

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?"

A Florin lady called on a Philadel- boy out walking and as they passed a

phia 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 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.

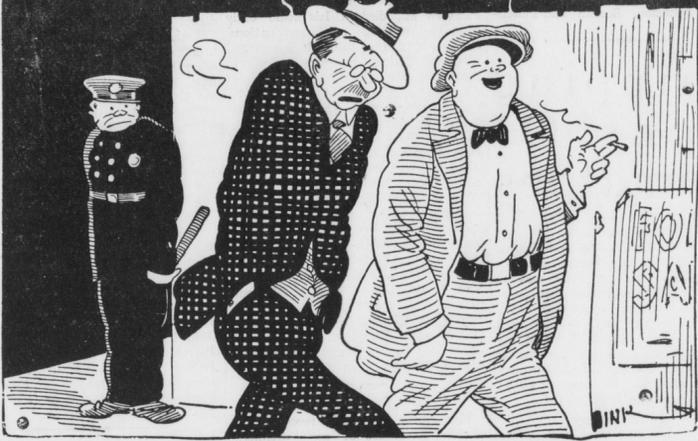
One of our young bloods took his girl for a ride in the country. As they passed an orchard she innocently asked: "Why do those trees in the orchard bend over so far?" Her boy friend answered: "You'd bend over, too, if you were as full of green apples as they are."

"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

"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!



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 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.

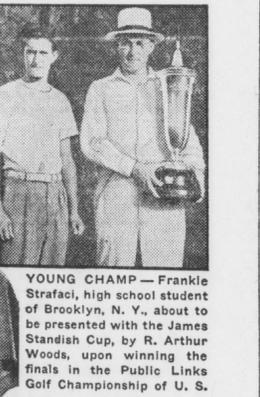
Two burglars were discussing business when one remarked: "I need glasses." "What makes you think so?" asked his associate. "Well," answered the first burglar, "I was twirling the knobs of a safe last night and a dance orchestra began to play."

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

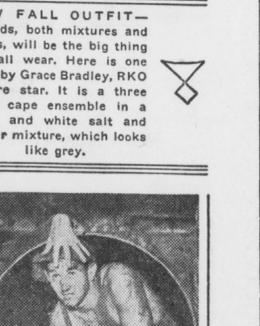
In The WEEK'S NEWS CURRENT EVENTS PHOTOGRAPHED FOR THE BULLETIN



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."

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.

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.

Advertisement for Krall's Meat Market, featuring 'QUALITY MEATS' and 'Cashed Building Stone'.

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

Advertisement for DON W. GORRECHT, 'Mount Joy, Pa.'.

Advertisement for L. E. ROBERTS, 'NOTARY PUBLIC'.

Advertisement for 'PRESTIGE!' with a cartoon illustration of a man reading a newspaper.

Advertisement for 'BULLETIN MOUNT JOY'.

Advertisement for 'COULD NOT DO HER HOUSEWORK'.

Advertisement for 'HOW ARE YOUR SHOES?' and 'CITY SHOE REPAIRING CO.'.

Advertisement for John D. Killheffer, 'OPTOMETRIST'.

Advertisement for 'OUR PRINTING PRICES ARE LOWEST'.

Advertisement for 'MY SALE WAS A REAL KNOCKOUT'.

Advertisement for 'HE USED OUR WNU CUTS IN HIS ADS'.

Advertisement for 'COULD NOT DO HER HOUSEWORK'.

Advertisement for 'HOW ARE YOUR SHOES?'.

Advertisement for 'CITY SHOE REPAIRING CO.'.

Advertisement for 'STIMULATE YOUR BUSINESS BY ADVERTISING IN THE BULLETIN'.

Large advertisement for 'New ATWATER KENT REFRIGERATOR' with an illustration of the appliance.

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

Advertisement for 'TIRED, WORN OUT, NO AMBITION' featuring a portrait of a woman.

Advertisement for 'Lydia E. Pinkham's TABLETS'.

Advertisement for 'NOW - Is The Time To Have Your PLOW SHEARS Hard Surfaced'.

Advertisement for 'R. U. TRIMBLE ELIZABETHTOWN'.

Advertisement for 'PERFECT!' with a cartoon illustration of a man.

Advertisement for 'BULLETIN MOUNT JOY'.

Advertisement for 'TOOK OFF 17 LBS. OF UGLY FAT'.

Advertisement for 'HEEDED DOCTOR'S ADVICE'.

Advertisement for 'HOW ARE YOUR SHOES?'.

Advertisement for 'STIMULATE YOUR BUSINESS BY ADVERTISING IN THE BULLETIN'.