

Like A Boy at 50 Bubbling Over With Vitality—Taking Iron Did It

Doctor Says Nuxated Iron is Greatest of All Strength Builders—Often Increases the Strength and Endurance of Delicate, Nervous Folks 200 Per Cent in Two Weeks' Time

NEW YORK, N. Y.—Not long ago a man came to me who was nearly half a century old and asked me to give him a preliminary examination for life insurance. I was astonished to find him with the blood pressure of a boy of 20 and as full of vigor, vim and vitality as a young man. In fact a young man he really was notwithstanding his age. The secret he said was taking iron. He had had iron pills for years and he had filled his system with renewed life. At 48 he was as healthy as a 20-year-old and nearly all the time at 50 a miracle of vitality and his face beamed with the buoyancy of youth. As I have said a hundred times over, iron is the greatest of all strength builders. If people would only throw away potent medicines and numerous concoctions and take simple nuxated iron, I am convinced that the lives of thousands of persons might be saved, who now die every year from pneumonia, grippe, consumption, kidney, liver and heart trouble. The real and true cause which started their disease was nothing more or less than a weakened condition brought on by lack of iron in the blood. Iron is absolutely necessary to enable your blood to change food into living tissues. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good. You don't get the strength out of it and as a consequence you become weak, pale and sickly looking just like a plant trying to grow in a soil deficient in iron. 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 for yourself how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the while double their strength and endurance and entirely get rid of all symptoms of dyspepsia, liver and other troubles from ten to fourteen days' time simply by taking iron in the proper form. And this after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old form of reduced iron, iron pills or iron filings. Iron simply does not assimilate. You must take iron in a form that can be easily absorbed and assimilated like nuxated iron. If you want it to do you any good, otherwise it may prove worse than useless. Start an athlete of iron factor has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the arena. While many another has gone down to ignominious defeat simply for the lack of iron. E. Sauer, M. D.

NOTE: Nuxated Iron recommended above by Dr. Sauer is not a patent medicine or secret remedy, but one which is well known to druggists and whose iron constituents is widely prescribed by eminent physicians everywhere. Unlike the older inorganic iron products, it is easily assimilated, does not injure the teeth, make them black, nor upset the stomach, on the contrary it is a most potent remedy in nearly all forms of indigestion, as well as for nervous, run-down conditions. The manufacturer has such great confidence in Nuxated Iron that they offer to forfeit \$100.00 to any charitable institution if they cannot take any man or woman under 60 who lacks iron and increase their strength 200 per cent or over in four weeks' time provided they have no serious organic trouble. They also offer to refund your money if it does not at least double your strength and endurance in ten days' time. It is dispensed in this city by Hollister Drug Co., Boston Smith & Co., Chambers Drug Co. and all other druggists.

MARU BOAT IN FROM YOKOHAMA

Making the second Japanese steamer to come here recently with all her freight consigned to Honolulu merchantry, the Nihyo Maru arrived this morning from Yokohama. She was 15 1/2 days on the voyage and brings 2200 tons of cargo. The Nihyo Maru is under charter to the T. K. K. in command of Captain Inozu. An uneventful voyage with good weather is reported by the ship's master. This is her third call in Honolulu. She will return to Japan ports as soon as her freight is discharged.

PASSENGERS DEPARTED

By str. Kinau for Kauai, September 18—Mrs. Hans Isenberg, Mrs. C. M. Conroy, Chas. Franz, A. Murphy, Mrs. M. T. Lutz, Mrs. H. M. Castro, A. K. Cylmer, J. I. Silva, Ed Fernandez, J. H. Morayne, Mrs. Menefoglio and two children, Mr. and Mrs. Landemann, Leong Shee, Rev. C. Nakamura, Chang Hing, S. Sayegusa, K. Tomia, Y. Kasahara, H. Kich, N. Imatogi, H. W. Craig, E. M. Cheatham, Mr. and Mrs. Sinclair Robinson, Mrs. Putnam, Miss S. Purvis, A. Roberts, W. H. Friedly, Miss Helen J. Fisher, Mrs. E. W. Jordan, Philip Contrades, J. M. Kaneakua, Mrs. S. M. Kanakalu, Mrs. E. K. Puni, R. K. French, Rev. Akana, H. Omine, Y. Yamamoto.

By str. Mikahala for Maui and Molokai ports, September 18—Sister Elizabeth, Mr. and Mrs. Jacobson, Otto Meyer, Mrs. T. T. Meyer, F. Harvey.

By Matson liner Matsonia for San Francisco, 10 a. m.

G. D. Abbott, Jr.; Fred Awana, W. Armstrong, Mrs. W. Armstrong, Miss A. B. Alexander, A. Auerbach, Mrs. J. Andrade, E. S. Aldrich, Miss C. Bissell, K. Bond, D. Bond, J. Buckwald, D. G. Bertoglio, Mrs. D. G. Bertoglio, Miss A. Birdsall, Mrs. C. G. Bockus, E. F. Bishop, Mrs. E. F. Bishop, Wm. Baehrach, Miss D. Burns, Mrs. A. C. Braly, Master Braly, Mrs. F. S. Clarke, Miss D. Clarke, C. S. Carlsmith, L. E. Carlsmith, P. J. Casley, H. B. Crump, J. H. Clegg, Mrs. J. H. Clegg, Mrs. R. L. Cherry, Geo. Cruickshank, Miss M. Campbell, E. Chun Hoon, Miss V. Chun Hoon, W. R. Castle, Mrs. W. R. Castle, Dr. J. J. Carey, Miss S. J. Carey, J. H. Carden, Mrs. J. H. Carden, Miss F. Cowles, Mrs. C. B. Dunham, Mrs. F. Daring, Rev. J. Darling, Rev. J. Dorosh, Mrs. H. Fairchild, Mrs. P. E. Ferris, Miss H. Fream, Mrs. R. T. Ford, Miss Juliet Ford, W. T. Frost, Alex Graydon, R. H. Gartley, Albert Grubb, Miss C. Galligan, Miss M. Grundell, Mrs. G. K. Hoffman, Mrs. J. W. Hawke, Maj. E. S. Hartshorn, Mrs. E. S. Hartshorn, Miss B. Hartshorn, Master E. Hartshorn, Adolph Holm, Mrs. W. P. S. Hawk, Miss M. Hawk, W. N. Hannigan, P. G. Higgins, F. E. Haley, W. R. Humphries, Miss D. Jones, B. L. Kilgour, J. G. Kennedy, Mrs. J. J. Kennedy, K. Konatsis, Rev. E. E. Kau, A. Sue Kim, Mrs. J. A. Kennedy, C. C. Kennedy, Mrs. C. C. Kennedy, Ralph Koshul, Miss E. Latell, Mrs. D. C. Lindsay, S. Lowenfeld, P. Lindemann, Li Tin Kai, Jas. Lynch, E. H. Man, A. L. Maurax, H. E. Morgan, J. H. Mackenzie, A. Morrison, V. G. McLean, M. McLean, Julia Nunez, Miss L. N. Norman, Miss M. E. Pogue, Miss M. Pa, Mrs. A. Patterson, Miss N. Patterson, D. L. Rosenfeld, David Ruel, R. H. Reed, Master Reed, A. Ramellini, Mrs. W. E. Raper, H. Reinecke, Norman Ross, Miss G. Schofield, E. R. Schayer, Mrs. E. R. Schayer, Mrs. J. Shaw, R. Silva, H. C. Steffens, R. Smith, Miss E. Skelley, A. Siegel, Mrs. C. C. Shell, Miss Helen Sparks, F. L. C. Todd, Mrs. F. C. Todd, Miss F. G. Todd, P. Togelevitch, C. C. von Hamm, Mrs. C. C. von Hamm, Horace Wright, Mrs. Horace Wright, Miss B. Warland, Theo. Wolff, Miss B. Williams, C. E. Wehn, E. E. Walter, H. P. Wood, H. A. Weaver, Miss E. Weaver, J. Waterhouse, Mrs. J. Waterhouse, S. E. Wooley, Miss M. Walker, G. J. Walker, Young Tin Hu, Mrs. W. E. Young, J. Yasunaga, Miss Yip Kwai, Mrs. F. S. Zeave.

HARBOR NOTES

The Kilauaea had 41 first class and 56 steerage passengers.

The Dutch ship Vandel is expected from the Orient Saturday.

The Kinau will sail at 11 p. m. instead of 5 p. m. tonight, for Kauai ports.

The Mauna Kea reported the Wailele had arrived in Hilo on September 16 and had departed at noon of the same day.

The Oceanic steamer Ventura sailed from San Francisco for Honolulu at 4:30 o'clock yesterday afternoon.

The steamer Enterprise sailed from San Francisco for Hilo with a cargo of plantation supplies yesterday afternoon.

There are 9922 bags of sugar awaiting shipment in the Punaluu plantation warehouse, according to Purser Sheldon of the Kilauaea.

The gunboat, Carl Schurz, formerly the Gefer, is now on the inter-island drydock. She is to be followed on the dock by the British steamer Kestrel.

The steamer Colusa of the W. R. Grace line for which Hackfeld & Co. are the local agents, will arrive in Honolulu tomorrow for the Orient. She is on her way to San Francisco and stops here to get oil.

Twenty-two sacks of cabbage were brought into the Honolulu market by the Mauna Kea. Her other freight consisted of four automobiles, 241 sacks of junk iron, 600 sacks of sugar and 339 sundry packages.

Exactly 8008 bags of sugar and 1578 bags of coffee were brought from the Kona coast of Hawaii by the Kilauaea. Other freight carried by this boat consisted largely of foodstuffs, chief of which was 42 crates of tomatoes for Honolulu markets.

As yet no word has been received from the Dutch steamer Goentor which was scheduled to sail for Honolulu from San Francisco on last Saturday. C. Brewer & Co., their agents, do not believe that she has encountered any trouble, however.

The Wilhelmina will visit those ports on Maui which the Mauna for merely visited. She will leave Honolulu for Kaanapali on Thursday and will also stop at Kahului. She returns to Honolulu on Monday, and leaves again for the coast on Tuesday.

Coming back to Honolulu from their regular runs on Hawaii, the Mauna Kea and the Kilauaea arrived in Honolulu this morning after smooth voyages. From Hilo and way ports the Mauna Kea brought 183 first class passengers and 53 steerage passengers.

If the Kestrel can be placed on the drydock Thursday to receive a general overhauling, she will leave Honolulu for Fanning Island on September 24. R. F. Lamb, "king" of Fanning Island, will return in the little cruiser with his wife, whom he married here, when the boat returns.

By securing special permission from the military authorities and the harbor master, the Kinau was held in Honolulu last night until 11 o'clock when she departed for Kauai ports with a full passenger list. The purpose of delaying the sailing of the Kinau from 5 o'clock until 11 was to permit the Kauai Civic Convention delegates to attend the banquet at the Moana.

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Shipping & Waterfront News

GULLS IN HILO FIND IT HARD TO GET FOOD

(Special Star-Bulletin Correspondence.) HILO, Sept. 18.—From a distance of some miles from Hilo, away down the Puna coast, the seagulls that Judge Wise brought to this city a week or two ago, have been seen diving into and flitting over the sea. Of the 17 birds that the judge released in Hilo Bay it is thought 14 or so are still alive and getting used to their new home. Three of the beautiful creatures may have died because they were not strong when released.

The birds are expected to gradually accustom themselves to the Hawaiian waters around this island but, at first, they will be rather up against it for food. Comparatively few steamers enter and leave Hilo harbor and, consequently, there is but little swill and other wastes thrown overboard from shipping. The birds are used to following in the wake of steamers and glean food from what is dumped overboard.

David Forbes suggested on Tuesday last that in some way the birds might be helped out in foods. Any old crackers that are not fit for human consumption might be thrown on the water so that the birds might eat the stuff. Other foodstuffs in the line of scraps and refuse might possibly be treated the same way, said Mr. Forbes and county prisoners might be utilized in dumping the stuff in the harbor or around the rocks beyond the breakwater and in other directions.

The American-Hawaiian boats leave this run each year with the close of the sugar grinding season. They will probably begin carrying Hawaiian sugar again some time after the beginning of next year. In the meantime they will be employed in the coast trade, but just where, has not been learned by the local agency as yet.

The Mexican will stop at Port Allen, Kaanapali and Hilo before she goes to the coast.

SCHEDULE OF A. H. NEAR COMPLETION

With the departure of the steamship Mexican on September 26 and the arrival of the steamer Serapis on October 4 on her last voyage, the last two American-Hawaiian ships will close their schedule between the islands and the coast for the year. The Texan has already completed her last trip and is now in San Francisco.

The Netherland Royal Mail & Rotterdam Lloyd joint service.

To Batavia, Java, via Yokohama, Nagasaki, Hongkong and Singapore. Sailing dates, freight and passenger rates on application.

C. Brewer & Co., Ltd., Agents

OHU RAILWAY TIME TABLE

OUTWARD For Waianae, Waimua, Kahuku and Way Stations—9:15 a.m., 9:20 p.m. For Pearl City, Ewa Mill and Way Stations—7:30 a.m., 9:15 a.m., 11:20 a.m., 2:15 p.m., 3:20 p.m., 5:30 p.m., 7:25 p.m., 11:15 p.m. For Wahiawa and Lilehua—11:02 a.m., 2:40 p.m., 5:00 p.m., 11:30 p.m. For Lilehua—7:00 a.m.

INWARD Arrive Honolulu from Kahuku, Waihua and Waiatae—8:35 a.m., 9:30 p.m. Arrive Honolulu from Ewa Mill and Pearl City—7:45 a.m., 9:35 a.m., 11:02 a.m., 1:33 p.m., 4:24 p.m., 5:30 p.m., 7:25 p.m. Arrive Honolulu from Wahiawa and Lilehua—9:15 a.m., 1:53 p.m., 2:59 p.m., 7:13 p.m. The Haleiwa Limited, a two-hour train (only first-class tickets honored), leaves Honolulu every Sunday at 8:30 a.m. for Haleiwa Hotel; returning arrives in Honolulu at 10:10 p.m. The Limited stops only at Pearl City, Ewa Mill and Waiatae.

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TIDES, SUN AND MOON.

Table with columns: Date, High Tide, Ft. of Tide, Low Tide, Moon Rises and Sets. Rows for Sept 17, 18, 19, 20, 21, 22, 23.

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SHERMAN CALLED TO SCHEDULE OF DAMAGED THOMAS

To fill the place of the Thomas the Sherman, which has been running between Honolulu and San Francisco, will be put on the longer schedule to the Orient, and has been cancelled from the local trips, according to word received at army headquarters.

This will leave the Sherman, which recently passed through here on her way to the Philippines, as the next boat to call from that direction. It is just possible that some commercial liner might be put into service to help out.

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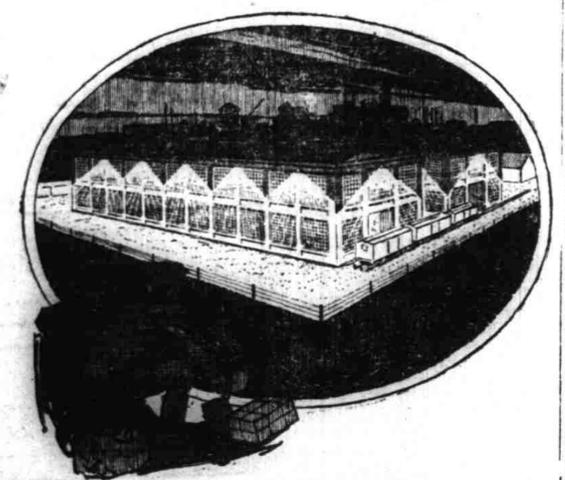
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