

Rotary Hears Amish Story

"A Year With the Amish," Presentation as a club a picture presentation by Dr. Richard Bryson, was shown to Mount Joy Rotarians Tuesday noon at the weekly luncheon meeting of the organization, held at Hostetters.

The series of colored slides was taken showing the activities of the Amish community throughout the seasons, explaining such things as marriage and funeral customs.

The pictures and information were edited by an Amish family for truth and accuracy, Dr. Bryson said.

Program was in an effort to present true information about a group of people of the community and to correct some possible misinformation.

During the Tuesday noon meeting, Rotarians held their annual election of directors, who will in turn select the club's officers for the year 1969-'70.

The seven men elected include: Dr. Robert B. Brackbill, Floyd Bowden, Charles O. Groff, R. F. Hallgren, Robert Kline, Dr. David Schlosser and Joseph Schaefer.

Plan Missionary Service

A special missionary emphasis will mark the regular

Computers Take Tax Returns

Income tax returns, which are processed by computers for the Internal Revenue Service, simplifies the problem of checking more returns for completeness and accuracy. The end result is that taxpayers will need more up-to-date records and farmers will be no exception.

The Cooperative Extension Service of Penn State University has developed a computer farm records program which is designed to help farmers keep more complete records, says Associate County Agent, Jay W. Irwin. He points out this new service is available to all area farmers.

The depreciation program, he said, is designed so that the computer does all computations and prints out a complete schedule ready to mail with your tax return. The computer has found many errors in present depreciation schedules that favor the taxpayer.

worship services of Christian & Missionary Alliance church at 153 East High street, Elizabethtown on Sunday, 23. The speaker, Miss Elaine Battles, currently is on furlough from missionary work with the Dogon tribes in West Africa's Republic of Mali, some 200 miles south of Timbuktu.

Miss Battles arrived in French Guinea in April, '49, following a year's study of the field were spent at the Mamou Missionaries Children's School. Since that time she has taught in the preparatory schools in Mali-Upper Volta itinerating in the villages and working among the Dogon tribe.

Miss Battles will be soon returning to the Mali having just completed one of several speaking tours to Alliance churches in United States and Canada. Her support on the field is maintained by missionary faith pledge offerings from Alliance churches and special gifts of money and needed equipment by ladies of the Women's Missionary Prayer Fellowship. Miss Battles will bring a prayer challenge address to the ladies of the local WMPF at a special service at 6:30

p.m. Pastor Ernest S. Grames extends a cordial welcome to all to attend these services.

WISHES

A Substitute?

The air seems to be garlanded with wishes these days. Was it always so, we wonder?? Or are these various wishes that are thrown at us as we come and go a sort of substitute for old-fashioned courtesies and formulas now gone by the board?" "Have a good day," says the conductor as we step off the train. "Have a nice weekend," says the man who runs the candy and sandwich stand in our building. He is not alone. Everyone wishes everybody a nice weekend as the workers rush for the exits on Friday at five.

The other afternoon (it wasn't even Friday), we bade a polite good evening to a fellow-worker we met in the hall, and the reply was, "Good night. Have a safe trip home." It warmed us, this wish. Maybe it was as perfunctory as an "excuse me" when you step on somebody's toe. But we don't want to think so, and we do not intend to. Moreover, we mean to pay more attention to the wishes we wish everybody else, considering their content so that we can be sure we really do wish them that. A lady once told us of the goodnight wish her six-year old boy tendered her after an especially trying day: "Have a nice sleep, Mummy, and don't be mad in the morning." Taking this as a model, we are planning to offer wishes like, "Have a peaceful evening," to our next-door colleague after a strenuous battle of opinions. Or, "Safe sliding," when the sidewalk layer of ice suggests that there is going to be sliding in any case.

—Selected

Machines Make Shorter Hours

By Helen E. Bell

Automation is here to stay and some people in Pennsylvania are finding themselves with time on their hands.

Automation has created shorter work weeks and longer vacation for some workers. People are asking, "What will we do with so much free time?"

Some industries are experimenting with giving employees with years of seniority an extended vacation. It may be as much as ten weeks with pay in addition to the regular length vacations during the other years.

A study of West Coast workers under similar conditions showed that the vacation didn't bore them as some people had predicted. A few got other jobs, but most of them viewed the vacation as a time for leisure instead of earning money. Many of them spent this time with their families. Their experiences seem to indicate that increased leisure can strengthen family relationships.

As the extended vacation becomes common, people will be increasingly concerned about community facilities for leisure-time activities. Parks, libraries, and service programs will need to accommodate all age groups. Individuals and communities must begin now to prepare for automatic leisure that comes with automation.

Automation takes the place of about 35,000 jobs each week, according to Federal government reports. Jobs being eliminated are those for unskilled persons. Service positions, such as business, professional, clerical, and repairmen are increasing and demanding more time from many prepared to fill them.

Prayer Of The Week - - -

The prayer this week is by John Henry Newman:

"O my God, Thou and Thou alone art all-wise and all-knowing! I believe that Thou knowest just what is best for me. I believe that Thou lovest me better than I love myself, that Thou art all-wise in Thy Providence and all-powerful in Thy protection. I thank Thee, with all my heart, that Thou hast taken me out of my own keeping, and hast bidden me to put myself in Thy hands. I can ask nothing better than this, to be Thy care, and not my own. O my Lord, through Thy grace, I will follow Thee withersoever Thou goest, and will not lead the way. I will wait on Thee for guidance, and, on obtaining it, I will act in simplicity and without fear. Amen."

Lions Fete Past Presidents

The Mount Joy Lions club held its annual past-presidents and Ladies Night at Hostetters on Tuesday evening, Mar. 18, with John Weidman, president of the Past - Presidents Club, in charge of the program.

The entertainment featured a musical program with Mrs. Eileen Martin and Mrs. Nellie Lull singing several solos and duets assisted by Miss Lurane Lull at the piano. James Lynch of Fayetteville entertained by playing his electric guitar and singing a variety of songs.

Jay Barnhart, zone chairman, inducted three new members into the club—Jno. Stauffer, Geo. Hetrick and

Charles Lucabaugh.

H. Morrell Shields reported that the Lions Club play "The Male Animal," by Jas. Thurber and Elliott Nugent, will be presented on Mar. 26 through Mar. 29 in the W. I. Beahm Jr. high school at 8 p.m. Rehearsals are under the direction of Miss Dorothy Schock.

President Robert Sherker announced that the April 1 meeting will be an Industrial Tour of the BuickChevrolet Plant of General Motors at New Castle, Del. After the tour, a full-course dinner will be served. Paul Gingrich and Art Zerphey are the committee on arrangements.

AMP Sets New Records

AMP Incorporated has released its 1968 annual report which disclosed that sales increased 14% to a record \$167.2 million and net income rose 19% to a record \$16.2 million or \$1.33 per share. In a letter accompanying the report, U. A. Whitaker, Chairman; and S. S. Auchincloss, President and Chief Executive Officer, commented on the company's more recent progress since year end.

They indicated that AMP's growth has continued into the first quarter of 1969 and will definitely set new quarterly highs in sales and net income. "We expect sales in the first quarter to be more than 20% higher than the \$39.3 million sales in the first quarter of 1968. Net income for the quarter is expected to be somewhat over \$5 million or about 40% above last year's first quarter net income of \$3,756,000 or 31c per share.

"While these gains are substantial, it should be noted that, because of the steady growth during 1968, last year's first quarter was quite a bit lower than the level reached by the last quarter of the year. The increased level of sales which we enjoyed in the first quarter requires us to plan many additional expenditures as we gear up to meet the demand. Because of these new expenses, plus an even greater emphasis on research, development and engineering, it should not be expected that the present above average rate of growth in earnings will continue for the entire year."

Son Appointed to Post

The Rev. Merle S. Arnold, pastor of Lycoming Presbyterian church, Williamsport, for the past six years, has been named executive director of the Lycoming County Society for Retarded children. He will begin his new duties April 1.

The Rev. Arnold has served as treasurer of the Visiting Nurses' Association; on the Williamsport-Lycoming County Human Relations Committee; as stated clerk for Northumberland Presbytery which covered 48 area churches and on Listening Ear, a telephone answering service in which residents may call clergymen at any time to discuss problems.

E. Pete Jaycees Induct Officers

William Snavelly, 6068 Sundra Drive, East Petersburg, was installed as president of the East Petersburg Jaycees at the group's annual banquet Saturday night, Mar. 15 at the Mount Joy Legion.

Other officers named to serve with Snavelly are Robert Ober, 1st vice president; Wm. Wiley, 2nd vice president; Barry Rodeffer, secretary and Richard Eichelberger, treasurer. James Rineer and Ober were elected directors.

Special awards were presented to Eichelberger, outstanding Jaycee of the year; Eugene Buckwalter, outstanding member of the board of directors and Jere R. Schlemm, the organization's first president.

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be finished. The borough already has more than \$2,000 invested in the project as partial payment as the work progressed.



Early Man Suffered Foot Pains of Arthritis

Man has suffered foot pains from arthritis since his earliest beginnings, a mounting wealth of historical and archaeological evidence indicates.

Joint disease or some form of "arthritis" affected the ape-man and later the Java man. Studies of Egyptian mummies show jointed foot disease, a fairly common affliction. The Romans constructed highly complex baths to alleviate the suffering of this malady.

The commonest symptoms of joint disease in the foot today are muscle spasms with pain on motion, deformities, stiffening, dislocations, swelling, hammer toes, outward bending of the big toe and heel rotation.

Significant joint diseases found in the foot are osteoarthritis, a common affliction of older people, and rheumatoid arthritis, which strikes young adults.

The primary changes in osteoarthritis take place in the cartilage which undergoes erosion and eventually wears away at the localized areas which receive a good deal of pressure.

When the cartilage is finally worn away, the bone no longer has its buffer or protection. Under unremitting friction, an increase in hardness and density of the bone takes place.

At the same time, a degenerative process is going on in adjacent parts of the joints and motions of the joints become restricted.

Pain and other symptoms come on gradually. But the basic cause of the breakdown

of tissue at a joint is still far from clear. Foot patients with joint disease are usually 40 to 60 years old and overweight, according to the American Podiatry Association.

Rheumatoid arthritis, on the other hand, usually afflicts patients between the ages of 20 to 50 and has a special predilection for women. Most statistics suggest an hereditary background in this disease, but geneticists have failed to prove this.

Whenever one experiences pain or distress of the feet, a visit to the podiatrist is in order, because the podiatrist is often the first member of the medical team to see the early signs of joint changes. The nature of the human foot and the stresses and strains of modern living provide a favorable environment for the development of arthritis and other joint diseases. If the podiatrist's examination indicates the presence of arthritic symptoms, he will promptly consult with a medical specialist in arthritis concerning future treatment.

Over the years, podiatrists have developed many new techniques aimed at the management, care and rehabilitation of the arthritic foot. Latex shields, dynamic molds, rubber butter techniques and a combined use of medications, physical medicine and appliances have produced rewarding results.

Additional information on this and other foot matters may be obtained by writing the American Podiatry Association, 20 Chevy Chase Circle, N.W., Washington, D.C. 20015.