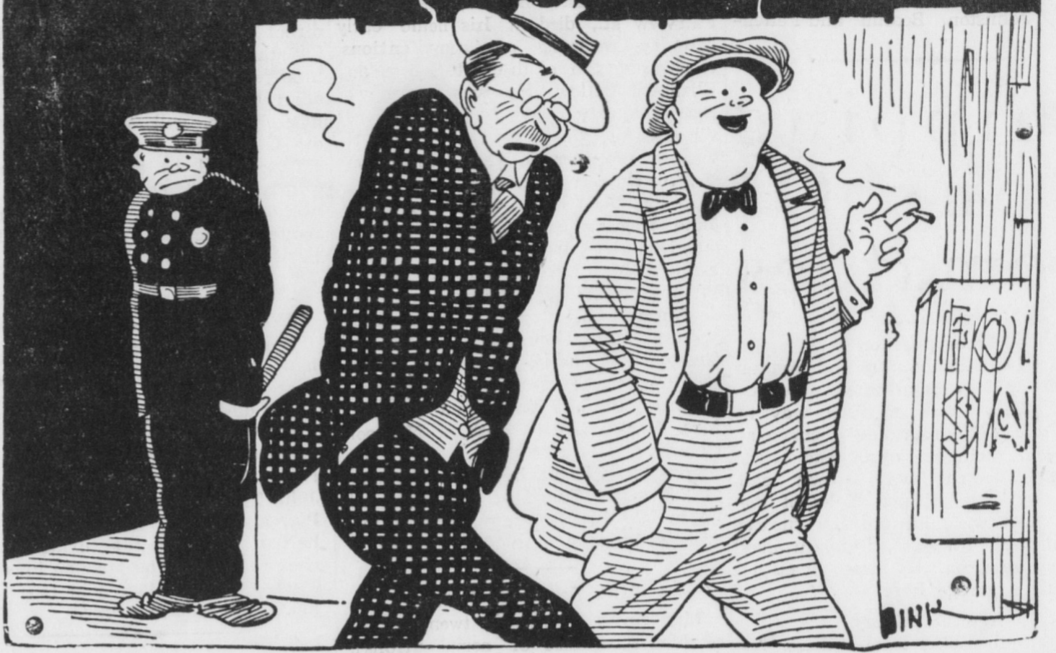
"Hey, come back here! The boss wants to see you," called a stenographer in a Lancaster newspaper office. The office boy to whom she had been speaking, asked: "Did he ask for me personally?" The stenographer answered: No, he said he'd like to see the fellow who could loaf eight hours a day and get paid for it.

A Barbara street daddy had his little Florin lady called on a Philadel-boy out walking and as they passed a

"THAT LITTLE GAME" --- GONE, BUT IN SIGHT

WHATTA YOU MEAN "FUN I HAD"? WHY, I'VE LOST SLEEP, MONEY AND FLESH. IF YOU CALL THAT FUN, HOP TO IT AND DIE WITH A SILLY GRIN ON YOUR PHISOG. WHY, IT WAS HOT AND DULL AND THERE WAS NOTHIN' TO DRINK AND THAT GIRL JAZZ PLAYER OUGHTA BE SHOT, - AND THOSE SANDWICHES MUSTA BEEN MADE TO CELEBRATE THE ARRIVAL OF COLUMBUS. --- I'VE HAD ENUFF! I'M THROUGH!

THIS WORLD IS SURE A ROTTEN OLE PLANET WHEN YOU LOSE, BUT A PARADISE WHEN YOU WIN, HENRY. YOU'RE THROUGH, HUH? AGAIN? HO-HO-



board fence the little fellow exclaimed: "Lookit, look at the funny holes in that board." His daddy explained: "Those are knot holes." His son argued: "Yes, they are too, daddy." And then the fun began.

One of our local bachelors inquired of a very much married man: "How many times did you ask your wife to marry you before she consented?" The married man answered: "Once too often."

A little boy answered a knock at the door and called: "Daddy, there's a man at the door with a mustache." His daddy unthinkingly answered: "Tell him I don't want any."

I stayed at a friend's house Monday night and when I retired I said: "I'll have to get up early in the morning. Have you a clock that strikes? My host very frankly replied: "Only when my wife throws it at me."

"You give me such crazy kisses," remarked Johnny Charles' girl, Johnny, laughed, and said: "That's because my lips are cracked."

A brute of a husband who lives in town said to his wife: "I suppose lots of things I say make you feel as if you could beat my brains out." And she answered: "No everything you say makes me realize there aren't any there to beat out."

Billboards cover a multitude of scenes according to this old owl. --- A WISE OWL

The Bulletin's TESTED RECIPE

By Frances Lee Barton

IN every household there are recipes for supremely delicious dishes which the lady of the house cherishes for the occasions on which she "puts her best foot forward." A welcome addition to this choice collection will be Pecan Chocolate Mousse—decidedly a dessert to serve the very special guest.

Pecan Chocolate Mousse
2 squares unsweetened chocolate; 1 1/2 cups milk; 1/3 cup sugar; 4 egg yolks, slightly beaten; 1 package strawberry-flavored gelatin; 1/2 teaspoon salt; 1/2 teaspoon vanilla; 1/2 cup chopped pecan meats; 1 cup cream, whipped.
Add chocolate to milk and heat in double boiler. When chocolate is melted, beat with rotary egg beater until blended. Combine sugar and egg yolks; add small amount of chocolate mixture, stirring vigorously; return to double boiler and cook until thickened, stirring constantly. Add gelatin and salt and stir until gelatin is dissolved. Chill. When slightly thickened, add vanilla and fold in nuts and cream. Turn into individual molds. Chill until firm. Unmold. Serves 8.

Two burglars were discussing business when one remarked: "I need glasses." "What makes you think so?" asked his associate. "Well," answered the first burglar, "I was twirling the knobs of a safe last night and a dance orchestra began to play."

There is no better way to boost your business than by local newspaper advertising.

In The WEEK'S NEWS

CURRENT EVENTS PHOTOGRAPHED FOR THE BULLETIN



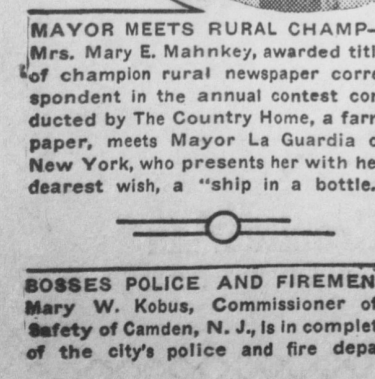
APERITIFS ALL—Two of Earl Carroll's "Most Beautiful Girls" headed a reception committee when the largest bottle of Dubonnet ever to be bottled arrived at the Savoy-Plaza Hotel from France.



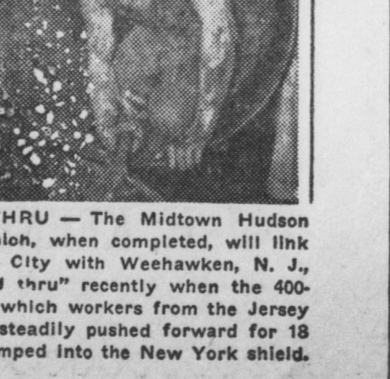
YOUNG CHAMP—Frankie Strafaci, high school student of Brooklyn, N. Y., about to be presented with the James Standish Cup, by R. Arthur Woods, upon winning the finals in the Public Links Golf Championship of U. S.



NEW FALL OUTFIT—Tweeds, both mixtures and plaids, will be the big thing for fall wear. Here is one worn by Grace Bradley, RKO picture star. It is a three piece cape ensemble in a black and white salt and pepper mixture, which looks like grey.



MAYOR MEETS RURAL CHAMP—Mrs. Mary E. Mahnkey, awarded title of champion rural newspaper correspondent in the annual contest conducted by The Country Home, a farm paper, meets Mayor La Guardia of New York, who presents her with her dearest wish, a "ship in a bottle."



HOLED THRU—The Midtown Hudson Tunnel which, when completed, will link New York City with Weehawken, N. J., was "holed thru" recently when the 400-ton shield which workers from the Jersey side have steadily pushed forward for 18 months bumped into the New York shield.



BOSSSES POLICE AND FIREMEN—Mrs. Mary W. Kobus, Commissioner of Public Safety of Camden, N. J., is in complete charge of the city's police and fire departments.

WE HAVE.....
QUALITY MEATS
Krall's Meat Market
West Main St., Mt. Joy

Crushed Building Stone
Before placing your order elsewhere see us also manufacturers of
CONCRETE BLOCKS
SILLS & LINTELS

J. N. Stauffer & Bro.
MOUNT JOY, PA.

Swiss Watches and Small Wrist Watches Repaired
Prompt Service and Prices Reasonable

DON W. GORRECHT
Mount Joy, Pa.

L. E. ROBERTS
NOTARY PUBLIC
Specializing in Auto Titles, Licenses and Operator Licenses
Marietta St. and Corner Main & New Haven
MOUNT JOY, PA.

PRESTIGE!
YOUR business is often judged by the kind of printed matter you send through the mails. We're experts in Job Printing and can assure you that you'll get quality at moderate prices.

BULLETIN
MOUNT JOY
Phone 41J

John D. Killheffer
OPTOMETRIST
OVER THIRTY YEARS EXPERIENCE
Elizabethtown—101 High Street
Tuesday, Friday and Saturday
9 A. M. to 4:30 P. M.
Manheim—19 W. Stiegel Street
Mon., Wed., Thurs., 8 to 6 P. M.
Evenings, Tues., Fri. and Sat.
Telephone, Manheim 11J
Jan. 9-10

OUR PRINTING PRICES ARE LOWEST
THE BULLETIN
MOUNT JOY

MY SALE WAS A REAL KNOCKOUT
CUTS
IN HIS ADS
Furnished by THIS NEWSPAPER

COULD NOT DO HER HOUSEWORK
WHEN everything you attempt is a burden—when you are nervous and irritable—at your wife's end—try this medicine. It may be just what you need for extra energy. Mrs. Charles L. Cadmus of Trenton, New Jersey, says, "After doing just a little work I had to lie down. My mother-in-law recommended the Vegetable Compound. I can see a wonderful change now."

HOW ARE YOUR SHOES?
DON'T WAIT TOO LONG
GET THEM IN
CITY SHOE REPAIRING CO.
39 SOUTH QUEEN STREET
LANCASTER, PENNA.
Stimulate your business by advertising in the Bulletin.

New ATWATER KENT REFRIGERATOR
Racks on door * Automatic Defrosting * 12-point cold control * Automatic lighting * Quick freezing * Quick tray release * Low running cost * Quiet * Made by the makers of ATWATER KENT RADIO.
See it at
Lester E. Roberts
Telephone 22J
25 East Main St., MT. JOY, PA.

TIRED, WORN OUT, NO AMBITION
HOW many women are just dragging themselves around, all tired out with periodic weakness and pain? They should know that Lydia E. Pinkham's Tablets relieve periodic pains and discomfort. Small size only 25 cents. Mrs. Dorsie Williams of Danville, Illinois, says, "I had no ambition and was terribly nervous. Your Tablets helped my periods and built me up." Try them next month.
Lydia E. Pinkham's TABLETS

—NOW—
Is The Time To Have Your
PLow SHEARS
Hard Surfaced
R. U. TRIMBLE
ELIZABETHTOWN

PERFECT!
WE invite you to inspect hundreds of samples of our printed matter to give you an idea of the kind of work we turn out in our Job Printing Department. We know you'll like the quality.

BULLETIN
MOUNT JOY
Phone 41J

TOOK OFF 17 LBS. OF UGLY FAT
HEEDED DOCTOR'S ADVICE
Mrs. Robert Hickey, Roseville, Calif., writes: "My doctor prescribed Kruschen Salts for me—he said they wouldn't hurt me in the least. I've lost 17 lbs. in 6 weeks. Kruschen is worth its weight in gold."
Mrs. Hickey paid no attention to gossipers who said there was no safe way to reduce. She wisely followed her doctor's advice. Why don't YOU?
Get a jar of Kruschen-to-day (taste simply take half teaspoonful in cup of hot water every morning. All druggists.)
4 weeks and costs but a trifle).
Advertise in The Bulletin
You can get all the news of this locality for less than three cents a week through the Bulletin.