

"Cures" Persist By Coincidence

Coincidence played a large part in establishing the reputed effectiveness of traditional remedies in medical folklore, points out TODAY'S HEALTH GUIDE, the American Medical Association's manual of health information for the American family.

Warts, which come apparently from nowhere and often disappear for no apparent reason, gave undeserved reputations to innumerable remedies which happened to be used just preceding the spontaneous disappearance of a wart. The self-limiting character of many diseases, such as the milder sore throats and colds, also caused simple herbs and other home methods to gain a curative reputation which they did not merit, the health book says.

Here are the facts about some of the common misconceptions regarding health—

- There is no medicine which can be taken by mouth to dissolve gallstones.

- Heart disease is not necessarily a reason for refusing an operation or for being afraid to take anesthetics.

- Flowers absorb some oxygen, but the principal reason they are removed from the sick room at night is because they keep better in the open air.

- Insulin does not cure diabetes; it substitutes for the insulin which the body is unable to provide for itself.



- Premature baldness in men is not caused by wearing hats; nobody knows what causes it.

- Cancer has not been shown to be contagious.

- It is not important to lie on the right side when sleeping to keep from interfering with heart action; the heart actually is in the middle of the chest and not on the left side.

- Persons over 40 need not avoid strenuous exercise if they have been accustomed to it and are in good condition.

- Removing a mole will not result in cancer; cancer is more likely to result from not having it removed if it ought to be.

11/13/67

Weddings

HOLMES — GRAUER

Announcement is made of the marriage of Miss Kathleen Grauer, daughter of Mrs. Hans Helmprecht, 28 Overton Place, Babylon, N. Y. and Edwin Grauer, Alexandria, Va., to Peter Odell Holmes, son of Mr. and Mrs. Oliver W. Holmes, Donegal Springs Road, Mount Joy, on September 23 at 4 p.m. in Babylon Methodist Church, Babydon, N. Y., with the Rev. Jack E. Savage officiating.

Hans Helmprecht gave his step-daughter in marriage. She was attended by Miss Meredith Cook, Stony Brook, N. Y., maid of honor, and the sisters of the bridegroom, the Misses Julia and Katy Holmes, Mount Joy, bridesmaids.

Christopher Holmes, Mount Joy, served as best man for his brother. The bride's brother, Bruce Grauer, Babylon, N. Y., and the bridegroom's brother Jonathan Holmes, of Mount Joy, were ushers. Steven Helmprecht was the ring bearer. Flower girl was Lee Rummel.

After a reception at the home of the bride, the couple left on a wedding trip to Expo 67.

They are residing in Yellow Springs, Ohio, where they are students at Antioch College. The bride graduated

from Babylon high school, and the bridegroom is a Donegal high school graduate.

St. Marks Plans Harvest Home

The Rev. Festus O. Ogunbango, of Nigeria, West Africa, will be guest speaker at the annual WSWs Harvest Home-Family Night Service to be held in the Sanctuary at 7 p.m. Sunday evening, Nov. 5 at St. Mark's E. U. B. church.

The Rev. Mr. Ogunbango is married and has seven children. Since 1946, he has been an ordained minister in the Episcopal Church and has served as traveling secretary for the Student Christian Movement of Nigeria which includes about 40,000 students.

He has been a printer, teacher, trade union leader, custom liaison officer and theological student. He visited England in 1956 and 1958 and studied at St. Augustine's College, Canterbury.

He came to the United States in 1966 and presently is attending the Lancaster Theological Seminary; and is Associate Minister at Saint James Episcopal Church, in Lancaster.

SCHOOL NOTES

Children's Book Week
"Take Off With Books" is the special slogan for National children's Book Week, October 29 to Nov. 4. The Donegal Elementary Library is celebrating Children's Book Week with an assembly program, "The Story of Doctor Dolittle," which is based on a series of stories written by Hugh Lofting and is soon to be released as a movie.

The third, fourth, fifth, & sixth grades participated in a contest completing the Book Week Slogan "I would like to take off with books to—." Books will be awarded to the one child in each grade who has the best statement.

Book Week posters, streamers, and mobiles are displayed in every elementary school. Each child received a Book Week Bookmarker as a reminder of Book Week the year-round.

Grandview Elementary School's annual fall Open House will be held Tuesday, Nov. 7, beginning at 7 p.m. Room visitations will be held from 7 to 7:30 after which a program will be held in the all-purpose room. Mrs. Ethel Broske and Morrell Shields will be in charge of a musical program. Benjamin Weaver, building principal, will speak.

Halloween festivities were held in Grandview's 15 homerooms Friday afternoon. Beginning with a circle, consisting of all the masked children and held on the playground, costumes were viewed by the children and observing adults. Following the outdoor activity, children returned to their classrooms where individual parties were held.

In Mrs. Vera Albert's 4th grade Grandview room, a pumpkin - decorating contest was held prior to the parties. Divided into seven committees, the groups decorated the pumpkins, mounted them. Heidi Mumma's committee's pumpkin entitled "Miss Pretty" was judged the best with Steve Hassinger's committee's pumpkin entitled "Man From Mars" was judged as second. Dennie Hess' committee's workmanship was given honorable mention. They are now on display in the Grandview Library.



the best recipe for folks newly moved to MOUNT JOY

Take one phone call (or coupon below), add hostess with baskets of gifts and information about the city, stir in genuine hospitality, and you'll have a generous and delightful welcome. Just phone

Welcome Wagon International

PHONE 653-4251

WELCOME NEWCOMERS! Use this coupon to let us know you're here.

Name _____
Address _____
City _____

Please have the Welcome Wagon Hostess call on me
 I would like to subscribe to the

I already subscribe to the
Fill out coupon and mail to Circulation Dept.

Class Officers
Members of the four classes at Donegal high school recently completed the selection of their lists of officers for 1967-'68.

These are the people chosen:

Seniors
President, David Hostetter; vice-president, Alice Kleiner; secretary, Jo Ann Huck; treasurer, John Gantz, and historian, Dennis Gohn.

Juniors
President, Jeffrey Witman; vice-president, Philip Hosler; secretary, Sherry Dragger; treasurer, Marvin Nissley and historian, Kathy Ney.

Sophomores
President, Dennis Hay; vice-president, Lynn Hoffman; secretary, Terry Ginder; treasurer, Roxie Wolgemuth, and historian, Nadine Grove.

Freshmen

President, Thomas Derr; vice-president, Susan Gerberich; secretary, Jane Stohler; treasurer, Joni Hoffmaster, and historian, Gail Kendig.

Elementary school report cards will be distributed in Donegal district on Thursday, Nov. 9.

A final count on cafeteria use in the Donegal district for the month of September, as compared with that same number of days in '66, shows a decline of 383 adult meals, 1,668 secondary student meals, and 1,454 elementary pupil meals. That is an average of 174 fewer per day.

A junior high school dance will be held on Friday, Nov. 3, from 7:30 until 10:30 p.m. for junior high school building students only. A maximum of three of these activities are planned for each year for this group.

Rotary Hears Jack Horner

Jack B. Horner of Elizabethtown, state representative from the 98th district of the Pennsylvania House of Representatives, was the speaker Tuesday noon at the weekly luncheon meeting of the Mount Joy Rotary club, held at Hostetters.

Making a non-political address, he pointed out some of the problems of the General Assembly, both controversial.

One of the new features of the body, he said is the shift of power from the rural areas to the urban communities. The recent "one man, one vote" edict has moved the legislature toward the city, he said.

He spoke of the charge that the legislature "moves so slowly"; talked about taxes and how tremendously difficult it is particularly from a practical political standpoint, to trim the bud-

get; discussed the proposed financial aid to private and parochial schools; mentioned the milk control board situation and said that there needs to be a reevaluation of the state college scholarship fund.

He pointed out that because the House is divided almost evenly between Democrats and Republicans, it is extremely difficult for the G.O.P. administration to muster a needed majority vote of 102 members to reach a decision on anything.

Horner revealed that the controversial aid to private schools has generated more mail to members of the G.A. than almost anything that has been proposed. And, he added, the heavy percentage is "against" such financial assistance.

The speaker was introduced by Dr. Robert F. Eshleman, program chairman.

Two Named Jr. Citizens

Stephanie Shank and Fred Koser have been chosen to receive the Junior Citizens Award, sponsored by the Optimist Club of Lancaster. The award is given annually to one boy and girl from the ninth grade of all Lancaster city and county schools. This year the awards dinner for the recipients and their parents will be held at the Meadow Hills Dining House, Lancaster on November 21.

Stephanie is the daughter of Mr. and Mrs. Robert Shank of 114 N. Market Ave. She has been active in Dramatics Club, grades 7-8; Homeroom Plays, 7-8; Chorus, 7-8-9; Student Council, 7-8; May Queen 8; and American Legion Award, 8.

Fred is the son of Mr. and Mrs. Victor Koser of Mount Joy R1. He has participated in basketball, grade 8; intramurals, 7-8; Chorus, 8-9; Student Council, 7-8; Hunting & Fishing Club, 8; Sir Valentine 8, and Soccer 9.

SMALL TOWN

Small town: The place where a fellow with a black eye doesn't have to explain to people; they know.

SUBJECT TO CHANGE

If life is worth what it is costing now, then it was certainly a bargain 30 years ago.

When in need of printing remember The Bulletin.

VOTE YES

FOR

Boro Manager

Sponsored By Mount Joy Chamber Of Commerce

Mount Joy Community Council

WILL SPONSOR A

CHICKEN BAR-B-QUE

Saturday, Nov. 4

3:00 - 5:30 P. M.

AT THE OLD RAILROAD STATION

GRAYBILL MILLER, BARBECUER

TAKE OUTS ONLY - \$1.25

31-2c