

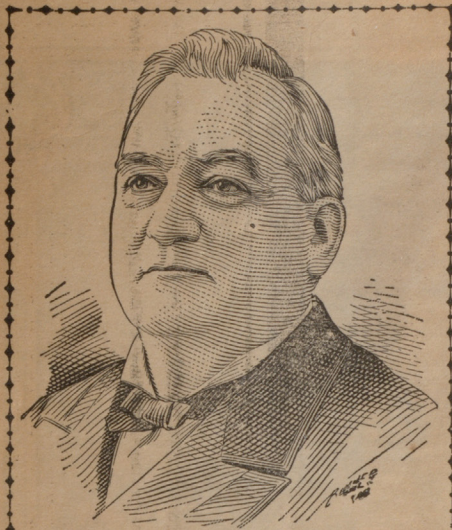
HEALTH AND BEAUTY



SUMMER CATARRH.

Summer Catarrh is prevalent during the months of June, July, August and September. The female sex is especially liable to this phase of Catarrh. In a large number of cases it assumes the form of pelvic catarrh. Catarrh of the pelvic organs is generally known as 'Female Disease', 'Female Weakness' and a host of similar terms. PERUNA is a prompt cure for this class of diseases.

CATARRH TREATED.



S. B. HARTMAN, M. D., Columbus, Ohio.

TREATMENT OF CHRONIC CATARRH.

In the treatment of chronic catarrh Pe-ru-na should be taken at first in doses of a teaspoonful before each meal and at bedtime, and then gradually increase the dose so that the second month the patient will be taking two tablespoonfuls at each dose; and by patiently persevering with this dose of Pe-ru-na there is no case of chronic catarrh that will not yield, sooner or later, to the curative power of this remedy. Many will get well from a single bottle; some will require a month's treatment; others three months, and some stubborn cases, perhaps, require six or more months. Women and delicate men should continue with teaspoonful doses for a whole month before they increase the dose to a tablespoonful, which increase should be done gradually.

For the purpose of cleansing the inside of the nose and naso-pharyngeal space, one-half teaspoonful of salt to one quart of water, used luke-warm. The proper time of using this is in the evening, before retiring, and in the morning immediately after rising. It should be snuffed up freely through the nose from the palm of the hand, so as to have it run through the mouth.

The snuffing should be continued until every particle of mucus and scabs has been discharged. In this way the patient can breathe all day freely through the nose, and the same at night while sleeping. This course will greatly facilitate the curative effects of Pe-ru-na. To prevent taking cold, gargle with strong cold salt water five times every day—immediately after the three meals, on going to bed and when rising in the morning.

The object should be, while gargling, to throw, by the action of the tongue, the gargle up into the naso-pharyngeal space. In this way the part will soon become accustomed to the contact of cold, and from the action of the muscles made during the act of gargling the muscles also become strong and hardened, and in a short time the parts become so fortified against taking cold that it is next to impossible to take cold. Gargling will, then, protect you against taking cold and the consequence is that the cure by Pe-ru-na will steadily go on and in a very short time form a perfect cure.

The ordinary method of gargling has some effect, and will doubtless answer the purpose in an inferior way; but the best way of gargling is as follows:

Be seated on a low-backed chair, take a mouthful of the gargle, close the lips tightly, hold the nose shut with the thumb and finger, throw your head far back, and make the motion of swallowing, or any motion you can make without actually swallowing. Do this as long as you can hold your breath, and then spit it out.

The object of gargling with the cold strong salt water (four tablespoonfuls of salt to one quart of water) is not to cure the catarrh, but to accustom the parts to the contact of cold, so that no exposure will cause one to take cold. It is also an advantage to take a drink of cold water immediately after the gargling.

S. B. HARTMAN, M. D.,

President of The Hartman Sanitarium,
Columbus, Ohio.

WOMAN'S HAND-BOOK

—OF—

HEALTH AND BEAUTY.

Female Catarrh.



Miss Mary Goerbing, of Medford,
Wis., Recommends Peruna.

A BEAUTIFUL WOMAN.

Every woman has the desire to be beautiful. It is not vain or foolish to wish it. The principal trouble is, that she generally sets about it in a wrong manner; or else, discouraged with vain attempts to better her complexion or figure, gives up the battle, and becomes a slattern. Every woman has the right to be beautiful, and it is her duty to make herself as attractive as possible; not only is it a duty to others, but to herself as well. God has given her a wonderful mechanism, delicate in structure, easily deranged, and it is her duty to preserve it in as good condition as it is possible. It is a sacred duty to keep the skin fine and smooth, the numerous organs in perfect order, the secretions pure, the functions correct. Every woman should consider this work a duty, a holy privilege. To take this beautiful body and neglect or mistreat it, and allow it to get out of repair, to become diseased and ugly, is surely not what God intended her to do. It is the purpose of this book to show her how she may preserve the beauty of her wonderful gift and use it in the way its Maker desires.

THE MUCOUS MEMBRANE.

We all know that the outside of the body is protected by a covering known as the skin. But every one does not stop to think whether the inside of the body is thus protected or not. Beginning with the mouth, the body contains innumerable cavities and passages, varying in size from the minutest air-cell in the lungs to the cavities of the stomach, the bowels, etc. Have these organs and passages a skin? Every duct and organ, every passage and cavity, is lined with a smooth, moist, pink covering, known as mucous membrane. In one or two instances this mucous membrane overlaps the edge of an opening; as, for instance, the lips, where the difference between the skin and the mucous membrane is readily seen. In a state of health, the membrane is constantly moist and a bright pink in color; but, when diseased, it becomes dry and pale, with a rough surface, or fiery red, and the exudation profuse and irritating. The mucous membrane is much more delicate than the skin, and is very easily affected by cold. Very few people go through the year without at some time experiencing trouble, more or less severe, with the mucous membranes. The number of people, especially women, who are never free from irritation of some mucous surface is really appalling. With care a woman may keep herself perfectly healthy the year round. There are hygienic measures and precautions of which every woman ought to know; and it is the purpose of this book to describe the diseases of the mucous membrane, which oftenest trouble women, and the treatment which will prevent or cure them.



Miss Jennie Finley, 79
Madison St., Memphis,
Tenn., a popular young
society lady of that
place, writes: "Three
years ago I had very
poor health and while I
was only sick abed occa-
sionally I was unable to
enjoy life as I lacked
vitality and strength.
I was an easy subject to
cold and malaria. Four
bottles of Peruna
changed my entire
physical condition and
it will always have my
endorsement."—Jennie
Finley.

the diseases of the mucous membrane, which oftenest trouble women, and the treatment which will prevent or cure them.

FEMALE DEBILITY.

It may safely be said that nearly all affections of the mucous membrane are a direct result of catarrh.



Mrs. Jennie Rose, of 45 Hoyt Street, Brooklyn, N. Y., writes: "Peruna is a blessing to suffering women. I suffered with female trouble since I began menstruation, and every month I suffered two and three days of untold agony, and had to arrange my work and duties so as to be in bed every month for two days at least.

"My brother was cured of Bright's disease from the use of Peruna, and so I determined to try it for my trouble. Imagine my great joy when I found that it relieved me quite a bit the first month, and I was entirely without any pain during that period after having used Peruna only four months."—Jennie Rose.

who rarely see a well day; who, though not bed-ridden, continue to ail all their lives, that a book of this kind ought to be widely read and heeded. The debility of American women is a fact which all the world knows, and debility is generally one of the symptoms of catarrh of some organ.

A HEALTHY WOMAN

Is becoming more and more rare. There are very few women in the United States who have not catarrh in some form. A woman free from catarrh is rare. But comparatively few women who are suffering with catarrh know that this is the case. Their trouble is called dyspepsia, heart trouble, female weakness, weak lungs, nervous debility; indeed, almost the whole category of medical terms has been applied to catarrh of some organ of the female anatomy. Of course these women will take medicine, employ physicians, take all sorts of hygienic measures, but still continue to suffer, suffer, suffer. They drag wearily about their daily tasks; their nerves tingle and thrill with every emotion; they scold; they are cross. Who blames them? If these women would only

realize that their trouble is only chronic catarrh of the stomach, or liver, or lungs, or pelvic organs, and treat themselves accordingly, how much unnecessary suffering would be saved.

FREE FROM CATARRH.

Are you entirely free from catarrh? If so, you are, indeed, a fortunate woman. It may be you have more or less catarrh and are not aware of it; or, at least, not aware that your disagreeable symptoms are due to catarrh. No one can have catarrh and not know that something is the matter; but only might not know it was catarrh. It is so easy to invent new names for every distinct pain or affection. Few stop to realize in how many ways catarrh can affect the body. Every organ, every duct, every passage, every opening of the human body is liable to catarrh.

ALL THE ORGANS.

All these parts are lined by mucous membrane. Inflammation of any mucous membrane

is catarrh. It may be in the head or abdomen, in the eyes or lungs; but it is catarrh just the same. Frontal headache is due to catarrh of the frontal sinuses; sore eyes are caused by catarrh of the lining membrane of the eyes; sore throat is catarrh; sneezing, snoring, snuffing are brought on by catarrh—so the list of affections might be continued indefinitely, showing catarrh to be the cause of manifold affections of the throat, stomach, bronchial tubes, lungs, liver, bowels, kidneys, bladder, urethra, womb, and all other organs of the body.

THE SEAT OF CATARRH.

Are none of these organs affected in your case? Then you are to be congratulated. Of course there are affections of all of these organs that are not catarrh. Catarrh is an affection of the lining mucous membrane. If the other structures of an organ are diseased it would not be proper to call the



Miss Lizzie Bamber, Treasurer Pierian Club, writes from 1388 Fulton St., Brooklyn, N. Y.: "I have no hesitancy in giving my heartiest endorsement for Peruna, as I have found it most satisfactory, especially in cases of the innumerable ill women are subject to. I was delicate in health for four years and while not actually in bed I took but small comfort out of life. I dared not go out if the weather was at all unfavorable as I caught cold which increased my sufferings. Early this fall a friend who had suffered with weakness similar to mine told me that Peruna had cured her. I was not slow to profit by her experience and before retiring I had taken my first portion. I kept taking it for three weeks and now I feel buoyant in mind and body."—Lizzie Bamber.

affection catarrh; but, on account of its delicacy and exposed situation, the mucous lining of an organ is, by far, the most liable to be diseased. More than one-half of the ailments to which the human family is liable are simply catarrh—nothing more, nothing less.

MANY NAMES.

If one were to make a list of the different names that have been applied to catarrh in



Miss Alice Cohn, 474 Eleventh St., Brooklyn, N. Y., writes: "Having had poor health for a great many months, and now having it restored makes me very grateful to Peruna. I suffered a great deal during my monthly periods, had severe pains and was generally depressed, but can truthfully say that a few bottles of Peruna has removed all pain and made a new woman of me."—Alice Cohn.

our Catarrh Book, in which will be found the explanation desired.

HARD WORDS EXPLAINED.

Rhinitis, Conjunctivitis, Ozena, Otitis, Tonsillitis, Laryngitis, Bronchitis, Pneumonitis, Pulmonitis, Consumption, Stomatitis, Pharyngitis, Oesophagitis, Gastritis, Duodenitis, Hepatitis, Enteritis, Appendicitis, Colitis, Proctitis, Nephritis, Uretitis, Cystitis, Urethritis, Salpingitis, Endometritis, Vaginitis, Vulvitis. These are the scientific names given by the medical profession to catarrh located in various parts of the body. The sub-fix "itis" means inflammation. A mucous inflammation is catarrh. Therefore, when "itis" is appended to the name of any mucous affection it simply means catarrh of that part. To illustrate: tonsil, with "itis" added, makes tonsillitis, which means catarrh of the tonsil; larynx, with "itis," makes laryngitis, and so on. Thus it is plain that catarrh is called by many names. In recommending Peruna for catarrh it might seem to many that we intend this remedy as a cure-all. Peruna cures just one disease—catarrh; but, as has been shown, catarrh includes a great number of affections of the human body which are not generally known to be catarrh.

FOR WOMEN ONLY.

As this book is intended only to describe those catarrhal diseases which are peculiar to women, we shall consider only the last six of the above list of diseases, i. e., Vulvitis, Urethritis, Cystitis, Vaginitis, Endometritis, Salpingitis. In considering these diseases, we will find ourselves confronted by a host of symptoms and derangements, such as menstrual difficulties and irregularities, leucorrhœa, sterility, displacements, ulceration, inflammation, ovarian disturbances, and many others too numerous to mention.

FEMALE ANATOMY.

It will be assumed that the reader of this book has sufficient acquaintance with the anatomy to understand the descriptions that will follow. Should any one desire to become familiar with the subject, however, who is sincerely seeking information, hoping thereby to find a cure, my book on Gynæcology will be sent free, which will give all explanation necessary.

VULVITIS.

Catarrh of the vulva is called Vulvitis. It is caused by exposure of the parts directly to cold, or by acrid discharges of adjacent parts. It is a far more common disease than is generally supposed and leads to very distressing symptoms, such as itching, smarting, and sometimes swelling and great tenderness. This affection, both as to its cause and nature, has been greatly neglected by the profession. The principal cause of vulvitis, as well as all other female diseases, is



Mrs. A. M. Brazille, President St. Paul Woman's Study Club, and Secretary of the Independent Order of Good Templars, writes:

"I had been in delicate health for several years, and was unable to stand any exertion whatever, and had continual backache and bearing-down pains. The slightest cold would aggravate the trouble and I looked on myself as a confirmed invalid until one of our club women told me how Peruna restored her to perfect health. I began taking it the first week in October, and Thanksgiving day I truly celebrated and gave thanks for restored health and usefulness."—Mrs. Brazille.

CATCHING COLD.

Judging from the silence of medical writers on the subject, it is not generally known how great a factor catching cold is in the production of female diseases. The usual mode in which women dress themselves scarcely protects them against draughts of cold air, which is the exciting cause of many of these ailments.

This is as true of the hard-working woman of the rural districts as it is of the woman of leisure or pleasure of the city. This is especially true of American women.

THE WORKING WOMAN.

In the country nearly every one is engaged in farming. In many instances, at least, the



Miss A. Brady, Corresponding Secretary Illinois Woman's Alliance, writes from 2725 Indiana Ave., Chicago, Ill.: "Last year from continued strain in literary work I became very much exhausted, my nerves seemed to give way, and I had backache, headache and serious indigestion. One of my friends suggested that I try Peruna. It certainly acted like magic on my system. Within ten days I felt new life and health given me, and by taking an occasional dose off and on when I feel extra tired, I keep my system in perfect order."—Miss A. Brady.

women are left to take care of the house and milk and make the butter. To properly care for the milk the spring-house has become a necessity well-nigh universal. During the hot weather it is in the spring-house that the milk is kept, to allow the cream to rise. The cows are milked at some distance from the spring-house, in a hot barn-yard or stanchions. The milking is hurriedly done, and with two large pails of foaming milk the woman hastens to the spring-house. A spring-house generally contains either a trough or stream of running water, into which the crocks or jars of milk are set. This, together with the fact that the floor is often of brick or stone, makes the

spring-house very damp and cold. Entering suddenly from the warmth without to the much-lowered temperature, the cold air strikes the partially unprotected limbs, and the natural result is a cold. This is especially true if the woman is menstruating, when sudden cessation of the menses often occurs. The spring-house is the place where the milk is skimmed, the butter worked, and often the churning is done here. It can readily be seen that a woman must be very sturdy and healthy to withstand catching cold under such circumstances.

Of course there are many other contingencies besides this one to be found in the life of a country woman. This is merely given as an illustration of what might happen.

THE SOCIETY WOMAN.

The city woman, too, often takes cold from direct exposure. Walking on frozen pavements with insufficient underclothing often results in vulvitis. I have a case of this sort in mind. Two young women went together to a dance. One of them clothed herself warmly in flannels; but the other, thinking that heavy

under-garments produced an untidy effect, wore instead fluffy summer underwear. Her gown was thin also, and her shoes hardly heavier than paper. As their hostess lived only a few squares away, they walked there and back. Coming from the heated rooms, flushed and warm with dancing, they found the air very cold and the pavements covered with a light snow. They hurried home, but the next day found the young woman whose vanity had allowed her to dress herself insufficiently sick with a cold. She grew rapidly worse, and in a few months, in spite of everything that could be done, died from a combination of pelvic disorders, brought on by acute catarrh contracted through her recklessness. It is perhaps needless to add that her wiser companion experienced no inconvenience whatever, as she was warmly clothed.

It is my conviction that not only could this young woman have been cured with Peruna, but that all other cases of pelvic catarrh, uncomplicated by organic changes, would promptly yield to the treatment with Peruna.

SERIOUS CONSEQUENCES.

There can be no doubt that the frequency of catarrhal vulvitis has been greatly underestimated by the medical profession. Young

children, school girls, maidens and matrons, are alike subject to this affection. Constant itching and disturbance of the nervous system, which this disease produces, leads directly not only to other and more serious disturbances of the body, but also to certain vices which are becoming more and more prevalent. Instead of referring certain deplorable practices to natural depravity, it would be oftener correct—especially in young children—to refer the cause to this form of catarrh.

SPECIFIC TREATMENT.

The treatment for catarrhal vulvitis, as well as catarrh of any and all other parts of the body, is a thorough course of internal treatment with

Peruna. The treatment for catarrh is no different in one case than in another, except such slight difference in dose as may be necessary to make it suitable for different ages and



Miss Lizzie Gilman, 1078 Frances St., Memphis, Tenn., writes:

"About a year ago I had a lingering illness which left me very weak, and I never thought I would be myself again. My mother heard of Peruna and offered to buy me a bottle if I would take it. I decided to try it, and it was indeed wonderful how quickly my strength returned to me. Peruna makes new blood and new tissue and lost vitality is soon restored. I gained flesh and strength before one bottle was gone and only used three bottles to cure me."—Lizzie Gilman.

physical idiosyncrasies. Take two teaspoonfuls of Pe-ru-na before each meal and between meals. Take, also, a teaspoonful of Mana-lin at bed-time. When abscesses occur a tablespoonful of La-cu-pi-a should be taken immediately after each meal in addition to Pe-ru-na.



Miss Lucy M. Riley, 33 Davenport street, Cleveland, O., writes: "I wish to add my endorsement to thousands of other women who have been cured through the use of Peruna. I suffered for five years with severe backache, and when weary or worried in the least I had prolonged headache. This fall I caught a bad cold and was advised to take Peruna for it. Imagine my astonishment and pleasure to find that after taking two bottles not only was my cold gone, but I had no more backache or headache. I am now in perfect health, enjoy life, and have neither an ache or pain, thanks to Pe-ru-na."—Lucy M. Riley.

Add a little salt to the hot water; say a teaspoonful to a quart. The water should be as hot as can easily be borne by the patient, not lukewarm. The object of the injection is to remove the catarrhal secretion, and in this way cleanse the parts. This gives the Pe-ru-na a chance to effect a cure without the hindrance of the retained mucus accumulations. The only cure in any catarrhal condition is the internal use of Pe-ru-na. All medicinal injections commonly prescribed by physicians only tend to irritate the delicate membranes, without any real good. Simple hot water injection, as above prescribed, will accomplish all that can be desired when used in connection with the internal administration of Peruna.

PRURITIS VULVÆ.

This disease is attended with intense and persistent itching, and is generally the result of the irritating discharges of chronic catarrh. The itching may be intensified by friction of clothing and many other disturbing influences. Of course there can be no hope of curing this disease until the cause is removed. A thorough course of Peruna for the catarrhal inflammation, which is the usual cause, is naturally the

only proper remedy. The itching can be allayed, however, more or less successfully, by absolute cleanliness, and Waso No. 1 applied to the parts.

URETHRITIS.

Catarrhal inflammation of the urethra is known as urethritis. As it is the passage leading to the bladder, it generally results from extension of catarrh of the mucous membrane lining the bladder, or by extension upwards from catarrh of the vulva. This disease gives rise to smarting, painful urination. The treatment is the same as for the foregoing diseases.

CYSTITIS.

The bladder is a muscular sac, covered by a serous membrane and lined by a mucous membrane. It is situated in the pelvis behind the pubes. In the female the bladder is immediately before the uterus and vagina, which intervene between it and the rectum behind. The function of the bladder is simply that of a reservoir for the urine. The urine is constantly being secreted by the kidneys, drop by drop,

which finds its way through the ureters to the bladder. In the bladder this constant dribbling of the urine through the ureters is retained until a quantity, more or less large, is accumulated. The normal bladder will retain a half pint or more without any inconvenience, which quantity is expelled five or six times during the twenty-four hours.

THE SEROUS COAT.

The serous membrane, which covers the upper and larger portion of the bladder, is a fold of the peritoneum which serves as a covering for the other pelvic and abdominal organs. It is not within the province of this book to enter into any discussion of the diseases to which the serous covering of the bladder is liable. For the consideration of these diseases the reader is referred to my work on Gynecology.



Miss Louise Bertsel, 124 2d st., Brooklyn, N. Y., writes: "My health was excellent until about six months ago when I seemed to have a collapse from overdoing socially and the doctor ordered an entire change of scene and climate. As this was an absolute impossibility at the time, I had to try and regain my health in another way and was induced by a friend who gave Peruna such a good recommendation to try Peruna.

"I cannot tell you the condition of my nerves when I began to use it. The least noise irritated me, and I felt that life was not worth living, but Peruna soon changed me into a well woman, and now I do know I have nerves."—Louise Bertsel.

THE MUSCULAR COAT.

The muscular or serous coat of the bladder consists of three layers of involuntary muscular fibres. In the external layer the fibres run longitudinally, or lengthwise; in the middle



Miss Helen Rolof, Kaukauna, Wis., writes: "Several times during the past two years or more my system has been greatly in need of a tonic, and at those times Peruna has been of great help in building up the system, restoring my appetite and securing restful sleep. I know a great number of women who are using it for the troubles peculiar to the sex, and with the best results."—Helen Rolof.

layer the fibres run in a circular direction, or around the bladder; the fibres of the inner layer run somewhat longitudinally, though not so much as the external layer. Contraction of these muscular fibres causes the expulsion of the urine from the bladder; and, in order to insure a complete expulsion, the fibres have been so arranged as to contract it in all possible directions.

It is not within the scope of this book to describe the diseases of the muscular

coat of the bladder; but this brief description has been inserted to make plain to the reader certain descriptions which occur further on.

Anatomists describe the bladder as consisting of four coats, the two outer of which have already been described. The two inner coats are called the sub-mucous coat and the mucous coat. I prefer, however, to call the mucous coat a lining, rather than a coat. The sub-mucous coat is composed of areolar tissue, connecting the muscular coat to the inner coat, and is of no interest to the reader of this work.

THE MUCOUS MEMBRANE.

It is the lining mucous membrane of the bladder, which the anatomist calls the fourth coat, to which I wish to confine my attention at present. This coat is very smooth, very delicate, very thin, and of a faint rose color. It is continuous with the mucous lining of the ureters above and with the mucous lining of the urethra below. This membrane contains a few mucous follicles in its upper portion. Near the lower portion, or the neck of the bladder, the mucous membrane is studded with numerous small glands, lined with columnar epithelium, known as Racemose Glands. The epithelial cells which cover the other portions of the mucous membrane lining the bladder are large and

many-sided flattened cells. Thus it is that the epithelium of the upper portion of the mucous membrane of the bladder is different from the epithelium of the mucous membrane of the neck of the bladder.

THE MICROSCOPE.

It is from this fact that the microscopist is able, by examining the urine, to detect the location of any inflammation that may exist in the bladder. Inflammation of the mucous membrane causes these epithelial cells to be thrown off in great quantities with the urine. If the microscopist finds these cells to consist of the epithelium peculiar to the fundus of the bladder, he knows that the inflammation is situated there. If, however, he finds the epithelium to be of the columnar variety, he knows that the inflammation is located at the neck of the bladder.

If, on the other hand, he finds these two varieties of epithelium about equally mixed, he knows that the inflammation of the bladder involves both the fundus (body) and the neck.

ACUTE CYSTITIS.

[Catarrh of Bladder.]

In acute cystitis the onset of the disease is generally indicated by a severe pain low down in the abdomen; frequently a chill, followed by fever; passages of high-colored urine, causing pain; there is a frequent desire to pass water, some patients being obliged to rise twenty times during the night to void urine. The disease soon causes great derangement of the nervous system, and the patient rapidly grows weak. The tendency of acute cystitis is always to become

chronic. To prevent this very undesirable result vigorous treatment should be commenced at once.



Mrs. Anna B. Fleharty writes from 401 Sixty-Seventh Street, W., Chicago, Ill.:

"Having lived a very active life as wife and working partner of a busy minister, my health failed me a few years ago. I lost my husband about the same time, and gradually I seemed to lose health and spirit. My daughter is a confirmed invalid, and we both felt great need of an invigorator.

"One of my neighbors advised me to try Peruna. A bottle was immediately secured and a great change took place in my daughter's, as well as in my own health.

"I would not be without Peruna for ten times its cost, and cannot speak in too high terms of its value as a medicine of wonderful curative properties."—Mrs. Anna B. Fleharty.

Mrs. W. B. Krause,

Wife of the publisher of the Port Washington Herald, writes from Port Washington, Wis.:

"Peruna has cured my catarrh and the suffering which I had in my back and bearing-down pains. I am very thankful for Peruna, as it has cured me where other medicines have failed. I always will speak a good word for Peruna."—Mrs. W. B. Krause.

Peruna is especially adapted to protecting against and curing the catarrhal diseases of run-down women, as the testimonial of Mrs. Krause states.

Miss Marie Coats,

President of the Appleton Ladies' Club, writes from Appleton, Wis., the following concerning Peruna:

"I find Peruna an excellent spring and summer medicine and am glad to call the attention of my friends to it. When that languid, tired feeling comes over you, and your food no longer tastes good, and small annoyances irritate you, Peruna will make you feel like another person inside of a week. I have now used it for three seasons and find it very reliable and efficacious."—Marie Coats.

From ocean to ocean Peruna is praised by women.

MRS. W. B. KRAUSE**MISS ANNA PRESCOTT****Miss Anna Prescott,**

In a letter from 216 S. Seventh St., Minneapolis, Minn., writes:

"I am sincerely grateful for the relief I have found from the use of Peruna. I was completely used up last fall, my appetite had failed and I felt weak and tired all the time. My druggist advised me to try Peruna and I experienced relief after taking one bottle.

"I continued its use for five weeks, and am glad to say that my complete restoration to health was a happy surprise to myself as well as to my friends."—Anna Prescott.

MRS. IDA PROCTOR**MISS MARIE COATS****Mrs. Ida Proctor,**

President Brooklyn Woman's Century Club, writes from 45 Hoyt St., Brooklyn, N. Y.:

"Two years ago my health was entirely broken down from social cares and responsibilities. As Peruna had been used by other members of the family with good results I thought best to give it a trial before putting myself in the care of a physician, and was glad that I did so, for the use of four bottles restored my strength and vitality, and a dose once or twice a month keeps me in excellent health."—Mrs. Ida Proctor.

MISS MARY RATZ**Miss Mary Ratz**

Writes from 512 Seventh Ave., Brooklyn, N. Y.: "Peruna is a blessing to suffering women, and I am pleased to recommend it. I suffered for over a year with backache, headache, and nervous debility, and although I tried many remedies, Peruna is the medicine that cured. I am now in perfect health, and am very grateful to you."—Mary Ratz.

It is no longer a question as to whether Peruna can be relied on to cure all such cases. During the many years in which Peruna has been put to test in all forms and stages of pelvic catarrh no one year has put this remedy to greater test than the past year.

Treatment.

In these cases the patient should take a teaspoonful of Peruna every hour until the acute symptoms are entirely past. This



Miss Caroline Winnin,
860 Blue Island Avenue,
Chicago, Ill., writes:

"Health is Heaven's choicest gift to humanity, and yet but few are in perfect health. Nature's laws are not understood and doctors do not administer the proper medicine to these cases.

"It is therefore a pleasure to find a remedy that will do all it claims. Peruna is, in my opinion, the finest remedy for affections of the kidneys and other pelvic organs, and for women and their special diseases it is of special merit."—Caroline Winnin.

continued until entirely cured.

The patient should be confined to the general diet and the drinks should be the same as in the acute variety. Intoxicants, spices and other stimulating food should be avoided. Warm sitz baths or full hot baths are useful.

Catarrh is catarrh wherever located. The remedy that will cure catarrh of the head will cure catarrh of the bladder. It has been the happy experience of many a woman, after long and repeated failures, to find a cure for this disease—to at last try Peruna and find a prompt and perfect cure. There is no case of catarrh of the bladder, or catarrh of any other organ, that Peruna will not cure if it is uncomplicated with organic change. It is an infallible remedy for catarrh in whatever organ it may have located itself.

VAGINITIS.

[Catarrh of Vagina.]

It is improper to undertake in a work of this kind to enter into the details of the anatomy of the parts involved or the other particulars of this disease. In my work on Gynæcology this subject has been fully treated. The vagina is lined with mucous membrane, which lies in many folds, and when once it becomes the seat

of catarrh it is hard to eradicate it except by a thorough course of internal treatment. The entire surface of the lining mucous membrane is so great that any increase of the mucous secretions gives rise to profuse discharges. It is the universal effect of catarrh, in its first stages, to cause an increase of the natural secretion of mucus. When the surface of the membrane is limited it is comparatively small, as in the nose, the discharge is correspondingly slight; but when the surface is large, as in the vagina, the discharge becomes great. Thus it is that vaginitis, or catarrh of the vagina, is a very weakening disease. The mucous discharges are made up in great part of the serum of the blood, which is the most vital part of the blood, and anything that drains the serum away from the blood brings on exhaustion and complete prostration.

If a woman notices that she has an habitual escape of blood, ever so light, she is alarmed, and well she might be; but she will allow a mucous discharge to continue month after month with little or no concern. The fact is mucus is largely composed of the nutritious elements of the blood. When any mucous membrane is free from catarrh the mucus which is secreted is so slight that it is entirely re-absorbed, and thus is not lost to the system. During the course of catarrh, however, the amount of mucus secreted by any mucous surface is so great that much of it escapes in the form of discharges and is lost, thus creating a weakening drain to the system.

of catarrh it is hard to eradicate it except by a thorough course of internal treatment. The entire surface of the lining mucous membrane is so great that any increase of the mucous secretions gives rise to profuse discharges. It is the universal effect of catarrh, in its first stages, to cause an increase of the natural secretion of mucus. When the surface of the membrane is limited it is comparatively small, as in the nose, the discharge is correspondingly slight; but when the surface is large, as in the vagina, the discharge becomes great. Thus it is that vaginitis, or catarrh of the vagina, is a very weakening disease. The mucous discharges are made up in great part of the serum of the blood, which is the most vital part of the blood, and anything that drains the serum away from the blood brings on exhaustion and complete prostration.

If a woman notices that she has an habitual escape of blood, ever so light, she is alarmed, and well she might be; but she will allow a mucous discharge to continue month after month with little or no concern. The fact is mucus is largely composed of the nutritious elements of the blood. When any mucous membrane is free from catarrh the mucus which is secreted is so slight that it is entirely re-absorbed, and thus is not lost to the system. During the course of catarrh, however, the amount of mucus secreted by any mucous surface is so great that much of it escapes in the form of discharges and is lost, thus creating a weakening drain to the system.



Mrs. Clara Makemer,
housekeeper for the
Florence Crittenden
Anchorage Mission of
Chicago, writes the following letter from 302
Chestnut St., Chicago:

"Peruna is the best tonic I have ever known for general debility—a sure cure for liver complaint, and a never-failing adjuster in cases of dyspepsia. I have also used it in cases of female irregularities and weak nerves common to the sex, and have found it most satisfactory. For almost any internal trouble Peruna is an ideal medicine chest, and deserving of the confidence and endorsement of all."—Mrs. Clara Mackemer.

LEUCORRHOEA.

[Whites.]

The mucous discharge known as whites is generally the result of catarrh of the vagina, although it is sometimes produced by inflammation of the womb. As a rule, a woman who has any leucorrhœa, more or less, can depend upon it that vaginitis is the cause, if not wholly, at least in part. Leucorrhœa may be so slight as to scarcely attract attention, or may be so severe as to become an ailment hard to be borne.

Some women are hardly ever free from this annoying condition—not only married women,

but maidens and very young girls. At first the discharge is worse just before and after the menses, but as the disease progresses it does not entirely cease at any time during the month.

BEARING DOWN PAINS.

Bearing-down pains, weakness, nervousness, backache, bloating of the abdomen and a host



Mrs. A. E. Stouffer of Sabetha, Kansas, was troubled with headache, palpitation of the heart, pain in the side, and female weakness (pelvic catarrh). When she wrote to Dr. Hartman she had given up all hopes of ever being cured. She took a course of Peruna, and says: "Peruna has given me health and strength; it is the best medicine that was ever made for women. My friends say they never saw such a change in a woman. I talk to every one about Peruna. I cannot say too much for it."—Mrs. A. E. Stouffer.

of other disagreeable symptoms will follow sooner or later. A constant, dragging feeling, as if a weight was hanging to the hips or small of the back, is almost characteristic of leucorrhœa. Always tired, night, morning and noon; never thoroughly rested, bright and amiable, as a woman should be. Many a good woman gets the name of being a scold or a slattern, when the whole trouble is that she is half dead as a result of a constant, prostrating drain of the life-giving fluids which ought to enrich the blood. Catarrh of the vagina will produce this deplorable state of things if allowed to continue.

A RESTED WOMAN.

The frequency of vaginitis among the women of this country, at least, is so great that it is the exception to see a woman that looks as if she was perfectly rested. The sallow skin or listless eyes, surrounded by dark circles; the languid gait; the fretful disposition—all attest the fact that she never or rarely knows what it is to be really rested. At some short period of life she was buoyant, lively and gay, but these days have passed, and many of them never expect to feel that way again. She tries to keep up her spirits in various ways, but the ever-present drag of weakness and low vitality keeps her down. She has the blues, gets thoroughly discouraged, and sometimes perfectly desperate.

BACKACHE.

To be free from backache is a luxury that many women hardly ever realize. "It seems as if my back would break" is an expression often heard. Of course there are many other causes for backache besides vaginitis and its consequent leucorrhœa, but this is by far the most frequent cause. The backache becomes to such women a sort of physiological barometer by which they can tell the approach of a storm or the recurrence of a menstrual period.

The large muscles of the back have become so weakened by the exhaustive drain that, instead of sustaining the delicate mechanism of the woman's anatomy, they remain loose and flabby, serving only as the seat of myalgia or neuralgia, or else muscular rheumatism. Ache and pain seems to be the only use these muscles are good for.

WHY SUFFER LONGER?

It would be well-nigh impossible to enumerate all the consequences to a woman's life which naturally result from a neglected case of vaginitis. Whatever they are, there can be no doubt that in most cases it is entirely unnecessary for them to continue. An intelligent course of treatment with Peruna will, in most cases, effect an entire cure. The average dose for any case as above described is two teaspoonfuls of Peruna before each meal and between meals. In some cases of extreme delicacy the dose to begin with should be one teaspoonful, and should gradually be increased so that at the end of the first month the dose is two teaspoonfuls. This dose should never be increased unless otherwise ordered by correspondence. A teaspoonful of Man-a-lin should be taken at bedtime.

AIDS TO TREATMENT.

One of the principal aids to treatment is the hot vaginal injection. The water should be as hot as can possibly be borne by the patient. Use the two-gallon Fountain Syringe manufactured by the Peruna Drug Manufacturing Company (price \$3.00). Never use a hard rubber, glass or pewter syringe. The best position is that of sitting on two chairs, placed three or four inches apart, and a vessel properly arranged to receive the returning fluid; the nozzle introduced its full length, if no obstruction prevents, and the stop-cock opened, which will allow the hot water from the elevated fountain to pass rapidly over the inflamed or otherwise diseased parts.

A very important adjunct to treatment is walking in the open air. Every day, except



Mrs. Laura J. Smith, National Organizer Anti-Treat Society, writes from 1217 West 33rd St., Minneapolis, Minn.: "I have had trouble with my bladder, kidneys and other pelvic organs for over ten years, and it caused me serious inconvenience and pain. "I tried the medicines of all schools, but none could cure my case. My neighbor received wonderful benefits in a similar case, and advised me to try Peruna. I at once bought a bottle and experienced relief within a week. I took it nearly three months before I was cured, but I am now regaining flesh and feeling better than I have done for the past fifteen years."—Mrs. Laura J. Smith.

when very stormy, the patient should take as long a walk as possible. Of course she must take care at first not to overdo; but the walk can be made a little longer every day.

HEAVY SKIRTS.

It is important to be comfortably dressed when walking. The stays should be easy, the



Miss Dade Stegeman, Superintendent of the Chicago North Side Woman's Club, in a recent letter to Dr. Hartman, speaks of Peruna as follows:

"Peruna has often been used by the members of our club in cases of stomach trouble and general debility—also recently in cases of la grippe, and always with the most beneficial results. I think a great deal of Peruna—often recommend it to my friends, and am glad to say all who have tried it speak a good word for it.—Dade Stegeman.

skirts light in weight and depending from the shoulders, the shoes broad-soled and well-fitting. Heavy skirts should never be worn, especially by women who are troubled with any sort of female disease. They drag on the abdomen, the shoulders soon stoop beneath their weight, and they always increase the inevitable back-ache. No medicine can cure a disease that is constantly being aggravated. The cause must always be removed; and it is certain that many forms of female trouble are at least greatly assisted in their course of devastation by heavy, tight clothing and confining stays.

A TYPICAL CASE.

[Vaginal Leucorrhœa.]

Mrs. C. R. ———, 32 years of age, married eleven years; no children. When she was seventeen years old she was required to do all the housework for her brother's family, and frequently exposed herself in a damp cellar and cold work out of doors. While so exposed she contracted catarrh of the vagina, and soon was troubled by constant leucorrhœa. Her monthlies had been regular up to this time, and normal. They began to grow less at every succeeding period, and, as the disease progressed, the leucorrhœa increased and the monthlies diminished. At the end of two years, when I saw her, she had only slight evidence of the menstrual period, rarely staining the discharge with the normal color. But the leucorrhœal discharge more than made up in quantity for the absence of the monthly flow. The parts were frequently sore and tender. She was weak and morose, with constant pain in her back, frequent urination, and at times great prostration; so much so that she merely dragged herself painfully about in her daily duties. She

had taken treatment of many physicians, and had tried, as she said, all the proprietary medicines that held out any hope in such cases.

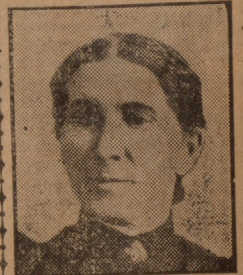
I at once prescribed Peruna, two teaspoonfuls before meals and between meals, with a teaspoonful of Manalin at bed-time to regulate the bowels, which had been greatly constipated.

COMPLETELY RESTORED.

A local treatment consisting of the injection of two gallons of very hot water morning and evening; each injection followed by a quart of cold water. In addition to this, I prescribed a Renaci Plaster to be applied to the sacrum to the extent of constant vesication. This treatment was continued without the least interruption for six weeks, when she had so much improved in strength and appetite that she declared herself almost well. The treatment was then continued without any change for six weeks more, when, for the first time, she had her monthly periods, and the leucorrhœa had ceased entirely. I did not see her again for six months, when I accidentally met her at a friend's house, and if she had not spoken I would not have known that I ever met her. She had become the very picture of health. She assured me that never in her life did she enjoy better health, and was looking forward with great anticipation to the birth of her first child.

FAVORABLE PROGNOSIS.

I have seen hundreds of cases of vaginal leucorrhœa that recovered from the trouble in a month or two, but most of these had but a moderate amount of leucorrhœal discharge and the periods had not so nearly disappeared as in the case just described. In a practice of over forty-two years I have never met a case of leucorrhœa or vaginal trouble that the treatment above given did not entirely cure. I believe that in all cases where the leucorrhœa is caused by catarrh of the mucous membrane lining the vagina that this treatment is un-failing.



Mrs. Caroline Sundheimer, Grandin, Mo., writes the following to Dr. Hartman in regard to Peruna:

"I am feeling quite well now. I can work again and am stronger than I have been for years, and I do believe that Peruna saved my life. I am very thankful to you for your advice. I will advise all I can to take your medicine."—Caroline Sundheimer.

ENDOMETRITIS.

There have been several varieties of this affection described by different writers. A considerable disagreement is noticeable in their descriptions. In one thing, however, they all agree, i. e., that endometritis, in

its more common form, is catarrh. It is, therefore, our intention to deal in this book with Catarrhal Endometritis, as we have already described the other forms of this affection in the book on Gynæcology.



Mrs. Bertha Mohr, 123 Gilbert St., Iowa City, Iowa, writes: "I was very nervous and weak, had frontal headache and catarrh of the stomach, bowels and intestines, (systemic catarrh.) I had female weakness very bad. I cannot express my thanks for the wonderful benefit obtained through Dr. Hartman's medicine, Peruna. I could not work my limbs trembled so. I am restored and can do my own work. I am certain that whoever tries Peruna will be satisfied with it."—Mrs. Bertha Mohr.

The symptoms are pain in the back, lower part of the belly, groins, and even thighs; weight and dragging, low down in front; burning and pricking in the vagina; and very uneasy symptoms in the rectum and bladder. A few days after the onset there is usually a discharge of thick, purulent mucus, which is sometimes bloody, bloating of the abdomen, which is very sensitive to pressure, and, in some cases, bearing-down pains similar to child-birth.

A VERY COMMON AILMENT.

Where the inflammation is confined to the cervical region of the uterus the same symptoms are present in a much less pronounced degree. It is these cases of chronic cervical endometritis that constitute the derangements of the multitude of women who have what is commonly called female weakness. The persistent train of symptoms which are the result of these milder forms of endometritis are generally as follows: Irritation of the spine, frequent headache, dizzy and strange feelings in the head, sleeplessness, great irritability of the nervous system, gloomy thoughts, burning, quivering, aching, trembling, bloating, flashes of heat, tremors of cold, prickly sensations, sinking feelings, faintness, numbness. No two

cases are exactly alike in number or severity of symptoms—some being slightly annoyed, others being actually confined to the bed.

Endometritis is very liable to cause acute metritis, vaginitis, vulvitis, urethritis, cystitis, pelvic peritonitis, salpingitis, and various skin eruptions about the parts. Acute endometritis, if not properly treated, may pass into chronic endometritis in one or two months, when its duration will be indefinite unless cured. When properly treated with Peruna these patients always make a good recovery.

USELESS REMEDIES.

Internal palliatives, which are generally used to bring relief to the victim of endometritis, are legion. They consist of nervines, stimulants, sedatives, hypnotics and tonics—each kind producing greater or less harm, according to the ignorance or learning of the prescriber. Pills, tablets, triturates, tinctures, elixirs, fluid-extracts and infusions follow each other in rapid and endless succession. Old and new remedies, regular and irregular, pharmaceutical and domestic, are given a hasty or careful trial; bromides and valerianates, chloral and opiates, and an ever-increasing swarm of new medicines to lull or paralyze the nervous system, giving to the patient brief and fitful hopes, to be followed invariably by bitter disappointment and despair.

Now, while I do not object to the occasional use of some of the above-mentioned remedial agents, I wish to impress upon the minds of all who read this that to rely upon them with any expectation of permanent cure is not only sure to bring failure, but the catarrh becomes more and more unmanageable because of the want of proper treatment. To meet some crisis of the course of these diseases some of these remedies may be resorted to by good doctors in the treat-



Mrs. Catherine Toft, President of the Valkerein Association, of Chicago, writes the following from 5649 Cottage Grove Ave., Chicago, Ill.: "It has been my privilege to advise a number of my friends concerning the best medicine in cases of a worn out system and a broken down constitution. Knowing of the very satisfactory results from the use of Peruna, I have often advised it, and am glad to speak of the well deserved praise those who have tried it have given it. I know of nothing better in cases of catarrh of the stomach and for liver trouble. It is of superior merit. I gladly endorse it."—Catherine Toft.

ment of them, but one ought never commit the folly of supposing that they will lead to a cure.

Treatment.

First—If there is sluggishness or constipation of the bowels, delayed or insufficient menstruation, Manalin should be taken—a single dose at bed-time each night, beginning with half teaspoonful dose, gradually increased until the desired effect is produced.



Miss Evelyn Morse writes from 651 Adams St., Minneapolis, Minn., as follows:

"I suffered for nearly three years with catarrh of the stomach which no medicine seemed to relieve, until a friend advised me to try Peruna. Although skeptical, I tried it, and found it helped me within the first week. I kept taking it for three months, and am pleased to say that it cured me entirely, and I have no symptoms of its return. I am only too glad to recommend it as a wonderful medicine, doing it and more than you claim for it."
—Evelyn Morse.

DURATION OF TREATMENT.

This treatment should be continued for months if necessary, according to the duration of the disease previous to beginning treatment. There is not one case in one hundred it will not cure if faithfully followed. Thousands of dismal homes have been made happy; thousands of shrunken, decrepit women have been restored to perfect health by adopting this treatment. I receive many such letters every day, which I take pleasure in answering. It would be difficult to compute the suffering, expense and anxiety that is usually prevented by this course of treatment.

PE-RU-NA IS HARMLESS.

Peruna contains no phosphorus, strychnine or quinine, to temporarily exalt the nervous system, but acts permanently by restoring the normal functions. It contains no narcotic or sedative and does not derange the action of any bodily function during its use.

Second—Pe-ru-na should be taken in two teaspoonful doses before each meal and between meals in all varieties and stages of the disease. Delicate women may begin with one teaspoonful and gradually increase to the above dose.

Third—Vaginal injections of hot water should be used as before described.

The internal treatment is to be continued during the flow in all of the above troubles, unless it should in some one of them make the flow too free, in which case stop its use during that time, and resume it again immediately after. The injections, too, should be used all the while, except in cases where they, too, cause the flow to be too free.

A Case of Endometritis.

Some years ago, while practicing in New York City, a middle-aged lady came to tell me about her daughter. She said she had been confined to the bed almost constantly for two years; that the doctors called her disease endometritis; that she had a continual unpleasant discharge from the vulva, and that there was no time that she did not feel entirely too miserable to be out of bed; that sometimes she did not have her periods at all for three or four months at a time, then again she would have them every two weeks, but always with great pain; that her appetite was capricious; sometimes she could not eat at all, and other times her appetite was voracious. Again, she would have spells of dyspepsia, when she would vomit everything she ate; that she was reduced to a mere skeleton and her death had been expected from week to week for a month; that it was impossible to bring her to my office which was the reason she wanted me to come to see her daughter at my convenience. Not being able to leave my office at all in the day time, I called at the house near midnight, made a careful examination, and readily concurred in the diagnosis made by the physician who had been attending her. It did not seem possible for one who had suffered as she had, and been confined to her bed as long as she had been, to recover.

They had been irrigating the womb with medicated liquids during all her sickness, both for purposes of cleansing and curing. I saw at once that no cure could be effected by any local treatment of the womb, either by injections or otherwise; but, as it was necessary to keep the organs clean, I advised injections of hot water containing a teaspoonful of common table salt to each quart of water, to be used morning and evening, always using two gallons at a time. I prescribed internally two teaspoonfuls of Peruna before each meal and between meals and a tablespoonful of Manalin at bed-time, inasmuch as her bowels were always greatly constipated. They reported her condition to me once a week. I never made any change, but continued the same treatment with-



Mrs. A. C. Jackson, from Chicago, Ill., says: "I desire to congratulate you on the success which you have obtained in placing before the public a medicine at once so harmless and efficacious as Peruna. "It seems to be especially of value where nerve filaments are in disorder, digestion deranged or disturbances created either in the pelvic or respiratory organs. "Several cases have come under my personal observation and I have been highly gratified to see the patient cured in every instance. I have tried it myself and find it a very valuable tonic."
—Mrs. A. C. Jackson.

out the least interruption for three months. During that time she did not take a dose of any other kind of medicine. It was about this time her mother called again to see me at the office, this time bringing her daughter with her. The improvement in the daughter's appearance and her increase in flesh was the most remarkable of anything that I had ever seen from the effects of Peruna before. She was perfectly well, had a splendid appetite, and declared she did not believe that she had ever felt as strong in her life before. She said she believed she could walk two miles without the least fatigue; that she could run up stairs, do the work in her room, dress and walk a mile and not feel that she had done anything. Her trouble, I was satisfied, had been caused from taking cold, and it was upon that theory that I prescribed the treatment; and I am convinced, beyond every possibility of a doubt, that it is the only treatment needed in all similar cases to effect a perfect and permanent cure.



Mrs. Minnie Steeves, from 42 Delaware Place, Chicago, Ill., writes:

"Ever since my son, now grown, was born I have suffered with some peculiar weakness of the pelvic organs which no medicine seemed to reach.

"My physicians finally suggested an operation, which I was considering, when my sister asked me to try Peruna as a last resort. She had used it and been greatly helped. Peruna simply worked wonders with my whole system, and in a few weeks the pains began to go away. I felt so much better that I kept on taking it and am now in perfect health. I give great praise to this splendid medicine, and certainly advise suffering women to try it when all else fails."—Minnie Steeves.

before each meal and between meals. Keep the bowels gently open with Manalin. All sedentary work must be discontinued, and exercise in the open air, on horseback, in carriage, or long walks taken. Hot sitz baths should be taken daily until the flow appears.

Amenorrhœa.

Miss C——, of 17 summers, applied to The Hartman Sanitarium staff for treatment. She was a blonde, blue eyes, light-brown hair, face of fine contour, but deathly pale and very weak. Her pulse was 100 per minute, respiratory 25, and a bluish zone around her eyes. The history she gave was: that she had enjoyed the best of health up to one year ago; that the menses began at the age of fourteen, and were regular and normal in every particular up to that time. At that time her home burned down one cold day in winter, and she was compelled to go out of doors with very little clothing, which occurred during the menstrual period. It was some distance to the next neighbor's, and she took a terrible cold; her monthlies stopped; and from that time (for one year) there had not been the least trace of their return. She frequently had bleeding at the nose, which she sometimes imagined had the odor of the monthly discharge. She had pain in her back and a bearing-down sensation in her abdomen, and an almost constant pain between her shoulder blades. She was exceedingly nervous; the slightest noise would frighten her; and she was thoroughly miserable. She had doctored with several of the best physicians at home, and declared she had taken enough iron to make a locomotive. She had also taken aloes, spurred rye, pennyroyal, and a host of other remedies, the names of which she never learned.

I prescribed for her two teaspoonfuls of Peruna before each meal and between meals and a teaspoonful of Manalin at bedtime. It was little over a month when she presented herself again, saying that she had a little show of her monthlies a few days before, but had seen nothing since. I advised her to continue the same treatment indefinitely, and report when her monthlies returned. In exactly one month she



Mrs. Lavina E. Walker, who holds the highest state office of the ladies of the Illinois G. A. R., which is Department Chaplain, writes from Western Springs, Ill.:

"You have my sincere gratitude for placing before suffering women a medicine which has proven such a blessing as Peruna has.

"I have used it myself when much worn out, and found most gratifying results, and a number of the women of our Order suffering with weakness peculiar to women, have been wonderfully helped and cured by Peruna. Hence it has my endorsement and best wishes."—Lavina E. Walker.

CATARRHAL AMENORRHŒA.

Amenorrhœa is a term which signifies the absence of the menstrual flow in all cases where such flow is the normal state of things. In catarrhal amenorrhœa the absence of the flow is brought on by catching cold, producing a condition of acute catarrh of the womb and appendages. These cases present to the regular practitioner some very embarrassing situations. It is very common, indeed, for women to apply to a physician for medicines to bring on the flow, when there are reasons that, at least, raise the suspicion that the absence of the flow is dependent on other causes than catching cold. Nevertheless, it is a very common cause of amenorrhœa. During the menstrual flow it requires care to avoid catching cold.

The sudden stoppage of the menses from acute catarrh is very liable to lead to endometritis, and thus lay the foundation for a very serious and protracted illness. The treatment for amenorrhœa is two teaspoonfuls of Peruna

before each meal and between meals. Keep the bowels gently open with Manalin. All sedentary work must be discontinued, and exercise in the open air, on horseback, in carriage, or long walks taken. Hot sitz baths should be taken daily until the flow appears.

came again, in the best of humor, with the report that she was all right again. Her menses had returned perfectly normal then, and she felt quite well again, but was still weak. I advised her to continue the treatment without any change until she was as strong as ever. Two months after I received a letter from her, stating that she was not only well, but as strong as any girl of her age.



Rev. Millie Wilson, superintendent of the Jail, Prison and Almshouse, of Chehalis, Wash., writes:

"Last winter I caught a severe cold which settled in my back, causing frequent headache and dragging pains. My lungs were also badly affected. I tried different remedies for a couple of months, but only became worse. Finally I made up my mind to try Peruna. I was pleasantly surprised to find myself much better before the first bottle was used. I grew rapidly better and in six weeks was well. I seem stronger than ever, my work is easy, and now if I have been exposed I just take a dose or two of Peruna and it prevents my catching any cold."—
Rev. Millie Wilson.

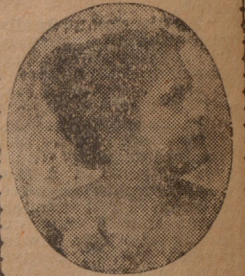
regular time of the menses. This state of things gives rise to a profuse menstruation, which may be so great as to actually produce flooding. This affection is known as Catarrhal Menorrhagia. Menorrhagia is a term used to cover all cases of profuse menstruation; but catarrhal menorrhagia is intended to cover only those cases which are the direct result of catarrh. These cases should be treated the same as uterine catarrh.

METORRHAGIA.

The term Metorrhagia applies to the loss of blood from the womb between the menstrual periods. This condition is very likely to depend on some organic disease or growth within the cavity of the uterus. It is undeniable, however, that many cases are produced as the result of uterine catarrh or endometritis. When it is known that the metorrhagia does not depend upon organic diseases, the patient may be sure that she has congestive catarrh of the womb. The treatment is the same as for other forms of uterine catarrh.

Metorrhagia.

Mrs. K—— visited The Hartman Sanitarium, saying that she was having her "monthlies all the while," as she expressed it. She was 35 years of age and the mother of four children. Two years before she had a miscarriage, after which she had her monthlies every two weeks. She was weak, emaciated, bilious, constipated, appetite moderate, with more or less dyspepsia, pain in the back, in her side and ovaries. She had falling of the womb, with bearing-down pains. She had employed the best doctors she could get during the first year of her trouble, and then she began to take patent medicines that were especially advertised to cure female troubles. She had ransacked every newspaper she could get hold of for advertisements of such remedies; but none of them did her any good. Finally her husband persuaded her to take Peruna. He had taken it for consumption and it cured him, and hence he believed it would cure her. She said she had not consumption, nor had she catarrh, which were the only diseases that she had ever heard Peruna was good for. But her husband insisted that Peruna would cure her, and persuaded her to take a large tablespoonful three times a day. She did so, and the consequence was she flowed more, and the longer she took it the more she flooded. She wanted to quit taking it, but he said no—that the very fact that she flowed more than usual indicated that Peruna was having an effect. But finally after she had become exceedingly weak, he brought her to The Hartman Sanitarium. I had her discontinue the Peruna altogether for one week, and then commence with a teaspoonful before each meal and between meals. She began to improve at once, and in four weeks she was as well as ever in her life; and now six months have elapsed and she continues to enjoy perfect health.



Miss Jennie Johnson, Vice-President Chicago Teachers' Federation, and a teacher in the Healy school, of Chicago, writes the following from 3118 Lake Park avenue, Chicago:

"During the past ten years I have been a teacher in Chicago and have often found myself worn out and in need of a tonic. Among the different remedies I have tried, none have helped me more than Peruna. I find it especially helpful in cases of catarrh of the stomach; it restores the functions of nature, induces sleep and builds up the entire system. It has not only been a help to me, but several of my friends who were teachers and who have used it, speak very highly of the recuperative qualities of Peruna. I therefore gladly give it my hearty endorsement."— Miss Jennie Johnson.

In all such cases small doses of Peruna are a specific and cure every case. But Peruna in

tablespoonful doses, in the various disturbances of the womb and ovaries, will, in many cases, increase the flow too much, and in pregnancy might prove disastrous to the fruit of the womb.



Mrs. Theophile Schmitt, wife of the ex-Secretary of the German consulate, writes the following letter to Dr. Hartman, from 3417 Wabash Ave., Chicago, Ill.:

"I suffered this winter with a severe attack of la grippe, and having repeatedly heard of the value of Peruna in such cases, I thought I would try it. I used it faithfully, and began to feel a change for the better the second day, and in the course of a week I was very much improved. After using three bottles I not only found the la grippe had disappeared, but my general health was much better. I am satisfied that Peruna is a wonderful family remedy, and gladly endorse it."—Mrs. Theo. Schmitt.

A teaspoonful, however, is always beneficial to women, whatever their condition may be. As a rule, two teaspoonfuls five or six times a day (that is, repeated every three hours) is the proper dose, although there may be a case occasionally in which it may have too great an effect, when the doses should be reduced to a teaspoonful.

**DYSMEN-
ORRHŒA.**

This word means painful menstruation. In a normal state of the womb there is no pain attending the menstrual periods. Whenever there is pain before, after or during the periods, it can be safely assumed that there is something the matter. Catarrhal congestions of the womb

sometimes so increase the weight of the womb that it is inclined to tip backward or forward, which is almost sure to give rise to painful menstruation. When the womb is in its proper position the menstrual fluid escapes from the womb by gravitation; when the womb is tipped backward or forward the menstrual fluid is retained in the womb until it is forced out by contractions, which are more or less painful. This is the cause of a great many cases of dysmenorrhœa.

Again, catarrhal congestion of the lining membrane of the womb, especially at the neck of the womb, may so thicken these membranes as to clog up the natural passage through the neck of the womb. This also leads to a retention of the menstrual fluid, which must be forced out by contraction. The various anodynes that are used in these cases are of no use, except to lull the pain. The cure of this condition must depend upon the cure of the catarrh. When the catarrh has been thoroughly eradicated from the womb Nature is sufficient to right all these disturbances. Peruna in all these conditions is a God-send. It removes the cause of the trouble and cures the disease. I think it is

not generally known how many women there are who have painful menstruation. It is probably true that dysmenorrhœa is the rule rather than the exception. This is, in most cases, due to catarrhal congestion.

Miss C. R.—, age 25 years, residing near Cleveland, O., called at the Hartman Sanitarium to consult me. She said her only ailment was painful menstruation; that at every menstrual period she is obliged to go to bed for two or three days on account of the extreme pain; that after the flow is thoroughly established she is gradually relieved of the pain. Afterwards she could get up, and in a few days be able to assist in the household affairs; but she always feels badly; never entirely well; frequently has headache, pain in the back, and a dragging sensation in the lower part of the abdomen. She had been treated by the best physicians in the city of Cleveland, Ohio, for nearly two years; and while they gave her immediate relief every time her monthlies came on, yet there was not a particle of improvement in her condition. Every menstrual period seemed to be the same as the preceding ones. The usual proprietary remedies recommended in such cases had been tried, but all to no effect.



Mrs. D. W. Mason, 502 Dauphine St., New Orleans, La., writes:

"I have been suffering for the past two years with female weakness, palpitation of the heart, stomach, kidney and liver disorder, and above all a dreadful cough with smothering spells. I was completely run down.

"After I had taken one bottle of Peruna and a few doses of your Manalin, I could sleep soundly, my heart was better, my cough left me, it acted immediately upon my nerves, and after taking four bottles according to your directions, I was entirely cured of all my troubles.

"I can truthfully say that there is nothing to equal your Peruna and Manalin. I was a different woman after taking the second bottle. It is without a doubt the best medicine in the world."—Mrs. D. W. Mason.

THE REMEDY.

While there are, doubtless, cases of this kind that are caused by retroflexion or by tumors of the womb, yet in the majority of these cases the trouble is caused by catarrh of the mucous membrane lining the womb. The excessive mucus that is constantly formed in the organ (because of the catarrh) is retained by the monthly congestion, and the retention of this mucus acts upon the organ similar to a tumor, obstructing for a time the flow. I, therefore, prescribed Peruna in two teaspoonful doses, to be taken every three hours continuously between the periods and during the periods, and a teaspoonful of Manalin at bedtime. I advised moderate exercise in the

Mrs. A. W. Allison,

Assistant Matron Peoples' Hospital, Chicago, Ill., writes from 759 Sheffield avenue:

"I have frequent opportunities to observe the wonderful curative effects of Peruna, especially on persons suffering with a congested condition of the head, lungs and stomach generally called catarrh. It alleviates pain and soreness, increases the appetite and so tones up the entire system that the patient quickly regains strength and health."—Mrs. A. W. Allison.

Miss Della N. Redden,

506 West 49th street, New York, writes:

"I have no hesitation in saying that Peruna cured my catarrh. A few months ago it bothered me so much that I couldn't sleep nights. The relief that Peruna has brought to me is indeed great. I use it now whenever the catarrh symptoms begin to bother me. I gladly recommend Peruna to those who suffer from catarrh."—Della N. Redden.

Write Dr. Hartman.

Dr. S. B. Hartman, President of The Hartman Sanitarium, Columbus, O., has probably treated more cases of pelvic catarrh than any living physician. He receives hundreds of letters daily from women who have been cured by his free advice. Letters answered free.

**MRS. A. W. ALLISON****MISS DELLA N. REDDEN****MISS J. E. HOOPES****Miss J. E. Hoopes,**

1331 F St., N. W., Washington, D. C. writes:

"My system was run down and worn out by continued colds and catarrhal trouble. I experienced no permanent relief until I tried Peruna.

"To-day I feel better and stronger than for years and I feel very grateful, attributing my restored health to the beneficial effects produced by Peruna."—J. E. Hoopes.

Mrs. J. C. Garrett,

Of 38 West 117th street, New York City, writes:

"I can honestly recommend Peruna as a great catarrh remedy. It heals and heals quickly and permanently.

"This is simply the whole story in a word. I have for years suffered with catarrh, aggravated when I took cold and Peruna cured me. It is indeed a great medicine, and worthy the highest praise, for it is reliable and will never disappoint you."—Mrs. J. C. Garrett.

Mrs. Mathilde Buck,

5242 La Salle avenue, Chicago, Ill., in a recent letter to Dr. Hartman, says:

"I used Peruna and found that it was the only medicine that helped me and brought me new strength, I was so low a few weeks ago that I was unable to do my housework, and I thank you for Peruna."—Mrs. Mathilde Buck.

**MRS. J. C. GARRETT****MRS. MATHILDE BUCK**

THE REMEDY—Continued.

open air and a generous but easily digested diet. During the first, and even the second month the improvement was only moderate, but



Mrs. Frederick Williams, President of the South Side Ladies' Aid Society, of Chicago, Ill., writes the following words of praise for Peruna from 978 Cuyler Ave., Chicago, Ill.: "Four bottles of Peruna completely cured me of catarrh of the head of several years' standing, and if my husband feels badly, or either of us catch cold, we at once take Peruna."—Mrs. Williams.

at the end of three months it was most marked. After continuing the treatment for two months more she was entirely cured. She could have her periods without the least pain and without the necessity of refraining from work or going to bed. She declared that she was as well during the flow as she was during the intervals between the flow.

The above treatment cures cases of this kind in from one to two months; but I preferred to give this case because there is every now and then a patient who will recover just as slowly as this one did, and the necessity of perseverance,

therefore, is made more evident.

SALPINGITIS.

Salpingitis is the term used to designate catarrhal inflammation of the Fallopian tubes. The Fallopian tubes are lined with mucous membrane which is continuous with the mucous membrane lining the womb. Chronic catarrh of the womb (endometritis) is very likely to end in salpingitis by the extension of the disease into the Fallopian tubes. Catarrh of the lining membrane of the Fallopian tubes produces a thickening of this membrane which immediately produces complete or partial occlusion of the tube. This forms one of the most common causes for sterility that is known to the physician.

A hasty outline of the details of conception is as follows: The ovum, which is essential to impregnation, is formed on the ovary, entirely outside and separate from the womb. The only way the ripened ovum can reach the womb is by passing through the Fallopian tubes. If the Fallopian tube be stopped up by catarrhal congestion the ovum can not pass through it. This makes impregnation or conception impossible. Catarrhal inflammation of the Fallopian tubes may not produce any other symptom which is noticeable to the women except barrenness. The catarrh just thickens the mucous membranes enough to keep the ovum from passing through, and thus prevent the possibility of conception. The woman may be otherwise in perfect health; the reproductive

organs may be well formed and active; she may be perfectly regular and normal in all her functions, and yet the partial occlusion of the Fallopian tubes, by the thickening of their lining mucous membranes, make her life one of constant disappointment by preventing her from becoming a mother.

THE FREQUENCY.

The trouble with this subject is, that the doctors fail to recognize catarrhal salpingitis as the frequent cause of this very unfortunate condition. If a woman presents herself to them seeking advice as to how she may overcome her barren condition, he will immediately begin to hunt for some large cause, such as tumor or malformation or deficiency or perhaps impotency of the male. It rarely occurs to the average physician that so simple a cause as catarrhal congestion of the Fallopian tubes may be at the bottom of the whole matter. There are thousands of barren women, without a doubt, who have searched in vain to find a cure, who would be immediately relieved if the true cause of her condition was known. In a great majority of cases her trouble is simply catarrh. Her treatment is the same as I would give a woman for catarrh of any other organ.

If salpingitis is associated with catarrh of the womb (endometritis), injections of hot water should be used as before recommended. In cases, however, where there is no endometritis and there is little or no disturbance of the system, save barrenness, there is no use of using any local measures whatever. The woman should begin by taking a

teaspoonful of Peruna before meals and between meals. This dose should be gradually increased so that at the end of one month she will be taking two teaspoonfuls at each dose. This is all the treat-



Mrs. C. Nickel, Hebron, Neb., writes:

"I suffered from weakness for ten years. The least exertion caused me pain in the middle of chest and difficulty in breathing. When I would awake in the night my heart would palpitate so that I often could not sleep. I took Peruna and now I can do all of my work easily without getting short of breath.

"Peruna is the best medicine for me. It strengthens my nerves. It is just what I need. As long as I use Peruna I do not know anything about weakness.

"I have never found a medicine that makes me feel so strong and vigorous as Peruna. I shall always keep Peruna in the house. It ought to have a place in every home.

"The longer I use it the better I like it. I would not give your book, 'The Ills of Life' away for any price if I could not get another."—Mrs. C. Nickel.

ment that is necessary for such cases; except the bowels are inclined to be constipated, when a teaspoonful of Manalin should be taken at bedtime or enough Manalin to produce one natural movement of the bowels each day. Regular and wholesome diet should be observed and plenty of daily exercise should be practiced.

BARRENNESS.

To the woman of ancient Israel not to become a mother was regarded as the greatest of earthly calamities. To become a mother—more especially the mother of a strong, healthy boy—was the height of glory for the faithful woman of the good old Bible days. Even now, when maternity is not esteemed as of yore the mother of healthy children is an object of admiration, and sometimes envy, by her neighbors. As compared with ancient people, the average American woman has a low appreciation of motherhood. There are, however, a great many exceptions to this statement. While writing this, two testimonials were received. They seemed so timely that I could not resist the temptation to put them in this book as an illustration of what Peruna may accomplish in some cases of barrenness. It had been my purpose to put no such testimonials in the book, but to reserve them for the special purpose of sending direct to women making inquiry on this particular subject. Our book of testimonials will be sent to any who desire it, which gives the facts in their own words of many a thankful mother, wife and sister from all parts of our land. It is the sincere wish of the author of this book that the beautiful mother and promising baby shown in the cut may live long and live well to enjoy the happiness which each is able to give the other. I hope to have the pleasure of furnishing a cut of the other mother and her ten-pound baby in the near future. May the blessing of health be theirs. This brief glimpse of domestic felicity in the pages of a dull, prosaic book on medicine, is grateful alike to the reader and the author.

BABY NO. 1.

"Your medicine did me a wonderful amount of good. It cured me of barrenness. I am 30 years old and had never had any children; but since beginning your medicine I gave birth to



MRS. E. E. THOMAS, WHEELING, MO.

a 10-pound baby girl. She is now six months old and weighs 25 pounds. My friends were all surprised. Some would not believe it until they came to see me. My husband says he never saw such a change in any one as there was in me after I had taken three or four bottles of Peruna. I am stronger than I have been since I was quite young. God bless you and your medicine forever. I can not tell you all. My letter is too long already; but I will say Peruna cured me. I never saw or heard of anything half so good. I can never thank you enough for your kindness. In cases of la grippe it works like a charm. It cured my baby when other medicines failed. She was real bad with la grippe."

MRS. L. M. GRIFFITH.

BABY NO. 2.

"I have used your Peruna and Manalin. I had been doctoring for several years, but kept getting worse. One day a neighbor woman brought me your book the "Ills of Life," and wanted me to take your medicine. I told her that I had given up all hope of ever getting well. I had tried so much medicine. My neighbors thought I was nearly dead with consumption. Finally, I concluded that I would make a last trial. So my husband got me a bottle of Peruna and Manalin. I commenced taking them according to directions. That was two years ago. A year ago last November I gave birth to a 10-pound baby boy, who is well and hearty; and I am doing my own housework. I can never give Peruna too great praise. I think it the best medicine I ever heard of."

MRS. E. E. THOMAS.

Wheeling, Mo.

CHANGE OF LIFE.

DEAR MADAM—It is about that very important climacteric period of your life which is commonly called "Change of Life" that I propose to write a few words to you. In undertaking to speak to you on so delicate a subject you will realize that it will be extremely difficult for me to make myself as clear as would be possible in a private consultation; but I trust I shall be able to be sufficiently explicit to render you a great service in this most trying ordeal through which you are passing.

I have grown gray in the practice of medicine; and during my long and extensive practice I have treated



Miss Annie Longhenry, 2212 W. School St., Des Moines, Ia., was cured by Peruna of catarrh of the bronchial tubes. She writes:

"For over two years I was troubled with catarrh of the bronchial tubes and heard of Dr. Hartman's book called 'Health and Beauty.' I read it and wrote to the Doctor, who answered my letter promptly. I began taking treatment as soon as possible. Tongue cannot express how I suffered with my throat. I didn't feel like myself for over a year. My case was a stubborn one. So I began taking Peruna and now I cannot praise it enough. Any one who has chronic catarrh should try Dr. Hartman—he will help any one. I feel grateful for what the Doctor has done for me, and would not do without Peruna. I am well and healthy and feel happy. I thank the Doctor for his kindness."—Miss Annie Longhenry.

the earliest symptoms is palpitation of the heart and throbbing at the pit of the stomach producing faint feelings and shortness of breath. With some this is a prominent symptom; the attacks of palpitation and short breath becoming so severe as to produce dangerous sinking spells, somewhat resembling hysteria, for which they are frequently mistaken. You are liable to have your feelings frequently hurt by those who are wholly ignorant of the gravity of your troubles, who may call these sinking spells "hysterics," and the want of sympathy which this supposition always produces among attendants is one of the things you are compelled to bear.

LATER SYMPTOMS.

The sudden flushing of the face and full feeling in the brain, the hot spot on top of the head, the roaring in the ears, the specks floating be-

fore the eyes, the attacks of neuralgic headache, are what almost every one in your condition finds herself afflicted with. The strange dizziness you feel at times, together with the numb and prickly sensations in various parts of the body, will most likely cause you to fear that you are threatened with paralysis. Cold feet, cold hands and hot head show how poorly the circulation of the blood is kept up. The weakened state of the stomach, together with the changeable appetite, causes the belching of gas and sour stomach that you are probably troubled with. A great many are sure that they have abdominal tumors, as the muscles of the abdomen will often contract so as to produce round, firm masses, which remain a few days or weeks.

PRELIMINARY SYMPTOMS.

The symptoms usually begin before any irregularity of the menstrual periods have been noticed. The age at which the "change" begins varies from thirty-eight to fifty-two years, but the derangements set up at this time may continue to the end of life if not overcome by the use of Peruna. Among

precisely alike, yet there is sufficient similarity in them that a good description of one gives a general idea of them all. I will attempt to describe your case by mentioning all the symptoms usually attending these cases.

COURAGE FAILS.

In spite of your best efforts, you are at times despondent, nervous and irritable. So sensitive have you become that it is impossible for you to believe that your family or friends are not growing careless or unsympathetic. Very few people are able to appreciate how much you suffer, for you look so much better than you really are. I

is bad enough to be sick in any case, but to be sick as you are now, suffering as you do, perhaps more than ever before in your life, and yet not be able to describe, or in any way make one understand, how indescribably wretched you feel—that is still worse. And sleep—that natural invigorator and nerve tonic—how little you get of it since the trouble began. You may have exhausted every device you ever heard of to procure sleep, and you lie awake night after night, until at last, completely exhausted, you catch a fitful nap just before day, when you rise, tired and weak, to undertake the duties of the next day.



Miss Anna Dorn, Vice-President of Young Peoples' Social Club, Menasha, Minn., writes: "I have reason to thank you for giving the world such a good medicine as Peruna. I caught a severe cold a few weeks ago which settled all over me, and finally developed catarrh of the lungs, and I was very much alarmed. Our druggist advised me to try Peruna and I gladly bought a bottle. I found it acted wonderfully prompt and yet gently. In two weeks I was completely cured and I sing its praise to all my friends."—Anna Dorn.

CATARRHAL CONGESTION.

At times you feel sure that your kidneys are affected, for the urinary secretions sometimes are scant and high-colored, and then very abundant, with no color. As a matter of fact, your kidneys are affected; and so is every other

organ of your body that is lined with a mucous membrane. All of the mucous membranes at this period of your life are congested. This is especially true of the mucous membrane lining the pelvic organs, as well as the urinary organs.



Miss Emma Herziger writes from Neenah, Wis., the following praise for Peruna. She says:

"I take great pleasure in acknowledging the curative effects of Peruna. Last year my system was completely run down and our family physician suggested that I take a trip to recuperate.

"My sister-in-law then asked me to try Peruna, first telling me how it had helped her. I did so, and found three bottles as good as a three weeks' vacation. I shall always speak well of it in the future."
—Emma Herziger.

am talking about. I believe I fully appreciate the extent of your suffering, and if you will follow my advice in a short time you will be convinced that you can be relieved entirely.

NO NARCOTICS.

First, I want you to put away every bottle of medicine you have been taking; strengthening medicines, sleep medicines, appetite medicines, or medicines for the nerves, one and all, set them aside; you will not need them any longer if you do as I advise. If you have been taking large doses of any narcotic you had better leave it off gradually.

CORRECT TREATMENT.

Begin at once to take Peruna—a teaspoonful before each meal and between meals. This dose should be gradually increased until you are taking two teaspoonfuls at each dose. Do not take it any oftener than these directions prescribe unless you have a bad spell with your heart or nerves, when you had better take an extra dose, as it will relieve you quicker than anything else. Peruna contains no opium or other narcotic, so you need have no fear in using it continuously for any length of time.

FAITHFUL TREATMENT.

Although Peruna will begin to relieve you almost as soon as you begin to take it, yet do not expect too much of it at first. Be faithful to take it regularly for two or three weeks, and you will be sure to see that it is beginning to help you. Keep right on, and your appetite will return and digestion be as good as any one's. Your sleep will be sound, your nerves strong and quiet.

PERMANENT EFFECT.

Peruna is no temporary relief or quick acting nerve, but it builds up gradually and permanently. Before you have used it a month no one could hire you to quit taking it, as then you will begin to see its benefit. It has cured thousands, and to-day is the most extensively used medicine for your trouble in existence.

CONSTIPATION.

If you are constipated get Manalin, and take only enough of it at bedtime to produce one passage each day. Begin with the dose on the

it as you find it necessary. When you find the dose that will cause one natural passage every twenty-four hours then continue to use it until you have formed the habit of having a movement at the same hour each day. Don't quit too soon. Wait until the habit is thoroughly formed, and you will be no longer troubled with constipation.

As soon as these remedies have removed the catarrhal condition from the lining mucous membrane the forces of your body will be able to adjust themselves to the great change through which you are passing without producing the many and disagreeable symptoms from which you are now suffering. Be sure of it, catarrhal congestion

is the secret cause of your trouble. Peruna will be sure to find it out and expel it from your system. Catarrh leaves when Peruna comes.



Mrs. Austin Degroot, of Woodville, Mich., writes:

"I am very glad to write you that I feel in every way cured of catarrh from which I have been a sufferer for twenty years. I took ten bottles of Peruna and one of Manalin. I feel very grateful to you for so valuable a medicine. I would hawk up terrible scabs from my throat. I have no pain since cured of catarrh, that the doctor called neuralgia. If this will be of any use to suffering humanity, you can use my name in any way."
—Mrs. Austin Degroot.

YOUR DIET.

Eat whatever you choose to. Don't eat oatmeal or graham if you do not like them. No food that is forced down will do you any good. Take a walk each day if possible, and do as

much work as your strength will allow. In conclusion, dear madam, I assure you if you follow this advice faithfully you will soon be free from your distressing symptoms. Even after you consider yourself cured you had better have Peruna on hand, for you will be more or less subject to the head or fainting spells until the climacteric period is fully past, and you will find it a quick and sure cure.

AN INTERESTING CASE.

Mrs. R., on entering my office, hurried to give me the history of her case. She said: "Oh, Dr. Hartman! I have come a long way to see you; I am from Philadelphia. I could not wait any longer; I had to come at once. You see I am very fat; weigh nearly two hundred pounds.

Most people think I am well because I look so well; but I am not. I am very sick—nearly dead. Medicines don't cure me. You are such a great surgeon, I want you to operate at once. I am burning up with flashes of heat passing over me in such rapid succession that I have to pant for my breath. Oh, Doctor, I am so miserable. The doctors say it is the Change of Life; but I have passed that period over seven years ago. I was forty-nine then, and I am now fifty-six. I would be well were it not for these constant waves of heat. They commenced slightly, I believe about nine years ago; they have gradually and almost imperceptibly increased ever since, and now something must be done, no matter what, or I will die with heat-stroke, apoplexy, paralysis, or some other terrible disease. Please don't listen so silently to what I say, but tell me what you can do for me." I calmed her gently, and assured her she needed no operation. "Then there is no use for me to stay? Every medicine has utterly failed me." "But, you have never taken Peruna," I inter-

posed. "What is Peruna? I never heard of it. Is it a medicine?" "Yes, it is a medicine, prepared expressly to cure diseases of the mucous membrane, to cure congestion, irritation and inflammation of the mucous membrane through the entire body. This membrane lines the bladder, the vagina, womb, bowels, stomach, lungs, bronchial tubes, and every opening, cavity and cell in the head. In your case this whole membrane has become congested, giving you great heat all through your body. The waves of heat you speak of are on the inside of your body, and not on the outside. You are frequently chilly, and your feet and hands are always cold." "Exactly so, exactly so." "And you frequently have a pain in your right side and back." "Yes, yes." "You sometimes make too much water, and then again not enough. All this comes from the constant heat within." "Call it fire; as if my inside was on fire. Just feel my breath against your hand. Is it not hot?" "Of course; it could not be otherwise with such an extensive congestion all through you." "What do you call the disease?"

"A good name would be chronic hypertrophic catarrh of the whole mucous membrane lining the body." "Then it is not the change of life that ails me."

"No, not exactly; but it was caused by the menopause (change of life)."

"Can you cure me?"

"Yes; nothing is easier. Peruna cures all catarrhal troubles of the mucous membrane and other conditions that affect it in a similar manner. You will please adopt the following treatment: Take two teaspoonfuls of Peruna before each meal, between meals, and a large teaspoonful of Manalin at bedtime. Continue this treatment, without the least interruption, until you are as well as ever in your life, and do this regardless of time." "Well, I have come to remain at The Hartman Sanitarium until I get well. My husband wanted me to go with him to Florida to spend the winter, but I would like to stay here until spring at least." She was shown to a suite of rooms on the first floor of



Mrs. Catherine R. Bertos, Rec. Sec. Camp No. 1, P. O. of A., writes from 708 W. Elm St., Centralia, Ill.:

"I have found Peruna the most satisfying medicine I ever tried in my life. I suffered for years with catarrh of the stomach, which became aggravated every time I caught a slight cold. My food did not digest properly and life lost its best charm until I tried Peruna. It made a new woman of me. It took eight bottles to effect a complete cure, but I would not be back in the former condition for a thousand dollars.

"I am most grateful for being cured completely and feel better than I have done for years."—Catherine R. Bertos.



Miss Johanna Lewis, 1313 N. Bryant avenue, Minneapolis, Minn., writes:

"I know that I enjoy perfect health all due to Peruna. Last winter I suffered from general debility caused from a cold. I had almost constant dragging pains and backache until I became so unstrung and nervous that I could not sleep nights, and became a physical wreck. Fortunately Peruna was brought to my notice and I decided to try it. It was nothing short of a blessing to me. It cured the cold, allayed the nervousness, renovated my entire system, and brought health and youth back to me. I have advised scores of my friends to try it, and those who have used it speak of it in the highest terms."—Johanna Lewis.

the Sanitarium, where she spent the winter. Her husband frequently



Miss Anna Rossiter, 467 Norwood avenue, Cleveland, O., writes: "I have found strength and inspiration in Peruna. In the early part of the winter I caught a cold which seemed to settle all over me, inducing unpleasant catarrhal conditions through my system, and producing a general debilitated feeling of body and mind. Four bottles of Peruna restored me to perfect health, and I am thoroughly convinced of the superior merits of this popular remedy."—Miss Anna Rossiter.

she taken Peruna at the time of her change all this history of suffering would have been prevented.

THE NERVES AND CATARRH.

What relation have the nerves to chronic catarrh? It would seem, at first thought, that the nerves have nothing to do with the matter; but, on the contrary, the nerves have everything to do with this subject. The mucous membranes are made up almost entirely of a network of capillary blood-vessels. These blood-vessels are provided with elastic coats which allow enough blood to enter them, but also prevent too much blood from entering them. The elasticity of these vessels depends upon nerve force furnished them by the vasa-motor system of nerves. If these nerves become weakened or deranged the capillaries lose their elasticity, too much blood is allowed to enter the mucous membranes, and a congestion of the membranes is the result. This congestion is known as catarrh. When long continued it is called chronic catarrh. As soon as the congestion has well established itself much superfluous mucus is secreted by the membranes, which forms a discharge of mucus. This discharge constitutes a constant weakening drain upon the system.

First, we have the nerves, which cause flabby capillaries, which in turn cause congested mucous membranes, known as catarrh; and finally produces the weakening discharge. Catarrh is not always produced in this way, but frequently. The circumstances may be exactly

reversed. There may be first a weakening drain, which gives rise to a congested state of the mucous membrane, which finally causes derangement of the vasa-motor system of nerves, leading up to a condition of nervousness and hysteria. Or again, the catarrh may be acquired as a result of catching cold, which will soon derange the nervous system, because of the intimate connection between the nervous system and the capillary blood-vessels. Therefore, it is a fact never to be forgotten, that no one can have catarrh long without being in danger of becoming nervous (even nervous prostration), nor can any one have weak nerves any length of time without being in danger of acquiring chronic catarrh, as the direct result of weakness of the vasa-motor system of nerves. The weak nerves may be the cause and the catarrh the effect, or vice versa: the catarrh may be the cause and the weak nerves the effect. Let us ask ourselves again, then, what have weak nerves to do with catarrh? Our reply would be: Weak nerves have very much to do with chronic catarrh. They may be the cause of the effect; but they are very sure to be one or the other.

The foregoing case was an extreme one, but the condition of the mucous membrane, in a less degree, is the cause of all the suffering of each and every case. Had she been a spare woman, her suffering would have affected the nerves, instead of the circulation of the blood. But the treatment would have been the same, and the Peruna would have effected a cure in less time. Had

Are you nervous? Are you fidgety? Are you irritable? Are you changeable in your moods? Is your appetite capricious? Does your mind wander? Do you change your mind often on the same subject? Is it hard for you to concentrate your mind on any one subject? Are you sleepless? Do you have flashes of cold or heat? Are you troubled at times with nervous prostration? Do you have cold sweats? Do you have spells in which you surely think you are going to die? Do you have brown moving specks before your eyes? Do you have strange roaring or buzzing sounds in your ears? Do you at times pass large quantities of pale urine, and at other times scanty quantities of very high-colored urine?

If you have these symptoms, or any considerable number of them, you may be sure that catarrh is either a direct or remote cause. Your case may be one known as nervousness or



Mrs. M. J. Danley, Treasurer of the Rebecca Lodge, I. O. O. F., writes from 124 First St., N., Minneapolis, Minn.: "Anything I can do to tell the world of the merits of Peruna I will be only too glad to do. "I was afflicted for several years with kidney trouble which became quite serious and caused me considerable anxiety. I spent hundreds of dollars trying to be cured, but nothing gave me any permanent relief until I tried Peruna. It took less than three months and only ten bottles to effect a permanent cure, but they were worth more than as many hundred dollars to me. I am fully restored to health, know neither ache nor pain and enjoy life."—Mrs. M. J. Danley.

sure that catarrh is either a direct or remote cause. Your case may be one known as nervousness or

HYSTERIA,

In which case catarrh, as a cause, will probably never be thought of. Hysterics may be so mild



Miss Alice Dressler, of 1313 N. Bryant avenue, Minneapolis, Minn., writes as follows concerning Peruna:

"Last spring I suffered from la grippe and was partially cured, but the bad after-effects remained through the summer and somehow I did not get as strong as I was before.

"In the fall I caught cold after getting my feet wet and attending a lecture in a cold hall, and suffered a relapse. Catarrh of the throat and head followed, and as I was in a weak condition physically previous to this, it took but little to break me down completely. One of my college friends, who was visiting me, asked me to try Peruna, and I did so and found it all and more than I had expected. It not only cured me of the catarrh, but restored me to perfect health."—Alice Dressler.

tarrh of the stomach suspect what their trouble is. They know they belch after meals, have sour stomach, a sensation of weight or heaviness, a fullness, irregular appetite, drowsiness, gnawing, empty sensations, occasional pain—they all know this; but they do not know that their trouble is catarrh of the stomach. If they did they would take Peruna. Peruna cures catarrh wherever located. As soon as Peruna removes catarrh from the stomach the digestion becomes good, appetite regular, nerves strong, and trouble vanishes. Peruna strengthens weak nerves, not by temporarily stimulating them, but by removing the cause of weak nerves—poor digestion. This is the only cure that lasts. Remove the cause; Nature will do the rest. Peruna removes the cause.

MORE SYMPATHY.

It is this class of patients that is subject to "hysterics," as they are contemptuously called; but there is no one thing that needs to be known

more than this, that there is more genuine suffering in one hysterical paroxysm than in the whole course of typhoid fever or consumption. No suffering can equal nervousness. My poor, distracted fellow mortal, you are, certainly, above all other invalids, to be pitied. To you it seems every time you have one of these spells that you are going to die. To the attendants, however, who have become accustomed to seeing you in this way, it does not seem as if you were in any danger. You can not help feeling as you do about it. They can not help feeling as they do. You know that they very much under-estimate your suffering, and they very naturally feel that you over-estimate the amount of your suffering. You may finally come to believe that they have no sympathy for you, and they are quite likely to think you might control your nerves if you would try. All this is very distressing for every one concerned. Very few are in a position to appreciate the intensity of your suffering.

Diseased nerves are the result of thin blood. Pure, rich blood always makes strong nerves. Good blood is the result of good food, well digested. Bad food, even though it be digested, can not make good blood. Good food must be well digested to make good blood. Therefore, diseased nerves are traceable directly to poor digestion, and poor digestion is directly traceable to catarrh. With the slightest catarrh of the stomach no one can have good digestion. Very few of the many women who have ca-

There is no other sickness that causes such indescribable and unbearable feelings. It is not always a pain or ache, or smart or hurt; but an awful feeling, as if something dreadful was about to happen; or as if you would certainly suffocate or your heart would stop beating; or a feeling that you are certainly going crazy, or going to have paralysis. But it is not at all likely that any of these things will happen to you; although you can not help feeling so, and it is just as hard for you to bear it as if it were true.

NERVOUS PROSTRATION.

Anæmia of the nerve centres, which are the reservoirs of life, is at once the least understood, and hardest to bear, of all human ailments. The doctor who has no sympathy for such people is either very heartless or ignorant. But I feel sure that you

will find in Peruna exactly the relief that you so much need and have so long sought. Peruna should be taken in doses of a teaspoonful between meals and before meals. This dose



Mrs. H. E. Andrey, Cleone, Cal., writes:

"I cannot describe my thanks to you for the good Peruna has done me. I had been sick for nearly ten years as the result of a terrible operation which did me more harm than good. I managed to get around until a year ago, then took to my bed unable to get up at all. I coughed night and day and was growing weaker all the time. I was sore all over and it hurt me to breathe; I could not draw a breath without coughing. I lay this way for three weeks. Everyone said I was going into consumption and I knew I was. My husband read of Peruna and got three bottles, and told me to take it when I coughed. Three bottles cured me so I was able to do all my work. I recommend Peruna to everyone I see sick. I thank God and Dr. Hartman for his blessed medicine."—Mrs. H. E. Andrey.

should be gradually increased to two teaspoonfuls. Through its soothing effects upon the mucous membranes Peruna is a specific remedy for these cases.



Lieutenant Clarice Hunt, of the Salt Lake City Barracks of the Salvation Army, writes from Ogden, Utah:

"Two months ago I was suffering with so severe a cold that I could hardly speak. Our Captain advised me to try Peruna, and procured a bottle for me, and truly it worked wonders. Within two weeks I was entirely well."—Clarice Hunt.

mine is to direct. Remember this and you will soon be well.

A MERCHANT'S WIFE.

Mrs. C. K., a country merchant's wife, 32 years old, called at The Hartman Sanitarium March 2d, 1896. She was married at the age of 24 and has had four children, all living and well. She complained of being very nervous; said her nerves "were all on end." The slamming of a door, anything falling on the floor with a thud, or any sudden noise, would so startle her that she would let fall anything that she might have in her hands. She had on several occasions dropped her baby. After while the nervous feeling would subside and she could go about her household duties; but at the least unexpected noise her nerves and brain would be thrown into a condition of indescribable misery. Her bowels were generally regular and her appetite fairly good. She complained of nothing but her nerves. Her tongue was slightly coated, and from that I was convinced that the nervous trouble was caused by catarrh of the stomach.

I prescribed two teaspoonfuls of Peruna every three hours. At the end of a month she was well and returned home. A patient now under treatment at The Hartman Sanitarium is well acquainted with Mrs. K., and says that she is now hale and hearty; and that she also says The Hartman Sanitarium is certainly one of the greatest health resorts in the world.

A FARMER'S WIFE.

Mrs. H. L., a farmer's wife from eastern Ohio, called at The Hartman Sanitarium in April, 1896. She was 26 years old; had one child a year old. She was, apparently, in ordinary health, considering the hard work she was compelled to do. She was subject to nervous spells so severe that she felt sure she would die if she ever had another. I asked her what caused them. She said she did not know. She always feels tired; is not strong; and that she always has so much to do; that her husband, while one of the best of men, is, nevertheless, impatient, and sometimes, she is sorry to say, cross; that she is always expecting to hear him scold, and that, so sure as he does, she gets one of these spells, and then they all think she will surely die. Sometimes she gets a spell by simply thinking of it. It was evident that her spells were hysteria ("hysterics.") She insists that there is a tumor in her throat when she has the spells, which she tries to swallow all the time the spells last. This "tumor," as she calls it, is known to pathologists as the Globus Hystericus. It is one of the characteristics of hysteria.

In this case, as in the preceding one, the cause of the trouble was congestion of the mucous membrane.

The congestion was caused by the functional derangement of the vasa-motor system of nerves, which are more numerous in the capillary blood-vessels of the mucous membranes than in any other part of the body. As the condition of the mucous membranes is precisely the same as in catarrh, Peruna is not only the proper remedy for it, but it is also the very best remedy. Hence, I prescribed, as usual, two teaspoonfuls of Peruna, to be taken every three hours, or before each meal and between meals, and at bedtime. The recovery was rapid and complete, without the use of other medicine except a few doses of Manalin to regulate the bowels. Cases of nervousness or hysteria never recover unless properly treated. Peruna cures them without the use of nartines or sedatives.



Miss Mamie Groth, of Platteville, Wis., writes: "Accept a grateful girl's thanks for the wonderful help I have received through the use of Peruna. Although I looked well and strong I have for several years suffered with frequent backache and would for several days have splitting headaches. I did not wish to fill my system with poisonous drugs, and so when several of my friends advised me to take Peruna, I asked my physician what he thought of it. He recommended it and so I took it and am entirely without pain of any kind now."—Mamie Groth.

For catarrh of any other organ than those mentioned in the foregoing pages of this book the reader is referred to my complete treatise on the subject of catarrh, which is sent free to any one.

The following indispensable books for the family will be sent free:

The "Ills of Life," which describes nearly every disease to which the human family is liable.

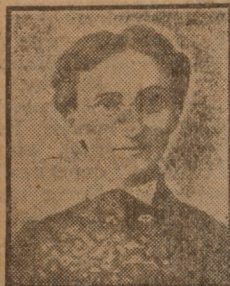
The "Private Counselor" a book of particular interest to men, especially young men.

Illustrated Book of Testimonials. This book contains several hundred testimonials with portraits.

The two following books will be sent on receipt of price:

A complete work on Gynæcology, 20 cents. This book treats on diseases of the female organism for the cure of which surgical methods are necessary.

The "Confidential Physician," which contains a complete treatise covering the whole ground of hygiene, sanitary science, and the relations of the sexes. Price 25 cents. Address The Peruna Drug Manufacturing Company, Columbus, O.



Mrs. M. A. Close, of Kearney, Neb., writes: "Peruna and Manalin have done what thirteen of the best physicians have failed to do. For more than three years I doctored for consumption and spent thirteen weeks in a Pulmonary Sanitarium in Milwaukee, Wis., but finding myself growing worse, as a last resort, I came West, where I was bedfast for many weeks, and the physicians gave no hope but said, 'she cannot possibly live for more than a few days.' But thanks to Peruna I fooled them all. In a short time the hemorrhages stopped and I began to mend slowly, and now I can truthfully say I have no traces of my old complaint."—Mrs. M. A. Close.

carry us forward and upward to the sun-bathed mountain tops of His eternal life?

I am so happy that your tongue and pen are busy carrying blessed messages of healing to many afflicted ones; and, even though we are not privileged to meet you personally, we catch the radiance of such a spirit from afar, bringing with it a healing balm, helpful in the extreme.

Your deeply religious, exalted tidings, soulfully sent into benighted conditions, cannot fail to accomplish this divine mission of peace and good will to men. You, with the immortal Longfellow, beseech us to do our work well, and "Make the house where God may dwell, beautiful, entire and clean.



Mrs. Mary Hardy, of 568 W. Polk St., Chicago, Ill., writes:

"I find it necessary each spring to take some kind of a tonic and have tried a great many but have found none of such value as Peruna.

"After taking a few doses I feel the good effects and seldom need to take more than one bottle as a spring medicine."—Mrs. Mary Hardy.

"Else our lives are incomplete,
Standing in these walls of time—
Broken stairways, where the feet
Stumble as they seek to climb."

May the heavenly light born of right living and right thinking, ever illumine your soul, and the bread you cast upon the Waters of Life return to bless you a thousand fold; and

"When you sleep in solemn silence,
Neath the morn and evening dew,
Stranger hands that you have strengthened
May strew lilies over you."

Most thankfully yours,
MRS. MAYME E. MILLER,
110 W. Bridge St., Grand Rapids, Mich.

BEAUTY.

She walks in beauty, like the night
Of cloudless climes and starry skies;
And all that's best of dark and bright
Meet in her aspect and her eyes;
Thus mellowed to that tender light
Which heaven to gaudy day denies.

One shade the more, one ray the less,
Had half-impaired the nameless grace
Which waves in every raven tress,
Or softly lightens o'er her face;
Where thoughts serenely sweet express
How pure, how dear their dwelling place.

And on that cheek, and o'er that brow,
So soft, so calm, yet eloquent,
The smiles that win, the tints that glow,
But tell of days in goodness spent,
A mind at peace with all below,
A heart whose love is innocence.

—LORD BYRON.



IDA M. RUSSELL

Miss Bertha Fisher,
Appleton, Wis., writes:
"I have found Peruna a wonderful remedy for catarrh of the respiratory organs, which I had for several months and which nothing else cured."—Miss Bertha Fisher.

Miss Flora Michaels,
of Venire, Washington Co., Pa., in a recent letter to Dr. Hartman, says:
"I have been using your Peruna for catarrh and it has cured me completely. I think it is the best medicine in the world and would advise all women to use it."—Flora Michaels.

Mrs. Kate Taylor,
of Chicago, Ill., a graduated nurse of prominence, gives her experience with Peruna in an open letter. Her position in society and professional standing combine to give special prominence to her utterances. She says:

"As far as I have observed Peruna is the finest tonic any man or woman can use who is weak from the after-effects of any serious illness.
"I have seen it used in a number of convalescent cases, and have seen several other tonics used, but I found that those who used Peruna had the quickest relief. It seems to restore vitality, increase bodily vigor and renew health and strength in a wonderfully short time."—Mrs. Kate Taylor.

Mrs. Margaret Kinsey,
Elk, Genesee county, Mich., writes to Dr. Hartman as follows:
"I am well and think I will need no more medicine. No one knows what I suffered. For forty-nine years I suffered with a complication of female troubles, but now I am cured, for which I thank Dr. Hartman for his advice and good treatment. I always keep Peruna in the house."—Mrs. Margaret Kinsey.

Ida M. Russell,

Notary public, also recording secretary of the Economic Savings and Progressive Society, Kansas City, Mo., in a letter of recent date, writes the following to Dr. Hartman:

"For the past four years I have suffered with catarrh of the stomach, causing loss of sleep and appetite, with frequent severe pains after eating.

"I tried doctors and medicines until I lost faith and hope of ever getting well again. One of my associates advised me to try Peruna. It proved of genuine merit. My appetite returned speedily, I gained strength and flesh, and although I have used only five bottles of Peruna, I am in perfect health to-day."—Ida M. Russell.

Miss Florence Murphy,

2703 Second avenue, Seattle, Wash., writes:

"I suffered for over a year with female trouble, and although I tried several physicians, none of them seemed to be able to help me permanently.

"We have used Peruna in our home a good many years and all have a great deal of faith in it, but had never used it for my trouble, in fact I did not know that it was good for female ills until a friend told me that she had used it and was well. It only took a little over three bottles to make me well and strong. I never have backache, headache, or bearing down pains any more."—Miss Florence

Murphy.
All women praise Peruna after one trial. Never was a medicine devised of so much value to women as Peruna.



MISS FLORENCE MURPHY



MISS BERTHA FISHER



MISS FLORA MICHAELS



MRS. KATE TAYLOR

A CLEAN SKIN.

No matter how beautiful a woman may be, if she is not clean, her charm is destroyed. But, you will say, what sort of woman must she be, to go dirty? I answer, it is only a matter



of degree. She may appear clean—her face may be clean, and her hands; and yet there may be about her that unmistakable odor of perspiration, her hair smells "sour," or, possibly, she may be guilty of the abomination of strong-smelling feet. There are many precautions a woman should take to keep herself perfectly clean.

Henriette C. Olberg, one of the judges in the Flax and Hemp Exhibit at the World's Fair in Chicago; Superintendent of the above exhibit at the International Exhibit at Omaha, June to Nov., '98; Secretary National Flax-Hemp and Ramie Ass'n and editor of this department in "The Distaff" Boston, writes from Albert Lea, Minn.: "This spring I contracted an aggravating cold having been exposed to damp weather. Catarrh of my throat and head followed which persisted in remaining, notwithstanding I applied the usual remedies. Reading of the merits of Peruna in the papers I decided to try it, and soon found that all that has been said of your medicine in such cases is true."—Henriette C. Olberg.

is the action of the soap that cleanses the skin, and it should not be washed off immediately. After the body has been gone over thoroughly with soap lie down in the water again, so as to remove all of the lather. Just before leaving the water a quick cold douche is a great advantage to those who can stand it. Invalids should never undertake to do this. In wiping use two towels—one to dry the skin thoroughly; a second, of crash, to put the skin in a glow. If possible, a vigorous rubbing with a flesh brush should supplement the drying. After a soap bath the face is generally shiny, and, especially if the soap is strong, the skin smarts slightly. Some harmless powder—a cake of magnesia is preferable—may be lightly dusted on the skin, and, after a moment, wiped off. This is also good for the face in summer, as it serves to diminish the perspiration. But the face should never show that powder has been used. It should be thoroughly wiped off, after it has

remained a moment, as it is regarded as evidence of vulgarity to smear the face to such an extent as to be noticed.

The face, neck and arms should be washed with soap and tepid water every morning, and rinsed with cold water. In summer the face requires to be washed two or three times during the day; but it should not be washed oftener than necessary, especially with soap. The skin should always be dried thoroughly, rubbing with the bare hand after drying with a towel. Gloves should be worn when out of doors. In the winter lined gloves are best, as it is bad for the skin to become excessively cold. Silk gloves are more comfortable than kid in the summer.

On rising in the morning it is a good thing to remove all the clothing and rub the skin briskly with a flesh brush. A rough towel will answer nearly as well. The object should be to heat the skin, so that rapidity is necessary in order to accomplish good.

Delicate women will find it an advantage to take a dose of Peruna before bathing, as it nerves the system to the shock.

A good skin is always an evidence of health. A sick person can not hope to have a healthful skin until the disease that marred it has been removed. But there are a great many women who, through neglect, have bad complexions, when these few precautions would soon restore the rosy hue which all women admire.

MASSAGE BATHS.

The before-described method of bathing is sufficient to procure cleanliness and health, and is the method that is most convenient and agreeable to women. For women who already have a fair complexion and beautiful skin it will be found sufficient to preserve the beauty. But when old age comes on to produce the much-dreaded crow-feet about the eyes and wrinkles on the forehead, then such method of bathing will be found insufficient to perpetuate the beauty of the skin. To all those, then, who have not naturally a clear and beautiful skin, or who are troubled with freckles, black-heads,



Miss Ida Richards, 58 Eagle St., Oshkosh, Wis., writes:

"After being overheated at a ball last winter I became suddenly chilled and found that within ten days I was a sick person losing my appetite. My doctor said I had a bad case of catarrh of the lungs and prescribed for me, but it did me no good. Father advised me to try Peruna as it had helped him before and sent for a bottle. I soon felt much better and before the second bottle was used I was entirely cured. We use it now at home whenever any of us feel badly and it is our doctor and medicine chest in one."—Ida Richards.

rusty or muddy complexion, or have ruined their complexions with powder or paints, or



Miss E. M. Isaacs, Armstrong, Ia., Vice-President Fortnightly Club, writes:

"No one who has tried the comforts Peruna brings would ever be without it. I used to dread the slightest cold as its consequences were so lengthy and so unpleasant, and the catarrhal condition which invariably followed so hard to get rid of, but since I have known of the blessed relief secured through the use of Peruna I am free from all this unpleasantness and suffering.

"A few doses never fails to cure me of a cold and I keep well through its use." — Miss E. M. Isaacs.

should be done with the hands and the fingers, using the ball of the hand and the fingers to massage every portion of the face rapidly, and should occupy about ten minutes. The soap should then be washed off with cold water. The washing should be continued until the soap is thoroughly removed and all shininess of the skin removed. If necessary, apply a little salt to remove shininess. Then the arms, neck and breast should be lathered the same way and washed off with cold water. The rubbing, which should always be done with the hand and fingers, should be vigorous enough to remove every particle of dirt that may have settled in the pores of the skin; and, while the washing is being performed, the face, neck, shoulders and arms should be carefully massaged with the ends of the fingers and the ball of the hand. Only cold water should be used. The whole process of bathing should occupy at least fifteen minutes. This should be done every morning. If this is repeated in the evening greater benefit will be received. It is desirable, at least, that a similar bath should be taken in the evening, occupying half the length of time. This will do for the face and complexion all that can be done by human art.

No powder or paint should be used under any circumstances when this method of bathing

is adopted. Any lady willing to spend the time and energy to follow this mode of beautifying the face, neck and arms, will find her beauty restored or preserved, which can be done in no other way, and it will prevent wrinkles to a very old age. This method of bathing, as before stated, will generally remove all facial blemishes which can be removed by other than surgical means. But there are some blemishes quite common, removable only by surgical means.

FACIAL BLEMISHES.

The more common blemishes of this class are moles, warts, superfluous hair, and the nævus or birth-mark. None of these can be successfully removed by any internal medication or external application whatsoever. It is simply duplicity on the part of any one who claims to have any remedy that will accomplish any such purpose. It is also simplicity on the part of those who buy any such remedies with the expectation of deriving benefit from them. There is no rational preventive or remedy for these skin blemishes except electrolysis. At The Hartman Sanitarium we have facilities for the removal of these blemishes by the latest electrical apparatus. All communications on this subject should be addressed to me personally.

THE MASK FOR FACE AND HANDS.

A measure which greatly expedites the effect of the massage-bath is a mask for face and hands. This will do for these parts what the clothing does for the other parts of the body. It protects the face or hands from the air, producing a delicacy and whiteness of the skin so noticeable in the covered parts of the body. The face-mask should be well fitting, with holes for eyes, nose and mouth. The material used is of some importance, although almost any fabric may be used in cases of necessity. Kid or buckskin is the best, and next in order are silk, wool, linen or cotton. The



Miss Josephine Stolhammer, Denver, Col., care of Soderburg Palace Studio, writes:

"My physician advised me to go to Colorado because my lungs were delicate, and I had catarrh of the head which the damp climate east seemed to aggravate. I spent two years here without improving. Reading of the value of Peruna I began taking it and in two months I was completely cured and well. This is nearly three months ago and I have suffered no relapse. I consider Peruna very superior to Colorado air for catarrh. If I had known of it before it would have saved me hundreds of dollars."—Josephine Stolhammer.

mask should be worn at night, and may be worn in daytime when convenient. The hands may be treated in the same way, wearing a

pair of old kid gloves at night. This prevents the escape of the perspiration which is being given off from the skin at all times. The retained perspiration acts as a natural bleach, whitening the skin and



Mrs. Col. E. J. Gresham, Treasurer Daughters of the Confederacy, and President Herndon Village Improvement Society, writes the following from Herndon, Fairfax county, Va.:

"I cannot speak too highly of the value of Peruna. I believe that I owe my life to its wonderful merits. I suffered with catarrh of the head and lungs in its worst form, until the doctors fairly gave me up, and I despaired of ever getting well again.

"I noticed your advertisement and the splendid testimonials given by people who had been cured by Peruna, and determined to try a bottle. I felt but little better, but used a second and a third bottle and kept on improving slowly.

"It took six bottles to cure me, but they were worth a King's ransom to me. I talk Peruna to all my friends and am a true believer in its worth."—Mrs. Col. E. J. Gresham.

the perpetuation of these deformities than in curing them.

In the selection of a husband or wife a great deal can be effected to prevent handing down unsightly deformities to the coming generation. Blonde people with very light complexions and thin skin, are especially prone to freckles. If two such people marry, their children are almost certain to be covered with freckles. Persons of dark skin, black hair, and bilious temperament, are liable to have moles, liver spots, scaliness of skin, lupus growths and superfluous hair. If such a woman select as her husband a man of similar temperament they must expect that their children will be afflicted with these unsightly blemishes. When both parents are of overly large stature or under-sized they are almost sure to perpetuate their peculiarities, and their children be even more abnormal than

producing elasticity and softness which can not be acquired in any other way. The mask is a valuable adjunct to the massage bathing.

HEREDITY.

While there are, doubtless, many people who imagine that much more than above indicated can be done toward beautifying the personal appearance, I believe that these people are certainly mistaken. There may be those who believe so because of personal motives, especially venders of cosmetics. A great deal can be done in this direction by following strictly the advice above given.

Much more can be done for the coming generation than for the present. Deformities of the person, disfigurements of the countenance, misshapen parts, faulty complexions, are all more or less hereditary. Pigmies, giants and dwarfs are also liable to perpetuate their deformities. Much more can be done in preventing

themselves. A woman with overly large features, unsightly nose, cross-eyes, hare-lip, if she marry at all, should be careful to select a husband of very regular features.

And so I might go on and enumerate all of the different deformities and deviations from the normal type and show them to be the product of causes which reside in the parents (except where they have been acquired by some accident or disease). The husband and wife should be of opposite temperaments and peculiarities. The dark should select the light, the tall select the short, the large select the small, the coarse select the fine, the weak select the strong, and in this way the children are generally an improvement on either of the parents. If people allow themselves to be swayed blindly by the passion which is called love, in selecting their companions for life, they will often make serious mistakes for which their children must suffer. No one can afford

to entirely ignore the physiological results which inevitably follow ignorance or carelessness in these matters. Fortunately, Nature, in a large majority of cases, prompts the right selection in these particulars; but there are very many unhappy exceptions to this rule.

Very many diseases are almost sure to be hereditary; and for two people to consent to have children who know beforehand that their children will be afflicted with some incurable disease, is almost a crime. Consumption, paralysis, syphilis, rheumatism, erysipelas, and many other diseases are almost sure to be transmitted to the children. Wisely selected parents means strong, healthy, children. To allow some sentimentality to set aside such grave considerations as these, is a crime against the coming generation, for which it is very difficult to find any

excuse except ignorance. What we need in these particulars is more sense and less sentiment; more thought and less passion; more deliberation and less haste; more sanity and less infatuation. When all women come to



Miss Emily Ross Perry, Poetess, Author of "Minnehaha Laughing Water," has been honored by her state and given a medal in recognition of her services; is wife of Commander Freeman G. Perry, of Dudley P. Chase G. A. R. Post No. 68 and well known in G. A. R. and society circles.

From 819 Eighteenth Ave., S. E., Minneapolis, Minn., she writes:

"I have tried Peruna and found it an excellent tonic and cure for catarrh. It is good for all catarrhal affections of the stomach and all diseases leading to consumption and bronchial troubles. I believe it to be one of the best medicines on the market, and thousands can testify to its cure with the same pleasure to the public that I can."—Mrs. Emily Ross Perry.

think of these things as they ought to (as many of them already do), the girls will think more about their lover's good habits and pure blood than they will about his silky mustache or old family ancestry. Every woman should remember that the consequences of her choice of a husband, be they good or ill, will be perpetuated in her children, and through them to untold generations.



Mrs. Della Friedle writes from 30 Harper St., Cleveland, O., the following:

"Your medicines have cured me of that dreaded disease, catarrh. I cannot express myself too strongly in favor of Peruna, for it is to Peruna that I owe my health. We keep your medicine always in the house, and would not be without it.

"My mother is taking Peruna for stomach and bowel trouble and she is improving fast." Mrs. Della Friedle.

One of the most mistaken and harmful notions that exist among the women of to-day is the notion that maidens should be kept in ignorance of their bodily functions. Nothing is more conducive to evil than ignorance. A girl ought to know all about herself that her mother can teach her. There should be no room left for curiosity or imagination. The instincts and impulses peculiar to her sex begin to manifest themselves at the age of puberty. This age varies in different temperaments and climes from 14 to 18 years. The girl ought to be acquainted as soon as possible with the exact meaning of the sexual instincts. Her own bodily functions and her relations to the opposite sex should be made known to her in a chaste, cautious, but truthful manner. It is false modesty and mistaken judgment that impels a woman to either deceive her daughter or allow her to be deceived upon such vital subjects. All the questions prompted by her budding maidenhood will be answered by some one; if not by her mother, then by some less wise and conscientious person. It seems, indeed, a pity that each girl must find out by bitter experience the truth of her own nature and functions, instead of being instructed by her mother in a natural and wholesome way.

In the savage state sexual diseases are unknown among women. This is because the natural impulses are obeyed without delay or hindrance. But civilized life necessarily puts many obstructions in the way of the gratification of the normal impulses. Marriage is delayed in the great majority of cases several years beyond the development of the sexual nature. This leaves these instincts without a natural, healthful activity. Chastity demands their restraint; abnormal desires or functions

FALSE MODESTY.

soon take the place of the natural impulses. Vices and nervous derangements follow. In the midst of all these liabilities, to keep the girl in ignorance of herself, to give her no information as to the meaning of these curious and contradicting emotions, is very unwise and disastrous. Every mother should look back over her own girlhood, and remember how ignorant she used to be; she should remember how very, very many things there are that she would do differently if she had a chance to do them over again. She should endeavor, then, to give her daughter a better chance than she had. She should remember that her daughter is just as ignorant as she was; that she is doing the same foolish things she did; that her daughter is in need of the same wise counsel and parental guidance that she was when she was a girl. Mothers! please remember that ignorance is not virtue; that stupidity is not prudence; that childish artlessness is not chastity. Teach your daughters to know themselves. Teach them all that you know yourself, and strive to inform yourself for their sakes. From 14 to 18 your daughter is in the most critical age of her life. See to it that you do all you can for her by giving her as much moral and intellectual support as you are capable of. If I can assist you in this matter in any way, do not hesitate to write me, as I shall be only too glad to do what I can towards mitigating the evils of ignorance.

When any medicine is required for your daughter during this period of her life it is necessary that you exercise great caution. Of course, should your daughter have some acute illness, such as typhoid fever, diphtheria, measles, etc., etc., you should employ a physician in whom you have the greatest confidence. In addition to this, however, she is liable to many petty maladies or chronic derangements for which you are liable to form the habit of dosing her with something. A great deal of harm can be done right here. While I do not deny that medicine may often be required, yet I have no hesitation in



Mrs. Mary E. Hoblit, 2501 Clinton Ave., Minneapolis, Minn., writes: "While I, as a rule, am not a believer in medicine, I must acknowledge that I have a very favorable opinion of Peruna. My son suffered for three months with catarrh of the bronchial tubes which threatened to become very serious. The doctors advised that he seek a more favorable climate, but as he had heard of Peruna as a specific for lung trouble he decided to give it a trial before he left his family for an expensive journey among strangers. For six weeks he used it faithfully and found that the trouble gradually disappeared and blessed health took its place. In two months he was perfectly well and able to perform his duties. You have indeed a grateful mother's thanks."—Mrs. Mary E. Hoblit.

often be required, yet I have no hesitation in

stating that much more harm than good is done by giving such girls the many medicines in common use. Let no one persuade you to give your daughter iron for her blood, bromides for her nerves, quinine for her weakness, strychnia



Mrs. F. W. Goulder, 1306 4th Ave., Rock Island, Ill., writes:

"I was afflicted for five or six years with catarrhal difficulties and was growing worse all the time. I began taking your Peruna with a marked improvement from the first. Independent of curing that, the Peruna has greatly improved my general health.

"Every bottle of Peruna is worth its weight in gold; especially to me, for I owe my present good health to Peruna." Mrs. F. W. Goulder.

when Manalin should be used. Peruna strikes at the source of all this multitude of derangements by stimulating the appetite and correcting digestion. It does this in its action on the mucous membrane lining the digestive organs. Good digestion makes pure blood. Pure blood makes strong nerves. Strong nerves make regular functions. Regular functions produce vigorous health. Peruna cures by removing the cause. The other remedies referred to merely palliate some distressing symptom. They can never remove the cause of the symptoms. The more any one continues to take them, the worse they are off. Peruna contains none of these nervines, sedatives, irritants, stimulants, which have been the destruction of so many delicate girls. Peruna is perfectly harmless and can be taken for any length of time without disturbance or acquiring any drug habit.

OUT-DOOR EXERCISE.

Every woman should take a little out-door exercise each day. It would be better if this was done without any reference to the weather. As soon as a woman gets to excusing herself from her exercise, because of bad weather, she will soon find herself taking no exercise at all. To have a regular hour each day for a walk or a drive, or some other form of out-door exercise,

despite the bad weather, is the best thing, as women in these days can protect themselves from every sort of weather by some outer garment of water-proof or rubber. The bracing effect of out-door air is greatly needed by many women. It gives strength to the nerves, elasticity to the muscles, increases the grace, beautifies the complexion, and in every way adds to the charms of the woman. There is no powder, cosmetic or skin purifier that equals in its beautifying power vigorous out-door exercise. Let no woman think for a moment or allow herself to be persuaded that any art or device of man can take the place of exercise.

MISS L. HOPKINS,

Care of Miss E. Hanna, Washington, D. C. writes:

"I can cheerfully recommend Peruna for indigestion and stomach trouble and a good spring tonic."

—Miss L. Hopkins.

Niece of Hon. E. O. Hopkins, one of the largest iron manufacturers in Birmingham, Ala.

MRS. WM. HOLLISTER,

104 Broadway, Denver, Col., writes:

"I think I am entirely cured of the catarrh. I was afflicted with it for a good many years. It was located chiefly in my head. I tried many remedies without avail. I learned of the remedy, Peruna, in my home paper, and after taking the remedy for six months I feel that I am entirely cured."—Mrs. Wm. Hollister.

MISS MARY RENNIE,

Port Byron, Ill., writes:

"I am pleased to say a few words of praise for your Peruna, which has been of such wonderful help to me. My system was completely run down and I needed a general toning up.



"Peruna acted like magic, and after using only three bottles I felt my usual self and have been in excellent health ever since."—Miss Mary Rennie.

MISS ANNIE McALINN,

1323 S. Eighth St., Philadelphia, Pa., writes:

"Last winter I contracted a severe cold which settled on my lungs, and I was unable to work for several weeks. A friend of mine advised me to take Peruna. I weighed 98 pounds when I began taking Peruna, and now weigh 135."—Anna McAlinn.

MRS. JUDGE McALLISTER

Writes from 1217 West Thirty-Third Street, Minneapolis, Minn., as follows:

"I suffered for years with a pain in the small of my back and right side. It interfered often



with my domestic and social duties and I never supposed that I would be cured, as the doctor's medicine did not seem to help me any.

"Fortunately a member of our Order advised me to try Peruna and gave it such high praise that I decided to try it. Although I started in with little faith, I felt so much better

in a week that I felt encouraged.

"I took it faithfully for seven weeks and am happy indeed to be able to say that I am entirely cured. Words fail to express my gratitude. Perfect health once more is the best thing I could wish for, and thanks to Peruna I enjoy that now."—Minnie E. McAllister.

MABEL H. ELLIS,

President of the Woman's Athena Club, Trout Creek, Mich., says:

"I suffered for three years with chronic catarrh of the bronchial tubes and found no relief until I tried Peruna.

"Seven weeks' constant use of Peruna cured me permanently."—Mabel Helen Ellis.

MISS BESSIE KELLOGG,

President of the Young Woman's Club, of Valley City, North Dakota, writes the following from First street, South, Valley City, North Dakota:

"Ever since I matured I suffered with severe monthly pains. The doctor did not seem to understand what the trouble was and the medicine he prescribed from time to time did not help me. He finally suggested that I have an operation. One of my friends who had been cured of a similar affliction through the use of Peruna, advised me to give it a trial first, and so I used it for three weeks faithfully. My pains diminished very soon and within two months I had none at all.



"This is six months ago, and during that time I have not had an ache nor pain. I give highest praise to Peruna. Every woman ought to use it, and I feel sure that it would bring perfect health."—Bessie Kellogg.

MRS. THERESA KELLER,

Of Fremont, Wash., writes:

"For years I suffered with female trouble which was aggravated if I caught the slightest cold. A neighbor who had been very much benefited by using

Peruna, advised me to try it, and I gladly procured a bottle. I found Peruna a wonderful healer. I felt better each day, and in a couple of months felt as well, and began to enjoy life as never before.

"I sleep and eat well, and Peruna not only cured me but prevents me catching any cold, and as

long as I have a bottle in the house my family needs no doctor."—Mrs. Theresa Keller.



INDEX.

	PAGE
A Case of Endometritis.....	12
A Clean Skin.....	27
Acute Cystitis.....	6
Amenorrhœa.....	18
Back-ache.....	9
Barrenness.....	18
Bearing-down Pains.....	9
Catarrh.....	2
Catching cold.....	3
Change of Life.....	18
Constipation.....	20
Cystitis.....	5
Dysmenorrhœa.....	15
Endometritis.....	10
Facial Blemishes.....	28
False Modesty.....	30
Female Anatomy.....	3
Female Debility.....	2
Heredity.....	29
Hysteria.....	23
Leucorrhœa.....	8
Massage Baths.....	27
Menorrhagia.....	14
Metorrhagia.....	14
Nervous Prostration.....	23
Pruritis Vulvæ.....	5
Salpingitis.....	17
The Nerves and Catarrh.....	22
The Working Woman.....	4
The Society Woman.....	4
Urethritis.....	5
Vaginitis.....	3
Vulvitis.....	8
Whites.....	8

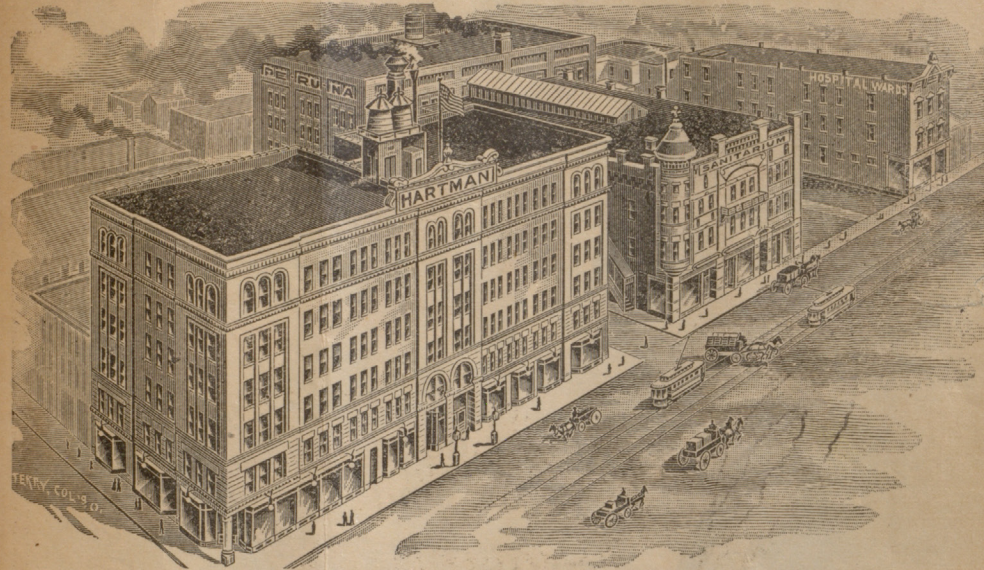
410 9454

80588686

THE HARTMAN SANITARIUM, COLUMBUS, OHIO.

Great Water Cure Facilities.

CARLSBAD, NAUHEIM, KISSENGEN, VICHY, SPA.
Modified, Grouped Under one Roof by the Dr. Hartman Method.
KALYBA SPRINGS SITUATED IN THE SANITARIUM.



THE HARTMAN SANITARIUM, COLUMBUS, OHIO.

FOR MANY YEARS thousands of people from our country have annually gone to Europe to take a course of scientific baths at some one of the above famous resorts for the cure of various ailments. It is an established fact that the application of ordinary, and especially mineral water, to the human body with scientific guidance promptly relieves many diseases.

At a great expense the baths of the above noted springs and their scientific features have been introduced into this country at THE HARTMAN SANITARIUM.

This enterprise will enable a multitude of people who dread or cannot afford to go abroad, to secure the benefit of the great WATER CURE TREATMENT in their own country.

DR. HARTMAN'S CARLSBAD method is especially recommended in affections of the KIDNEYS and BLADDER, GRAVEL, STONE in the bladder, excess of URIC ACID, accumulation of fat, etc., etc.

THE NAUHEIM BATH (modified) is indicated for HEART DISEASE, MUSCULAR ATROPHY, and all forms of muscular degeneration.

THE KISSINGEN BATH (modified) is applicable to cases of sluggish excretion, and is recommended for affections of the LIVER, BOWELS, and the various organs of digestion and assimilation.

THE VICHY BATH (modified) is especially adapted to the treatment of RHEUMATISM, DYSPEPSIA, GOUT, and all other affections depending upon HYPERACIDITY of the blood.

THE SPA BATH (modified) is adapted to all forms of ANÆMIA; CHLOROSIS, RICKETS, and deficiency of red corpuscles; useful also in chronic ERYSIPELAS.

The Kalyba Springs are famous for their curative powers in CHLOROSIS, ANÆMIA and NERVOUS PROSTRATION, giving richness and purity to the blood and tone to the circulation. A general tonic for run-down constitutions.

Among the numerous special baths given at this institution may be mentioned the Pine Needle bath for nervous affections and PARALYSIS. The Wheat Bran bath for diseases of the skin and RHEUMATISM. The Malt bath for general debility, especially of children. The Sand bath for rheumatism and rheumatic PARALYSIS. The Thymol bath for SEPTICÆMIA and multiple ulcerations, etc., etc.

MASSAGE, ELECTRICITY and CALISTHENICS are brought to their highest efficiency in this institution. Regular examinations with the DYNAMOMETER are made during the whole course of treatment. Address

THE HARTMAN SANITARIUM, COLUMBUS, OHIO.

S. B. HARTMAN, M. D., President.



Pe-ru-na is recommended by fifty members of Congress, by Governors, Consuls, Generals, Majors, Captains, Admirals, Eminent Physicians, Clergymen, many Hospitals and public institutions, and thousands upon thousands of those in the humbler walks of life.