

St. Croix Avis.

76TH YEAR.

CHRISTIANSTED, V. I. U. S. A., WEDNESDAY 21ST DECEMBER 1921.

No 295.

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NEURASTHENIA— NERVE STARVATION

A Disease of the Down Hearted—Practical advice on what to do.

Many a man is broken down and discouraged without having any actual disease in his organs and tissues. He has lost his grip, feels weak and nervous and everything seems dark. He is suffering from the great American disease—Neurasthenia or nerve starvation, due to over-work, worry, continual hurry and nervous strain. The longer this continues the more certain will it end in real disease of his organs, his nerves or his mind.

Such a man should live on the simple foods, eat plenty of cooked fruit and green vegetables, sleep nine hours at night if he can, an hour in the afternoon and feed his starving nerves and weak, thin blood, with a good nerve and blood food like Nuxated Iron. Nuxated Iron contains a product brought to the attention of the French Academy of Medicine by the celebrated Doctor Robin, which represents the principal chemical constituent of active living nerve force; it also contains genuine organic iron like the iron in your blood and like the iron in spinach, lentils and apples.

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