

## The Worry Clinic

by Dr. Geo. W. Crane

Jayne Mansfield's question merits your study. For millions of Americans are like Biblical Jonah. They are trying to run away from their problems as they struggle to avoid facing God. Insomnia doesn't kill you so get the facts and then use the strategy below. You don't need drugs to combat your insomnia!

CASE Y-430: When Jayne Mansfield and I were guests on the Mike Douglas show, she mentioned the tension under which movie stars must work.

And our conversation veered to the use of sleeping pills.

"Dr. Crane," she asked, "what else can a person use to combat insomnia and get a good night's sleep?"

You readers in the past year have seen newspaper accounts of several stage stars who have died from overdoses of sleeping drugs.

Some may have committed suicide intentionally.

Others, however, may have found that their usual dosage wasn't breaking their insomnia, so they inadvertently took an extra large dose.

Such drugs impose extra work on your liver and kidneys for they are foreign chemicals that must be destroyed and excreted.

When a boxer strikes you on the chin, the physical blow to your nervous system may knock you out.

The chemical blow to your nervous system from sleeping drugs will also render you sleepy, if not entirely inert.

And such drugs are routinely used in hospital practice to relax an apprehensive patient the night before he is scheduled for a surgical operation.

But it is very unwise to rely on sleeping pills when you are not in a hospital!

Goof balls and other stimulating drugs are now taboo but sleeping pills should be placed in the same category!

If you suffer from insomnia, you don't need drugs!

All you require is a new mental outlook.

For example, you don't die of insomnia!

So quit making such a bugaboo about it!

As long as you lie on your mattress, your heart gets most of the benefit of sleep, even if you are wide awake.

And it is for your heart that God created sleep, anyway, so relax, read an educational magazine like *READER'S DIGEST* or a few chapters in the Bible.

Then contemplate this vast Cosmic School System that God supervises.

Earth is just one of an estimated 100,000,000 inhabited or at least inhabitable planets, as per Dr. Harlow Shapley, noted Harvard astronomer.

Much modern insomnia is due to fear of facing God and the possible future destinations up ahead.

Jonah also tried to run away from his moral obligations and flee from God via ship but the storm at sea

was a result.

Modern sleeping pills are comparable to Jonah's ship.

They are used to get away from conscience - stricken thoughts at night and avoid facing God.

So get hep!

You don't need a psychiatrist if you will simply have the guts to talk to God while on your pillow and confess your shortcomings.

Reorganize your life and get on God's team!

Then when you need sound sleep, you can lift your hand above the covers as if to place it in God's grasp and whisper this prayer:

"Lord, I'm trying to do my job while on your team. But I have a heavy schedule tomorrow, so I need 8 hours of sound sleep. So will you please take over the night shift for me?"

Then simply drop your hand!

For God never deserts one of his players. So quit trying to imitate Jonah via sleep-sleeping pills!

(Always write to Dr. Crane in care of this newspaper, enclosing a long stamped, addressed envelope and 20c to cover typing and printing costs when you send for one of his booklets.)

## ● Back Fence

(From page 4)

ASPARAGUS growers are often bothered with a weed problem during and after the cutting season. The latest recommendation is to spray the area with 2 pounds per acre of Telvar Monuron weed killer after discing in the spring, and repeat the treatment at the end of the cutting season. The first ap-

## THE Prayer of the Week

The prayer this week is by James Martineau:

"O God, before whose face the generations rise and pass away; age after age the living seek thee and find that of thy faithfulness there's no end. Our fathers in their pilgrimage walked by thy guidance, and rested on thy compassion; still to their children be thou the cloud by day, the fire by night . . . In our manifold temptations thou alone knowest and art ever nigh . . . in our prosperity and ease it is thy Spirit only that can wean us from our pride . . ."

"O God, the physician of men and nations, in whom alone are health and peace, look upon the distractions of the world, and be pleased to complete the work of thy healing hand. Draw all men unto thee and to one another by the bands of thy love. Amen."

## ● Of This 'n That

(From page 1)

reached Mount Joy was the fact that the first grade room at Seiler school wrote letters to him not long ago. Each child wrote his or her own, and one room included a box of chocolates with their epistles.

Last Thursday the children received a "thank you" let-

ter from Charles. It was gracious, kind, and most appreciative of the children's thoughtfulness in writing to him.

In it, he said that he had taken many slides during his stay in Viet Nam and that he would plan to bring some of them over to Seiler school to show the children when he came home.

A total of 1,075 visitors registered in the Elam B. Longeneckers' guest book during daffodil season this year.

"And we know there were many who came but didn't register," Mr. Longenecker told us Tuesday afternoon.

The peak for the blossoms was reached about ten days ago, but there is still golden color along the banks of Chiques creek, Mr. Longenecker said, from late-blooming varieties of bulbs.

"And this year there was an added attraction," Mr. Longenecker related. "The Sico company released several ducks into the creek, and the children had fun watching them while the grownups strolled among the daffodils."

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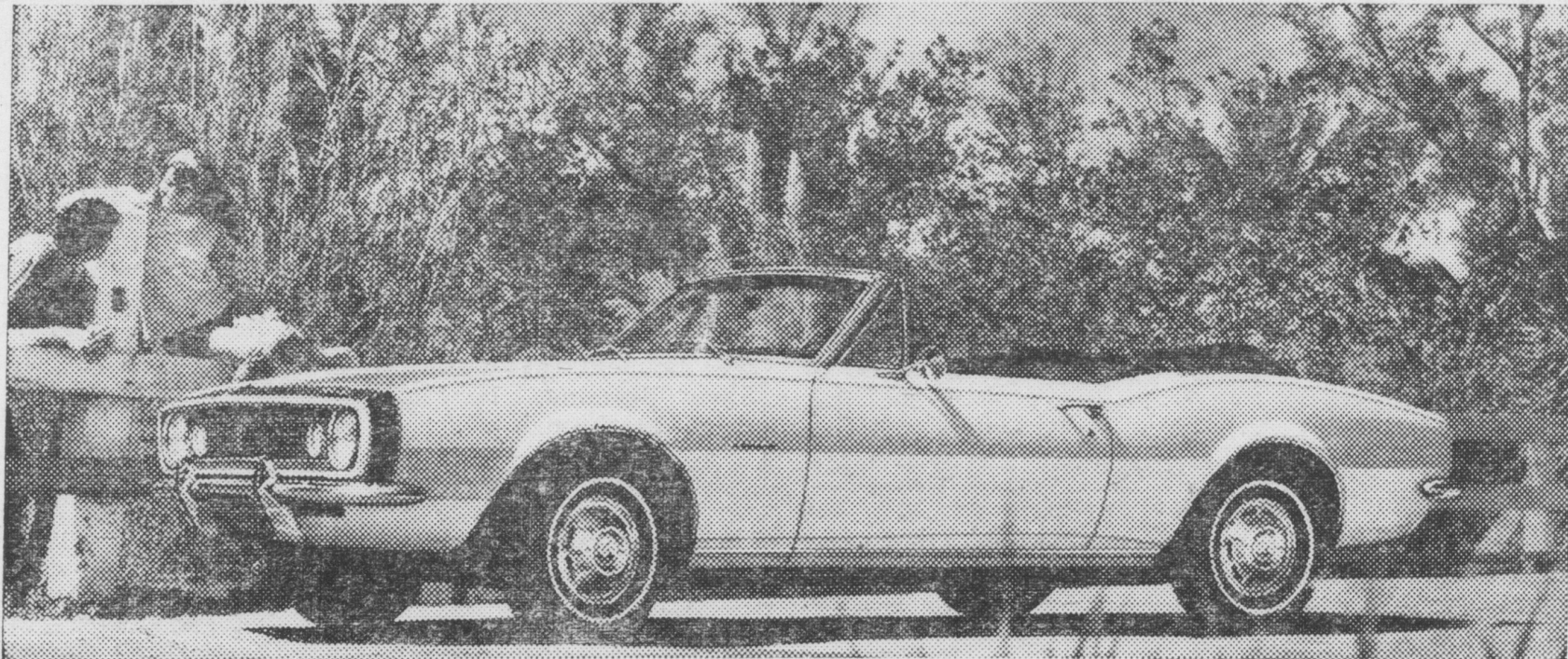
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## Now! CAMARO PACESETTER SALE!



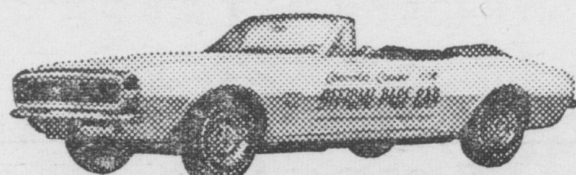
**Camaro's lower, wider, heavier, roomier than any other car at its price. And starting today, there's another reason to buy right away: specially equipped Camaros at special savings.**

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## LEGAL NOTICES

### EXECUTRIX NOTICE

Estate of Anna May Longenecker, dec'd., late of the Borough of Mount Joy, Pa.

Letters testamentary on said estate having been granted to the undersigned, all persons indebted thereto are requested to make immediate payment and those having claims or demands against the same will present them without delay for settlement to the undersigned.

DOROTHY N. COOLEY  
127 East Main Street  
Mount Joy, Penna.

5-3c

Executrix

### SEALED BIDS

Sealed bids for a new police car for the Borough of Mount Joy will be received by the Mount Joy Borough Council until Monday, May 1, 1967, at 8:30 p.m. o'clock (E.D.S.T.), when they will be publicly opened and read at Council's May meeting in the council chambers of Friendship Fire Hall.

Specifications are on file with the borough secretary, Frank B. Walter Jr., South Market street, Mount Joy, Pa., where they may be inspected by interested bidders after April 20, 1967 from 8 a.m. to 5 p.m. weekdays and 9 a.m. to 12 noon, Saturdays. Bids are to be in the hands of the secretary before 8:30 p.m. on Monday, May 1, 1967. County reserves the right to reject any and all bids.

GEORGE D. GROFF  
Chairman  
Property Committee  
Mount Joy Borough  
Council

5-2c

When in need of printing remember The Bulletin.

## Fill Cracks And Holes Better

Handles like putty. Hardens like wood.

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The Genuine - Accept No Substitutes.