

YOUR HEALTH

From the Medical Society of the State of Pennsylvania and the Lancaster County Medical Society.

A doctor's prescription for exercise following a disease or injury is as important as his prescription for medicine.

Good health implies that a person is able to perform normal activities.

Recovery from disease or injury indicates the patient is able to return to his usual employment.

Rehabilitation of a disabling handicap is complete only when physical and economic restoration is reached.

In these concerns, motion is the important factor.

With muscle weakness or limitation of joint movement, recovery is not complete.

Bed rest, even though a first essential, is nevertheless a cause

of disability for it encourages deterioration of the musculo-skeletal system.

The results of prolonged bed rest include muscle wasting, weakness, and joint contractures.

Muscle has three functions which must be present for efficient body movement.

The first is muscle contraction which is the strength of muscle, the loss of this property resulting in muscle weakness.

The second function is relaxation and the ability to stretch, known as elasticity.

The third necessity is coordination with muscles functioning as a group rather than singly, to produce a certain movement.

Proper exercise in one form or another is prescribed to shorten the convalescent period following disease or injury.

Exercise as a phase of the healing art is becoming more and more appreciated and utilized.

Catches Eight Tarpin On Vacation Trip

Mr. and Mrs. Johnson S. Martin and son Jackie, Donegal Springs Road, have just returned from a two week's vacation trip in Florida.

While in Florida Mr. Martin caught eight tarpin, the average weight was 100 pounds. The largest one hit the scales at 137 pounds. The fish were caught off Ferindeca Beach.

"NANNY" WAS 75 YESTERDAY

Mr. Emanuel S. Hendrix, East Donegal Street, celebrated his seventy-fifth birthday Wednesday March 13th.

Church News

NEWS PERTAINING TO ALL THE CHURCHES IN MT. JOY AND THE ENTIRE SURROUNDING COMMUNITY.

First Presbyterian Church
Mount Joy, Penna.
Rev. Harlan C. Durfee, Pastor
Sunday, August 10
9:30 a. m. Church School.
10:45 a. m. Morning Worship
Sermon: "This One Thing I Do!"
Guest speaker, Rev. Raymond C. Ortlund.

St. Mark's
Evangelical United Brethren Church
Ezra H. Ranck, Pastor
Sunday, August 10
9:00 a. m. Sunday School
10:15 a. m. Morning Worship
1:30 p. m.; 3:00 p. m.; and 7:30 p. m. Bible Conference Speakers, Dr. Ralph M. Holdeman, Dayton, Ohio; Dr. Frederick E. Reissig, Washington, D. C.; Dr. Henry E. Burke, Boise, Idaho.
Wednesday
4:00 p. m. Sunday School picnic at Hostetter's Pavilion. Games in Mount Joy Park.
Thursday
7:00 p. m. Ushers League meeting.

Crossroads Brethren in Christ Church
Irvin W. Musser, Harry L. Brubaker, Paul Z. Hess, Pastors.
Sunday, August 17th
9:00 a. m. Sunday School
10:30 a. m. Morning Worship
7:00 p. m. Christ Crusaders & Children's Service.
Wednesday
8:00 p. m. Evening Worship.
7:30 p. m. Midweek prayer Service.

Mount Joy Methodist Church
Robert C. Pike, Minister
Ralph C. Alleman, Sun. School Supt.
Sunday, August 17th
10:00 a. m. Sunday School.
11:00 a. m. Worship Service.
Sermon by Rev. Pike

Salunga Methodist Church
Robert C. Pike, Minister
Miss Alice Strickler, Sun. Sch. Supt.
Sunday August 17th
9:00 a. m. Worship Service
10:00 a. m. Sunday School.

Mt. Pleasant
Brethren in Christ Church
Pastors: C. H. Moyer and Graybill Wolgemuth.
Sunday, August 17th
9:00 a. m. Sunday School.
10:30 a. m. Preaching Service.

The Washington Street Church of the Brethren
Elizabethtown, Pa.
Rev. Nevin H. Zuck, Pastor
Sunday, August 17th
9:30 a. m. Church School, study theme, "The Tragedy of Saul."
10:30 a. m. Morning worship, sermon: "The Pilgrimage of Faith" by Pastor Zuck.
7:30 p. m. Community Outdoor Vespers, Town Park.

Salunga
Church of the Brethren
Earl Brubaker, Elder in Charge
John Herr, Supt.
Sunday, August 17th
9:00 a. m. Sunday School
10:15 a. m. Church Service
7:30 p. m. Community Vesper service at the Camp Grove.
A welcome to all.

Trinity Lutheran Church
Rev. W. L. Koder, Pastor
Sunday, August 17th
9:30 a. m. Sunday School
10:45 a. m. Morning Worship.
Monday
7:30 p. m. Brotherhood in the Parish House.
Wednesday
7:30 p. m. Young Ladies Bible Class in the Parish House.

The Church of God
Rev. C. F. Helwig, Pastor
Sunday, August 17th
9:30 a. m. Sunday School
10:30 a. m. Morning Worship
Sermon, Loyalty to Christ.
Wednesday
7:30 p. m. Missionary Meeting with Miss Mary Hershney, Missionary to India, now on furlough as speaker.

Newtown E. U. B. Church
Rev. O. K. Buch, Pastor
Sunday, August 17th
9:00 a. m. Sunday School.
7:30 p. m. Worship Service.
Thursday
7:30 p. m. Christian Endeavor and Prayer meeting.

Trinity Evangelical Congregational Church
Rev. Q. A. Deck, Pastor
Sunday, August 17th
9:15 a. m. Combined service of Promotion in Sunday School.
Speaker, Miss Ella Mae Glick, a former school teacher, now in full time service of Child Evangelism in Lancaster Co. area.
Wednesday
7:30 p. m. Adult Prayer Service.

Calvary Bible Church
Rev. W. L. Wilson Jr., Pastor
Sunday, August 17th
9:15 a. m. Bible School.
Classes for all ages.
10:30 a. m. Morning Worship.
7:00 p. m. Pre-Service Prayer Fellowship.
7:30 p. m. Evening Service.
Monday through Saturday
7:00-9:00 p. m. Daily Vacation Bible School. Classes from Pre-School through Adult.
Rev. Paul Wilt, Dean of Lan-

St. Lukes Picnic A Big Success

Music, games and good food helped ease the disappointment of having to change the first picnic date of the St. Luke's Episcopal Church, Mount Joy, and Marietta St. John Episcopal Church Sunday School classes. The picnic was held on the grounds of the St. Luke's Church.

About seventy came with baskets filled with fried chicken cake, and about everything that goes with a picnic. Watermelon, ice cream, coffee and milk was served by the refreshment committee, headed by Mrs. Elmer Brown, with assistance of twenty-five members. Various games and enjoyable music furnished by a four piece band completed the program. Everybody had a wonderful time.

Eternity

Dear reader — Jesus did not come into the world for an example. But to save us by his death on the cross.

Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes we are healed.

1st Peter 2:24

Then he is our example
1st Peter 2:23
21-20p



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YOU PHONE WE CALL

Central Manor Camp Meeting

Of The Churches of God at Central Manor Park

From August 23 To 31, 1952

CENTRAL MANOR CAMP MOTHERS' ASSOCIATION 1952

Officers
President.....Mrs. Wm. S. Houck
Vice President.....Mrs. Katherine Kaetzel
Secretary.....Mrs. Emma Killeffer
Treasurer.....Mrs. R. D. Becker

Kindergarten Group (3-5 yrs.)
Miss Mary Wagner Miss Janie Becker

Handcraft for Girls (6-14 yrs.)
Mrs. W. S. Houck Miss Janet Garling
Miss Mary Bucher

Boys' Activities (6-14 yrs.)
Mr. Kaetzel William (Bill) Bucher

TIME - 10 - 11 A. M.

2:30 P. M. Sermon, Rev. Andrew Telford, "A Prayer for the Good to be Better".
6:00 P. M. Young Peoples Service, Rev. Dr. W. A. Dean.
6:45 P. M. Sermon, Rev. Dr. W. A. Dean, "The Light reveals the center of world interest".
8:00 P. M. Sermon, Evangelist Joe Miller, "Thou Fool".

Saturday, August 30th
9:00 A. M. Quiet Hour, Rev. Andrew Telford, "The Glory of the Son".
10:00 A. M. Sermon, Dr. John R. Rice, "A Know so Salvation, How to get it, Keep it, Know it".
2:30 P. M. Children's Service, Mrs. Charles Zimmerman.
2:30 P. M. Sermon, Rev. Dr. W. A. Dean, "The Tabernacle and the Ark of Testimony".
6:45 P. M. Sermon, Rev. Andrew Telford, "Consecrated Devotion".
8:00 P. M. Sermon, Rev. Dr. John R. Rice, "The Fatherhood of God and the Brotherhood of man, False and True".

Sunday, August 31
9:15 A. M. Praise Service.
10:00 A. M. Sermon, Evangelist Joe Miller, "The Only message for this Hour".
1:45 P. M. Children's Service, Mrs. Charles Zimmerman.
3:00 P. M. Sermon, Rev. Dr. W. A. Dean, "The Lights reveal Christ's conquest of Communism".
6:45 P. M. Sermon, Rev. Dr. John R. Rice, "The Three Greatest reasons for winning Souls".
8:00 P. M. Sermon, Rev. Andrew Telford, "The Deeper meaning of the Cross".

CLOSING EXERCISE

PROGRAM

Saturday, August 23rd
7:15 P. M. Song Service.
7:30 P. M. Opening Exercises.
8:00 P. M. Sermon, Dr. John R. Rice, "What the Bible does for a Christian".

Sunday, August 24th
9:15 A. M. Praise Service.
10:00 A. M. Sermon, Evangelist Joe Miller, "Dead and Still Walking".
1:45 P. M. Children's Service, Mrs. Charles Zimmerman, in Charge.
3:00 P. M. Sermon, Rev. Andrew Telford, "Necessity of the Lords Return".
6:45 P. M. Sermon, Rev. Dr. W. A. Dean, "A light in a Dark age".
8:00 P. M. Sermon, Dr. John R. Rice, "The Banquet Invitation, R.S.V.P."

Monday, August 25th
10:00 A. M. Quiet Hour, Rev. Dr. W. A. Dean, "The Tabernacle & the Burnt Offering".
2:30 P. M. Children's Service, Mrs. Charles Zimmerman.
2:30 P. M. Sermon, Dr. John R. Rice, "What a Christian should do with the Bible".
6:00 P. M. Young Peoples Questions and Meditation, Rev. W. A. Dean.
6:45 P. M. Sermon, Rev. Dr. W. A. Dean, "The Light reveals Coming world Government".
8:00 P. M. Sermon, Rev. Andrew Telford, "God at his Best".

Tuesday, August 26th
9:00 A. M. Quiet Hour, Rev. Dr. W. A. Dean, "The Tabernacle and the Laver".
10:00 A. M. Sermon, Rev. Dr. John R. Rice, "Whosoever and whatsoever when you Pray".
2:30 P. M. Children's Service, Mrs. Charles Zimmerman.
2:30 P. M. Sermon, Rev. Andrew Telford, "Spying out the Land".
6:00 P. M. Young Peoples Service, Rev. Dr. W. A. Dean.
6:45 P. M. Sermon, Rev. Dr. W. A. Dean, "The Light reveals Continuous World Warfare".
8:00 P. M. Sermon, Rev. Dr. John R. Rice, "Leaving all for Jesus".

OFFICERS
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ASST.—Rev. M. C. Manning

MEDICAL DIRECTOR FOR THE CAMP
Rev. Dr. William S. Houck, Harrisburg, Pa.

TRUSTEES
W. R. Weaver, 1953
H. M. Lehman, 1954 A. F. Eshleman, 1955

Wednesday, August 27th
9:00 A. M. Quiet Hour, Rev. Dr. W. A. Dean, "The Tabernacle and the Lamp and the Bread".
10:00 A. M. Sermon, Rev. Andrew Telford, "Public Remarks about Personal Friends".
2:30 P. M. Children's Service, Mrs. Charles Zimmerman.
2:30 P. M. Sermon, Dr. John R. Rice, "It is easy to win Souls".
6:00 P. M. Young Peoples Service, Rev. Dr. W. A. Dean.
6:45 P. M. Sermon, Rev. Dr. W. A. Dean, "The Light Reveals Corrupt World Religion".
8:00 P. M. Sermon, Rev. Andrew Telford, "The purpose of the Cross".

BOARD OF MANAGERS
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Charles Habecker, Washington Boro, Pa.
George Friend, Columbia, Pa.

Thursday, August 28th
9:00 A. M. Quiet Hour, Rev. Andrew Telford, "It's worthy of attention".
10:00 A. M. Sermon, Rev. Dr. W. A. Dean, "The Tabernacle and the Golden Altar".
1:45 P. M. Children's Missionary Program, Mrs. Charles Zimmerman.
3:00 P. M. Missionary Service, Message, by Dr. Fidelia Gilbert, M. D. Medical Missionary to India.

CHORISTER
Rev. A. McGilvray, St. Catharines, Ontario, Canada.

PIANISTS
Miss Rhoda Becker Jane Becker

SPEAKERS FOR WHEAT
Dr. John R. Rice, D. D., Champaign, Ill., Dr. W. A. Dean, D. D., Aldan, Pa.; Rev. Andrew Telford, Philadelphia; Evangelist Joe Miller, Harrisburg, Pa.

In charge of Children's Meetings.
Mrs. Charles Zimmerman, Shippensburg, Pa.

Friday, August 29th
9:00 A. M. Quiet Hour, Rev. Andrew Telford, "Thankful for what?".
10:00 A. M. Sermon, Dr. John R. Rice, "The Sin of Prayerlessness".
2:30 P. M. Children's Service, Mrs. Charles Zimmerman.

COMMITTEES
COMMITTEE ON GROUNDS
THE TRUSTEES

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A. F. Eshleman, Harvey Lehman, H. S. Garling, S. Kauffman, Russel Eshleman.

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Patronize Bulletin Advertisers.

Calvary Bible Church will hold its annual Daily Vacation Bible School from August 18th through the 29th with their picnic on the thirtieth. The sessions will run from 7:00 to 9:00 every evening.

Rev. Paul C. Wilt of the Lancaster School of the Bible will teach the Adult Class.

There will be lessons, memory work, games, handwork & recreation periods. Handbooks will be provided for each of the children, with Bible based lessons. Calvary Bible Church extends an invitation to all to come and enjoy Bible School with them.

pastor School of the Bible will be teaching the adult class. Everyone welcome.