

St. Croix Avis

75TH YEAR

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Executive Order No. 10 1920.

1. Executive Order No. 14-1918 is hereby revoked.

2. In the future all prisoners discharged from Richmond Penitentiary, who have served for a period of six months or more shall be furnished with:

- 1 plain suit of clothes.
- 1 shirt and one cap or hat.
- 1 pair of socks and one pair of shoes.

3. Prisoners discharged from Richmond Penitentiary who have served therein one year or more shall hereafter also receive twenty five francs in cash for each year or portion of a year over six months that they were incarcerated in said penitentiary.

4. Prisoners discharged from Richmond Penitentiary who have served therein for a period of less than one year shall hereafter also receive such sum in cash as may be ordered by the Director of Police, but not to exceed francs twenty five.

5. The expenses incurred by virtue of paragraphs 2, 3, and 4, hereof shall be paid from "Maintenance of Police Department".

6. Such cash payment shall be made by check from the Despatching Secretary's office upon voucher signed by the prisoner being discharged, and approved by the Director of Police.

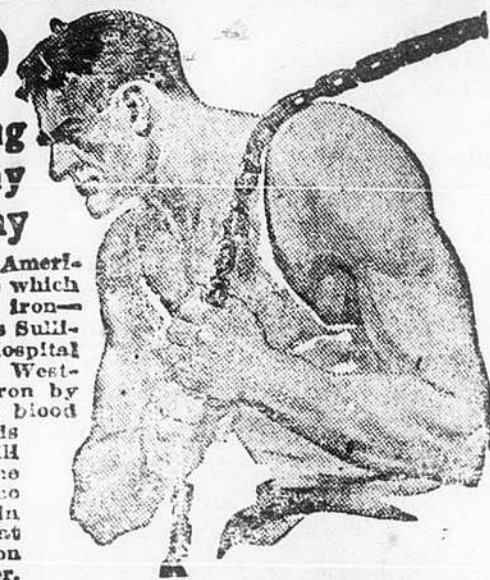
J. W. OMAN,
Governor.

St. Thomas, V. I. U. S. May 28, 1920.

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MOTHERS' LIVES LONGEST

There is a cry all over Europe for more babies, for the war has prevented the birth of hundreds of thousands of babies who would otherwise have been born. In connection with this it is a fact that on the average the more babies a woman has the longer she is likely to live.

The poorer classes, for example, are very long lived, especially when they are in healthy surroundings as in the country, and country laborers have some of the largest families of any class.

On an average most mothers, even if they only have one or two children, live longer than most spinsters. The reason for this is that when a woman has a

baby Nature steps in and provides her with an extra amount of vitality so that she will be able to bring the babies up.

A woman with a baby exercises all kinds of muscles which she wouldn't in the ordinary way, and this exercise in itself makes her healthier.

Doctors have found, too, that the mother who has had most children before forty-five is the one who lives longest after forty-five, while those who have least live the shortest time after that age.

Of course, a woman should have babies in healthy surroundings and be given every chance to bring them up, and feed them without too much anxiety, or otherwise Nature is not given a fair chance—*Barbados Globe*.