

# St. Croix Avis.

15TH YEAR.

CHRISTIANSTED, V. I. U. S. A., TUESDAY 18TH MAY 1920.

No. 113.

## THE ST. CROIX AVIS

is printed and published daily (Sundays and Holidays excepted) by G. Johansen at the Avis Office.

TERMS---50 cents monthly in advance, 2 cents per single copy.

Entered as second-class matter May 26th 1917 at the Post Office at Christiansted, St. Croix, V. I. of the U. S. A., under the Act of March 3, 1879.

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## WOULD YOU BE POPULAR?

On this subject the following hints, which are, of course, sarcastic, are worth attention:—

"Always talk about yourself. It shows individuality and high degree of self-respect.

"Talk frequently. People may lose valuable ideas by your silence; besides, it is wicked to waste time by listening to the idle chatter of other folks.

"When you are hearing a story you have heard before, do not fail to interrupt and tell the narrator that he is relating something as old as the hills. It saves valuable time, and will prevent him from feeling foolishly vain of his powers.

"Always make as much litter as you can. It may provide employment for those who might otherwise suffer from listlessness and indolence.

"Never speak ill of your friends. A much greater effect may be produced if you sigh and shake your head when their names are mentioned. The listeners will then understand that their shortcomings are two serious to be dealt with in mere speech.

"If you are not universally loved and respected after this, put it down to the depravity of mankind."—*Everyday Life.*

## DEEP-SEA DIAMONDS.

In a few year's time we may be able to obtain thousands of peerless diamonds from the seabed.

Experiments are now being made with a view to ascertaining whether these deep-sea diamonds really exist in quantities large enough to be obtained commercially.

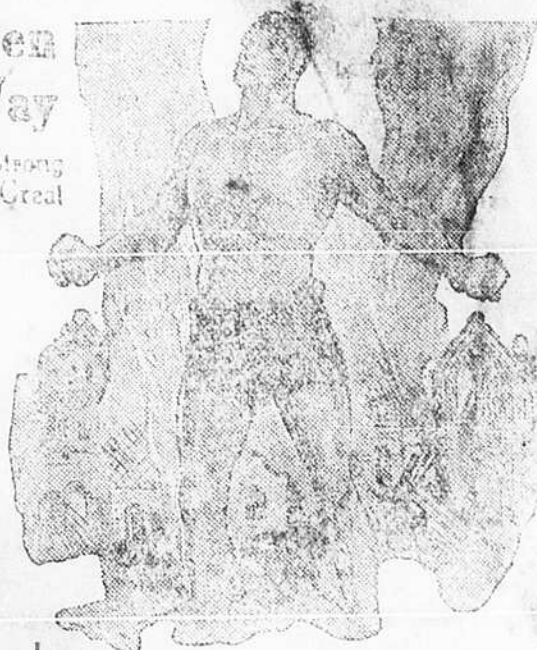
## What Makes Men of Blood and Iron? Men of Stamina, Force and Success—Men Who Lead The Way

Physician Explains Secret of Strong Nerves, Keen Active Brains and Great Physical Energy—says

**Nuxated Iron Helps Put Strength and Energy Into The Veins of Men**

It is the men of blood and iron—on a par with the war-hardened fellows returning from camp and field—who will forge ahead in the business and political life of the country today. Living in the open, eating coarse food and leading regular lives have made blood rich in iron for these strong, healthy, vigorous specimens of manhood. But no such opportunity for building up their health is open to thousands of men and women in civil life whose wearing tasks and iron-impooverished food sap their energy and make them weak, anæmic and run-down and often cause their blood to literally starve for want of iron.

In commenting upon the probability of building up a stronger race of people by increasing the supply of iron in their blood, Dr. George H. Baker, formerly Physician and Surgeon, Monmouth Memorial Hospital of New Jersey, says: "Iron is absolutely necessary to change food into living tissue, muscle and brain. Without iron there can be no strong, red-blooded men or healthy rosy-checked women, and unless this strengthening iron is obtained from the foods we eat, it must be supplied in some form that is easily absorbed and assimilated. Refined foods and modern methods of cooking have robbed us of much of the iron which Nature intended we should receive. For supplying this deficiency and increasing the red blood corpuscles, I know of nothing more effective than organic iron—Nuxated Iron. From a careful examination of the formula and my own tests of Nuxated Iron, I feel convinced that it is a preparation which any physician can take himself or prescribe for his patients with the utmost confidence of obtaining highly beneficial and satisfactory



Will War Help Make New Race Of Super-men With Strength and Endurance Like Athletes of Old?

results. The fact that Nuxated Iron is today being used by over three million people annually as a tonic, strength and blood-builder, is in itself an evidence of tremendous public confidence and I am convinced that if others would take Nuxated Iron when they feel weak and run-down, it would help make a nation of stronger, healthier men and women."

If you are not strong or well you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary Nuxated Iron three times per day after meals for two weeks. Then test your strength again and see how much you have gained. Numbers of nervous, run-down people who were ailing all the while have most astonishingly increased their strength and endurance simply by taking iron in the proper form. And this after they had, in some cases, been doctoring for months without obtaining any benefit.

**Manufacturers' Note:** Nuxated Iron which is prescribed and recommended above is not a secret remedy but one which is well known to druggists everywhere. Unlike the other therapeutic iron products it is easily assimilated and does not irritate the teeth, make them black nor upset the stomach. The manufacturers guarantee successful and entirely satisfactory results to every purchaser or they will refund your money. It is dispensed by all good druggists.

**DISTRIBUTORS: APOTHECARY HALL, ST. THOMAS.**

If that proves to be so, then the diamond trade will be revolutionized, and instead of paying £30 a carat for an impure brilliant, we shall be able to obtain an otherwise priceless diamond for about twenty-eight shillings.

Diamonds are now being mined extensively in Damaraland, South Africa, and it has been proved beyond all doubt that the territory in which the diamonds are

now being found was at one time submerged by seawater.

There is good reason, therefore, to believe that before long we shall be able to secure innumerable diamonds by simple extracting them from the ocean-floor. The only trouble to be encountered is the problem of mining them under the

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