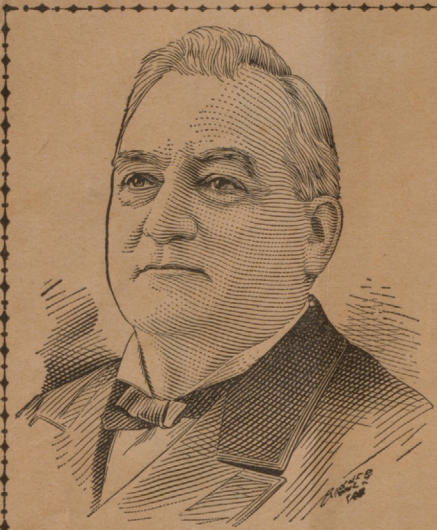


PE-RU-NA

PE-RU-NA
CURES
CATARRH
THE
WORLD
OVER.

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.

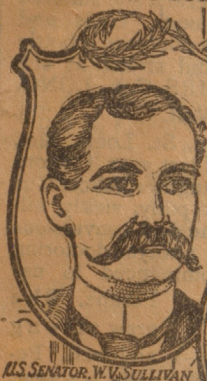
If You Do Not Find the Advice You Need in This Book Write Dr. Hartman.

MEN OF NATIONAL FAME

Endorse Pe-ru-na—Forty Members of Congress Praise it.

Pe-ru-na Cures Catarrh Because It Reaches the Source of Catarrh.

Pe-ru-na Cleanses the Blood of Its Impurities Because It Regulates Those Organs That Make Blood.



U.S. SENATOR W. V. SULLIVAN



CONGRESSMAN H. W. OGDEN



SENATOR W. V. Sullivan, United States Senator from Mississippi, in a letter recently written to Dr. Hartman, from Oxford, Miss., says the following of Peruna as a catarrh remedy: "For some time I have been a sufferer from catarrh in its incipient stage, so much so that I became alarmed as to my general health. But, hearing of Peruna as a good remedy, I gave it a fair trial and soon began to improve. Its effects were distinctly beneficial, removing the annoying symptoms, and it was particularly good as a tonic. I take pleasure in recommending your great national catarrh cure, Peruna, as the best I have ever tried."—W. V. SULLIVAN.

We have letters of recommendation from over forty members of Congress attesting to the virtues of Peruna as a catarrhal tonic. A book containing testimonials of prominent men and women who use Peruna sent free by The Peruna Medicine Co., Columbus, Ohio.

Chas. F. Jenkins, Venerable Council of Garland Camp 2922, Modern Woodmen of America, writes from Aurora, Ill., Beacon Office, as follows:

"I endorse Peruna because I have found by personal experience that it is not a common patent medicine, but a scientifically prepared medicine which simply cures catarrh and cleanses the blood of its impurities, keeping the system in a fine, healthy condition.

"I consider it as rather a carefully prepared physician's prescription, and never found any which acts as promptly and permanently as Peruna. It deserves the highest praise, and I know that those who have tried it have perfect faith in it."—C. F. JENKINS.

After all, the personal experience of one man is worth more than the theoretical guesses of a thousand men. Mr. Jenkins knows what he is talking about when he recommends Peruna, because he has tried it.

Peruna cures catarrh because it reaches the source of catarrh.

Peruna cleanses the blood of its impurities because it regulates those organs that make blood.

Peruna keeps the system in a fine, healthy condition, because it restores the functions of every organ, and brings vigor to the organic nervous system.

Mr. Jenkins is right. Peruna is a carefully prepared prescription, prepared by one of the oldest and best-known physicians in America. That is why it acts promptly and permanently.

Congressman Ogden's Letter.

Hon. H. W. Ogden, Congressman from Louisiana, was elected to the 53d, 54th and 55th Congress. In a letter written from Washington, D. C., he says the following of Peruna, the national catarrh remedy: "I can conscientiously recommend your Peruna as a fine tonic and all round good medicine to those who are in need of a catarrh remedy. It has been commended to me by people who have used it, as a remedy particularly effective in the cure of catarrh. For those who need a good catarrh medicine I know of nothing better."—H. W. OGDEN.

BEAUTIFUL CHILDREN

Made Well and Strong By Pe-ru-na.

Letters to Dr. S. B. Hartman From Grateful Mothers.

MRS. G. W. HEARD, of Howth, Texas, writes to Dr. Hartman in regard to her baby girl, Ruth:

"My little girl was two years old in January. She had some derangement of the bowels. She was a mere skeleton and we did not think she would ever get well. She had been sick three or four months, and after giving her less than one bottle of Peruna she was sound and well. Now she has a good appetite and is the picture of health."

Mrs. Heard also writes in regard to her son, Carl: "My son's ears had been affected since he was a babe only a few months old. ** He would be very fretful for several days, then his ears would run profusely what appeared to be corruption. The last year I thought he had almost lost his hearing and had a local physician treating him for about six weeks. He pronounced him well, and for a few



Alice Schaffer.

weeks he was not troubled but since then the discharge from his ears was almost constant and very offensive. Finally I began giving him your remedy, and after he had taken two bottles he was entirely cured. I cannot praise Peruna enough." MRS. G. W. HEARD.

Coughs of Children.

Mrs. C. E. Long, the mother of little Mina Long, writes from Atwood, Colo., as follows: "When I wrote you for advice my little three year old girl had a cough that had been troubling her for four months. She took cold easily, and would wheeze and have spells of coughing

that would sometimes last for a half-hour. We doctored all winter without relief. Now we can never thank you enough for the change you have made in our little one's health. Before she began taking your Peruna she suffered everything in the way of cough, colds and croup, but now she has taken not quite a bottle of Peruna and is as well and strong as she has ever been in her life."—MRS. C. E. LONG.

"Strong and Well."

Mrs. Schafer, 436 Pope Ave., St. Louis, Mo., writes: "In the early part of last year I wrote to you for advice for my daughter, Alice, four years of age. She has been a puny, sickly, ailing child since her birth. She had convulsions and catarrhal fevers. I was always doctoring until we commenced to use

Peruna. She grew strong and well. Peruna is a wonderful tonic; the best medicine I have ever used."

Dr. R. Robbins, Physician and Surgeon of Muskogee, Indian

Ter., writes: "I have been a practicing physician for a good many years and was always slow to take hold of patent medicines, but this winter my little girl and myself were taken with the grippe, I was so bad I was not able to sit up. I sent for a doctor, but he did me no good. ** Finally I thought

I would take anything to be cured. So I sent and got a bottle of Peruna and commenced to take it. I took two bottles and my cough was gone and my lungs loosened up and my head became clear. **

"My little girl took the same way. It looked as though she would die, she was so sick. I gave her medicine, but it seemed to do her very little good. I sent and got one more bottle of Peruna and commenced to give it to her. It was only a short time until she was getting along all right, so I give your medicine, Peruna, the praise for what it did for me and my dear little daughter."—DR. R. ROBBINS.

PE-RU-NA

Hester Robbins.



Mina Long.



Ruby Heard.

Carl Heard.

THE OLD FOLKS AT HOME

Are Never Without Pe-ru-na In Their House For Catarrhal Diseases.

Pe-ru-na a Home Remedy for Catarrh.

UNDER date of January 10, 1897, Dr. Hartman, received the following letter:

"My wife had been suffering from a complication of diseases for the past twenty-five years.

Her case had baffled the skill of some of the most noted physicians. One of her worst troubles was chronic constipation of several

ist where Peruna is taken according to directions. Success to you and your remedies."—John O. Atkinson.

In a letter dated July 1, 1900, Mr. Atkinson says, after five years' experience with Peruna: "I will ever continue to speak a good word for Peruna. In my rounds as a traveling man I am a walking advertisement for Peruna, and have induced many people during the past year to use Peruna with the most satisfactory results. I am still cured of catarrh."—John O. Atkinson, Box 272, Independence, Mo.

Tried Remedies With No Benefit.

Mr. John W. Winstead, Kimbro, Tenn., in a recent letter, says:

"I have been afflicted with catarrh about

ten years, and I have tried different remedies with no benefit. About two years ago I bought a bottle of Peruna and commenced using it according to directions. It relieved me so much that I continued using Peruna until I had used five bottles; then I hardly felt the effects of the catarrh at all."—John W. Winstead.

When old age comes on, catarrhal diseases come also. Systemic catarrh is almost universal in old people. This explains why Peruna has become so indispensable to old people. Peruna is their safe-guard. Peruna is the only remedy yet devised that meets these cases exactly. Such cases cannot be treated locally; nothing but an effective systemic remedy could cure them. This is exactly what Peruna is.

Nervous prostration is so frequently associated with systemic catarrh that some doctors do not distinguish between the two. In systemic catarrh the disease has pervaded the whole system and there is constant loss of vital fluids from the mucous membrane.



years' standing She also was passing through that most critical period in the life of a woman—change of life. In June, 1895 I wrote to you about her case. You advised a course of Peruna and Manalin,

which we at once commenced, and have to say it completely cured her. She firmly believes that she would have been dead only for those wonderful remedies.

"About the same time I wrote you about my own case of catarrh, which had been of twenty-five years' standing. At times I was almost past going. I commenced to use Peruna according to your instructions and continued its use for about a year, and it has completely cured me. Your remedies do all that you claim for them and even more. Catarrh cannot ex-

A GEORGIA JUDGE

Was Alarmingly Affected With Catarrh of the Lungs---
Cured By Pe-ru-na.



Judge Durham has been Secretary and Treasurer of the city of Greensboro, Ga., for the past three years and has been a local Judge ten years.

Three Roads to Consumption.

There are three roads which lead from health to consumption. Over one of these roads pass all of the multitude of people who die every

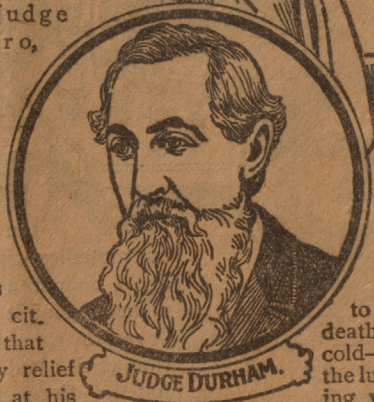
Catarrh of the Lungs the First
Stage of Consumption.

So All Medical Authorities Agree.

JUDGE DURHAM, a well known local Judge of Greensboro, Georgia, had an experience with Peruna well worth reciting. A report had become current among the Judge's friends that he was threatened with consumption. It was feared for a time that Georgia was to lose one of its most prominent and influential citizens. It was also reported that the Judge had failed to get any relief from any of the medical aid at his command; that he had made use of the now world famous remedy, Peruna, and made a prompt recovery. The affair created quite a sensation, in medical circles especially, and the many friends of Judge Durham were exceedingly grateful at his recovery, but were enthusiastic in their praises of the remedy that had brought him relief. The following written statement from the Judge himself sets forth the facts:

Greensboro, Ga., March 3, 1900.

"Some time ago I contracted a severe cold which settled on my lungs and in my head. I tried many remedies, all of which gave me no relief. I concluded that my case was catarrh of the head and lungs, and seeing Peruna so highly recommended I began using it, experiencing the very best results from the first bottle. I continued using Peruna for a short while, and have never felt the least symptoms of catarrh since."



JUDGE DURHAM.

year of consumption. Each route begins with health and happiness and ends with disease and death. First road: A slight cold—neglected—settles in the head or throat—chronic catarrh—extends

to the lungs—consumption—death. Second road: A slight cold—neglected cough—settles in the lungs—cough gradually growing worse—consumption, death.

Third road: A cold—neglected—settles in the throat—hoarseness—short breath—consumption—death. Thousands have just started on one of these roads, all of whom could be easily cured by Peruna. Thousands more are half way to the fatal end of one of these roads who are still curable by a course of treatment by Peruna. Yet other thousands are near the end whose last days could be made more bearable and hope of recovery more probable by commencing Peruna without delay.

A reward of \$10,000 has been deposited in the Market Exchange Bank, Columbus, Ohio, as a guarantee that the above testimonial is genuine; that we hold in our possession authentic letters certifying to the same. Every one of our testimonials are genuine and in the words of the one whose name is appended.

CATARRH OF THE BOWELS

Often Causes Hemorrhage of the Bowels.

A Frequent Cause of Hemorrhage.

HEMORRHAGE of the bowels is frequently the result of catarrh of the bowels. The catarrh produces slight ulcers, and these ulcers eat their way through and cut off the small veins or arteries. It is useless to try to stop this hemorrhage without trying to cure the catarrh.

This explains why it is that Peruna makes so many cures of hemorrhage of the bowels permanently.

Peruna cures the catarrh and thus removes the ulcers. The ulcers being removed, the blood vessels are no longer cut off. The hemorrhage discontinues. This is a much surer, better and more lasting way to cure hemorrhage of the bowels than to use some stypitic to attempt to dry up the blood.

Mrs. S. L. Tinker, 510 Second St., Macon Ga., writes: "Two years ago my grandson suffered with rhages of the he was treated by different doctors but We quit all other treatment and began to use Peruna, and after the use of three bottles he seemed to be quite well. He is able now to walk six miles to school every day. Peruna has certainly worked wonders for him, and I shall not hesitate to recommend it."—Mrs. S. L. Tinker.



Pe-ru-na Cures Catarrh Wherever Located.

Mrs. M. J. Danley, Treasurer of the Rebecca Lodge, I. O. O. F., writes from 124 First street, N., Minneapolis, Minn: "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 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.

This experience has been repeated many times. We hear of such cases nearly every day. Mrs. Danley had catarrh of the

kidneys. As soon as she took the right remedy she made a quick recovery. Miss Emily Lyon, 218 Richmond st., London, Ont.,

writes: "I am pleased to inform you that I am entirely cured of catarrh of the stomach by the persistent use of Peruna. I suffered everything and took everything, both from physicians and proprietary medicines, but got no relief until I tried Peruna, and it will always be with the loudest praise that I recommend this wonderful remedy Peruna."—Miss Emily Lyon.

A Prominent Southern Lady's Letter.

Miss Laura Hopkins, of Washington, D. C., niece of Hon. E. O. Hopkins, one of the largest manufacturers of Birmingham, Ala., writes the following letter commending Peruna. She says: "I can cheerfully recommend Peruna for indigestion and stomach trouble and as a good tonic."—Laura Hopkins.

Catarrh of the stomach is usually called dyspepsia. Catarrhal dyspepsia cannot be cured by pepsin powders or any other temporary relief. The only real cure for dyspepsia is a removal of the catarrh from the mucous membrane of the stomach. This Peruna will do. This Peruna has done thousands and thousands of times.

A PASTOR WHO WAS BEFRIENDED BY AN EMPEROR SAVED BY PE-RU-NA.

REV. H. STEUBENVOLL, of Elkhorn, Wis., is pastor of the Evangelical Lutheran St. John's Church of that place. Rev. Stubenvoll is the possessor of two bibles presented to him by Emperor William of Germany. Upon the fly leaf of one of the bibles the Emperor has written in his own handwriting a text.

This honored pastor, in a recent letter to The Peruna Medicine Co., of Columbus Ohio, says concerning their famous catarrh remedy Peruna:

The Peruna Medicine Co., Columbus, Ohio:

Gentlemen: "I had hemorrhages of the lungs for a long time, and all despaired of me. I took Peruna and was cured. It gave me strength and courage, and made healthy, pure blood. It increased my weight, gave me a healthy color, and I feel well. It is the best medicine in the world. If everyone kept Peruna in the house it would save many from death every year." — H. Stubenvoll.

Thousands of people have catarrh who would be surprised to know it, because it has been called some other name than catarrh. The fact is catarrh is catarrh wherever located; and another fact which is of equally great importance, is that Peruna cures catarrh wherever located.

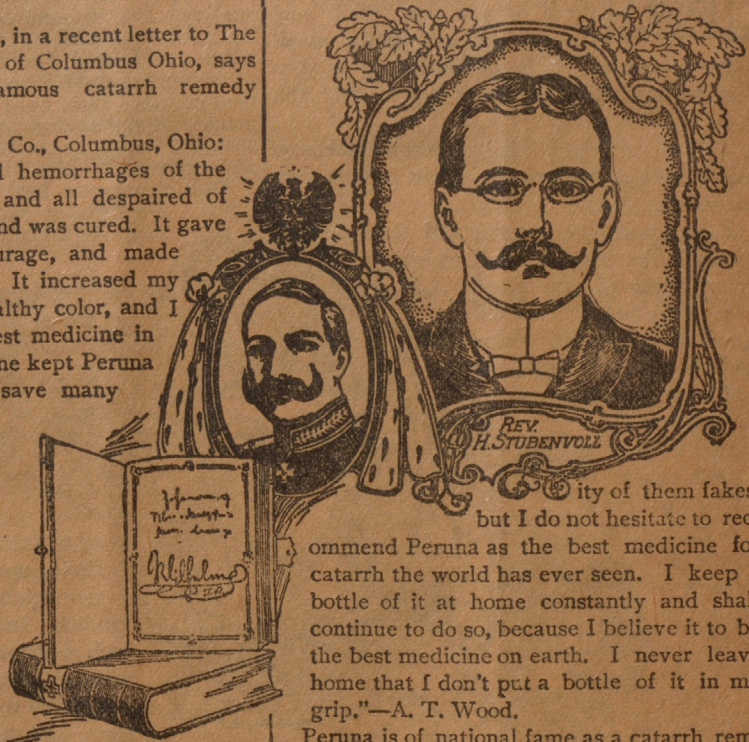
Mr. A. T. Wood, Mt. Sterling, Ky., writes:

"For many years I have been a sufferer from catarrh, and have spent time and money with physicians and used many kinds of remedies which were 'guaranteed sure cures,' but in every case it was money thrown away.

"I reaped no benefit whatever from them. In my seemingly vain search for relief I purchased a bottle of Peruna, having no confidence in it whatever at the time. This was about one year ago, and I began to improve and was able to attend to my business without being constantly hampered by every kind of

pain known to a human being. My hearing, which was almost entirely gone in one ear got very much better. The medicine not only seems to cure, but to prevent disease.

"This winter when every one was suffering from la grippe, I stood like a stone wall, absolutely proof against it. I am not a believer in 'patent medicines,' having found the major-



ity of them fakes, but I do not hesitate to recommend Peruna as the best medicine for catarrh the world has ever seen. I keep a bottle of it at home constantly and shall continue to do so, because I believe it to be the best medicine on earth. I never leave home that I don't put a bottle of it in my grip." — A. T. Wood.

Peruna is of national fame as a catarrh remedy. It is the only internal systemic catarrh remedy known to the medical profession.

It makes diseased mucous membranes healthy, whether it is the mucous membrane lining the nose, throat, lungs, stomach, kidneys or pelvic organs.

It cures various diseases of all these organs, because two-thirds of the ills of mankind are due to catarrh.

With healthy mucous membranes climatic diseases lose their terror, the system is enabled to throw off contagion, and health follows inevitably.

Address Dr. Hartman, Columbus, O., for a free book on catarrhal diseases most liable in winter.

CONGRESSMAN WILBER SAYS

[To the Pe-ru-na Medicine Co., of Columbus, Ohio.]



"Pe-ru-na is All You Claim for It."



CONGRESSMAN D. F. Wilber, of Oneonta, N. Y., writes:
The Peruna Medicine Co., Columbus, O.:
Gentlemen—"Per-

suaded by a friend I have tried your remedy and I have almost fully recovered after the use of a few bottles. I am fully convinced that Peruna is all you claim for it, and I cheerfully recommend your medicine to all who are afflicted with catarrhal trouble."—David F. Wilber.

Pe-ru-na a Preventive and Cure for Colds.

Mr. C. F. Given, Sussex, N. B., Vice President of "The Past-time Boating Club," writes:
"Whenever the cold weather sets in I have for years past been very sure to catch a severe cold which was hard to throw off, and which would leave after-effects on my constitution the most of the winter.

"Last winter I was advised to try Peruna, and within five days the cold was broken up and in five days more I was a well man. I recommended it to several of my friends and all speak the highest praise for it. There is nothing like Peruna for catarrhal afflictions. It is well nigh infallible as a cure, and I gladly endorse it."—C. F. Given.

A Prominent Singer Saved From Loss of Voice.

Mr. Julian Weisslitz, 176 Seneca street, Buffalo, N. Y., is corresponding secretary of The Sangerlust, of New York; is the leading second bass of the Sangerlust, the largest German singing society of New York, and also the oldest. In 1899 The Sangerlust celebrated its fiftieth anniversary with a large celebration in New York City.

The following is his testimony:

"About two years ago I caught a severe cold while traveling which settled into catarrh of the bronchial tubes, and so affected my

voice that I was obliged to cancel my engagements. In distress, I was advised to try Peruna and although I had never used a patent medicine before, I sent for a bottle.

"Words but illy describe my surprise to find that within a few days I was greatly relieved, and within three weeks I had entirely recovered. I am never without it now and take an occasional dose when I feel run down."—Julian Weisslitz.

Gave New Life and Strength.

Mr. Edward Laws, Crown Point, Ind., writes the following:

"I must tell you what a grand help Peruna has been to me. For over two years I suffered with catarrh of the lungs and throat, and although I doctored for it, nothing brought me relief until I tried Peruna. One bottle helped me greatly, and three more effected a complete cure, while at the same time it gave such new life and strength to my whole body that I feel like a new man and ten years younger.

"I hope that my testimonial may induce others who are similarly afflicted to try Peruna."—Edward Laws.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.



CONGRESSMAN
D. F. WILBER.

**MANY PEOPLE
HAVE**

CATARRH OF THE STOMACH

**AND DON'T
KNOW IT.**

A Beautiful Maryland Belle Cured of Catarrh of the Stomach by Pe-ru-na.

**No Medicine in the World Has Cured More
Cases of Dyspepsia Than Pe-ru-na.**

**Dyspepsia in a Great Majority of Cases De-
pends Upon Catarrh of the Stomach.**

Pe-ru-na Cures Catarrh Wherever Located.

MISS CAMILLA CHARTIER, 5 W. Lexington street, Baltimore, Md., writes:

"Late suppers gradually affected my digestion and made me a miserable dyspeptic, suffering intensely at

times. I took several kinds of medicine which were prescribed for different physicians, but still continued to suffer. But the trial of one bottle of Peruna convinced me that it would rid me of this trouble, so I continued taking it for several weeks and was in excellent health, having gained ten pounds."—Camilla Chartier.

Mrs. Jessie Colton, 439 E. Nineteenth street, New York City, writes: "Through overwork and anxiety in my business I was very much run down. Had loss of appetite, and what was worse than that, loss of sleep at night. I was afraid I would have to consult a physician when one of my customers advised me to try Peruna as it had made her well and strong. I began to take it and in a few days began to feel stronger and from the first dose I slept at night without awakening. I took only two bottles, now I am well, but I am never without Peruna in the house. If anyone wishes to call on me I will gladly advise them to take it, as I have received so much benefit from it, and want all who are ill to use it as I did."—Mrs. Jessie Colton.

No medicine in the world has cured more cases of dyspepsia than Peruna. The reason for this is that dyspepsia in a great majority of cases depends upon catarrh of the stomach.

Catarrh of the stomach may have been set up by an extension of the catarrh from the throat or head.

Catarrh of the stomach is frequently produced by late suppers, indigestible diet, rapid eating, drinking ice water, use of alcoholic stimulants and many other indiscretions. Peruna cures all such cases of dyspepsia, simply because it cures catarrh wherever located.

The reason so many cases of dyspepsia suffer on and on without any relief, trying this medicine and that medicine, is that these conditions are not recognized as catarrh of the stomach.

Any one suffering from dyspepsia, having tried the ordinary remedies without relief, would be safe to assume that their case is one of catarrh of the stomach, and should at once begin a course of Peruna. Peruna is sure to cure these cases. It never fails.

Ex-Governor of South Carolina.

The following endorsement of Peruna was received from Ex-Governor and Ex-U. S. Senator from South Carolina, M. C. Butler. He says:

"I can recommend Peruna for dyspepsia and stomach trouble. I have been using your medicine for a short period, and I feel very much relieved. It is indeed a wonderful medicine, besides a good tonic."—M. C. Butler.



Miss CAMILLA CHARTIER



The claim of Peruna to being the standard catarrh remedy of the world is based upon the following facts: It has the endorsement of innumerable hospitals, a great number of physicians, over fifty members of Congress, tens of thousands of the masses and classes.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus Ohio.

PROMINENT PHYSICIANS USE AND ENDORSE PE-RU-NA.

Pe-ru-na Recommended as a Catarrh Cure and General Tonic by Practising Physicians of Experience and Prominence.

G B. CHAMBERLIN, M. D., writes from 14th and P streets, Washington, D. C.: "Many cases have come under my observation, where Peruna has benefited and cured. Therefore, I cheerfully recommend it for catarrh and as a general tonic."—C. B. Chamberlin, M. D.



Geo. C. Haven-
er, M. D., of Anacostia, D.
C., writes:

"In my practice I have had oc-
casion to frequently prescribe your valua-
ble medicine, and have found its use beneficial,
especially in cases of catarrh."—Geo. C.
Havener, M. D.

Medical Examiner U. S. Treasury.

Dr. Llewellyn Jordan, Medical Examiner of
U. S. Treasury Department, graduate of Co-
lumbia College, and who served three years at
West Point, has the following to say of Peruna:

"Allow me to express my gratitude to you
for the benefit derived from your wonderful
remedy. One short month has brought forth a
vast change, and I now consider myself a well
man after months of suffering. Fellow sufferers,
Peruna will cure you."—Dr. Llewellyn Jordan.

Dr. L. S. Smith of Williston Fla., writes:
"I have found Peruna a most valuable remedy
for chronic catarrh of the head, throat, lungs
and bronchial tubes, in fact no matter where
located. Few people realize that most sicknesses
start from colds which develop into different
affections and finally become chronic, settling

often on the lungs and frequently causing ser-
ious trouble in the pelvic organs, while in
women it develops into diseases peculiar to the
sex.

"From my experience with Peruna I have
found it very efficacious to cure these diseases,
and I recommend it."—L. S. Smith, M. D.

Dr. Mary Smith, Winfield, Ind., writes: "A
weak and sick woman must not expect to bear
well children. For over thirty-one years my
efforts have been spent among sick women, es-
pecially, and among all the remedies I have
used none excel Peruna, and I believe it is the
best and safest medicine to give a woman suf-
fering from ovarian trouble, inflammation,
and profuse menstruation.

"I would not be doing my duty as a
physician did I not advise its use. I
know by experience that Peruna
cures sick women, and I
therefore gladly endorse it."

—Dr. Mary Smith.

E. L. Beech, M. D., Wash-
ington, D. C., writes:
"Many cases have
come under my imme-
diate observation of
cure of serious cough



C. B. CHAMBERLIN, M. D.

and colds from
the use of Peru-
na."—Dr. Beech
is a graduate of

Missouri Medical College of St. Louis. Home
address, Franklin, Tenn.

All the advertisements in the world could not
make Peruna as popular as it is. Peruna cures.
That is the reason people like it. Peruna cures
a very stubborn disease. That is why every-
one recommends it.

HALF OUR ILLS ARE CATARRH.

Catarrhal Diseases are Most Prevalent in Winter.

Is There No Way to Escape From Them?

Pe-ru-na Never Fails to Cure Catarrh Wherever Located.

THERE are some things which are as sure as fate, and can be relied on to occur to at least one-half of the human family unless means are taken to prevent. First, the climate of winter is sure to bring colds. Second, colds not promptly cured are sure to cause catarrh. Third, catarrh improperly treated is sure to make life short and miserable. Catarrh spares no

organ or function of the body. It is capable of destroying sight, taste, smell, hearing, digestion, secretion, assimilation and excretion. It pervades every part of the human body, head, throat, stomach, bowels, bronchial tubes, lungs, liver, kidneys, bladder and other pelvic organs. That Peruna cures catarrh wherever located is attested by the following testimonials sent entirely unsolicited to Dr. Hartman by grateful men and women who have been cured by Peruna: **Systemic Catarrh.**

Mrs. M. K. Bousch, Richmond, Va., writes: "I had catarrh all through my system for two years and could get no relief. I was advised to try Peruna and I have taken five bottles of it and am well and better now than I have been for years. I can advise anyone who has catarrh of any part of the body to take Peruna. My lit-

tle girl who is eleven years old had catarrh, but was cured by Peruna. Before I began to take Peruna I was sick all the time, but now I am entirely cured, and all praise is due Peruna."—MRS. M. K. BOUSCH.

Catarrh of the Nose.

Mr. Herman Ehlke, 952 Orchard street, Milwaukee, Wis., writes: "I am entirely cured of my catarrh of the nose by your Peruna. My case was a severe one."—HERMAN EHLKE.

Catarrh of the Throat.

B. H. Runyan, Salesville, O., writes: "I suffered with catarrh of the throat for five years. I was induced to try Peruna. I have used five bottles and am perfectly well."—B. H. RUNYAN.

Catarrh of the Ear.

Mr. Archie Godin, 188 Beech street, Fitchburg, Mass., writes: "Peruna has cured me of catarrh of the middle ear. I feel better than I have for several years."—ARCHIE GODIN.

Catarrh of the Bladder.

Mr. John Smith, 311 S. Third street, Atchison, Kansas writes: "I was troubled with catarrh of the

urethra and bladder for two years. At the time I wrote to you I was under the care of my home doctor, and had been for four months. I followed your directions but two months, and can say that Peruna cured me of that trouble."—JOHN SMITH.

If you do not receive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case, and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.



SOCIETY WOMEN SAY: NOTHING GIVES STRENGTH LIKE PE-RU-NA

BRINGS NEW STRENGTH AND HEALTH.

As a Tonic Peruna is Recommended By the Clergy and Business Men.



BEAUTIFUL young society woman of 174 Alabama street, Memphis, Tenn., writes:

"To a society woman whose whose nervous force is almost taxed to the utmost from the lack of rest and irregular meals

I know of nothing which is of so much benefit as Peruna. I took it a few months ago, when I felt my strength giving away, and it soon made itself manifest in giving me new strength and health."—Miss Blanch Grey.

Rev. F. R. Stutzman, Pastor of the Christian Church of Kansas City, Mo., also State Superintendent of the Missouri Christian Endeavor Societies, writes from Kansas City, Mo., as follows:

"As a stimulating tonic and invigorator for the nerves when subjected to mental strain and overwork, I have found Peruna invaluable. It having been of such service to me, I have kept it in the family and am pleased to state that my wife has found it of great help and a friend to weary women. Our children have also been benefited.

"We use it not only to cure, but find it an excellent preventative. When any of us feel at all out of sorts or ill we take a dose or two of Peruna and it seems to throw the sickness out of the system and restores health. I gladly endorse it."—F. R. Stutzman, 3210 Matthews avenue.

Peruna cures catarrh. That is all that Dr. Hartman claims for it. But catarrh assumes various phases in the human system.

Sometimes the catarrh invades the whole

system in such a subtle manner that it is not recognized. There may be a slight catarrh of the stomach, liver, bowels, and kidneys at the same time. The victim does not know he has catarrh at all. It is called dyspepsia or liver disease, or kidney disease. Sometimes it is called nervous prostration.

The real name for this condition is systemic catarrh. Peruna cures these cases every time. A great many people have come to regard Peruna as a cure-all, simply because Peruna cures so many varieties of catarrh.

The claim made for Peruna, however, is that it is not a cure-all. It cures just one disease—catarrh. It cures catarrh wherever located. It cures catarrh of whatever kind. It cures catarrh in whatever stage or phase.

Nervous Prostration Cured by Pe-ru-na.

Mr. Hal P. Denton, Chief Department Publicity and Promotion of National Export Exposition, writes:

Philadelphia, Pa.
The Peruna Medicine Co.,
Columbus, Ohio:

Gentlemen—"Toward the latter part of August I found myself in a very much run down condition. I suffered particularly from catarrh of the stomach, aggravated no doubt by the responsibilities and worry incident to the exploitation of a great international exposition. What I ate

distressed me and I would lie awake at night 'threshing over', if I may use that expression, the affairs of the previous day. "My family physician said I had nervous prostration, and recommended a sea voyage. I gradually grew worse. "A kind friend whom I had known in Ohio recommended Peruna. Though skeptical, I finally yielded to his advice. After using one bottle I was much improved, and with the fifth bottle came complete recovery. "I am in perfect health today and owe everything to Peruna."—Hal P. Denton.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.



MISS BLANCH GREY

A TRUE STORY.

How a Young Wife Regained Her Health and Beauty.

WE. BIRCH, Afton, Va., an extensive fruit grower of that place, writes the following letter to The Peruna Medicine Co., of Columbus, O. We print the letter in full:

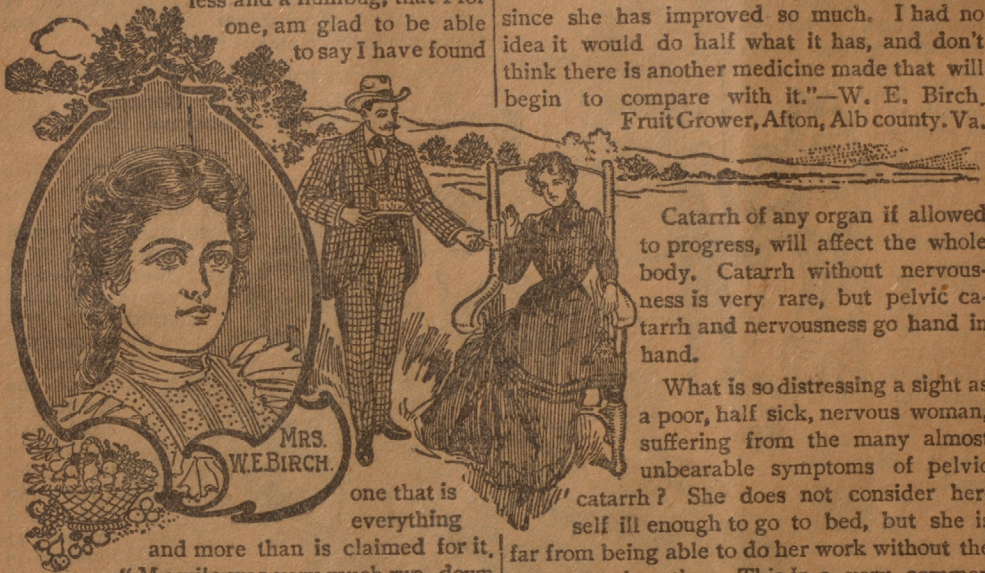
Afton, Va., June 4, 1900.

The Peruna Medicine Co., Columbus, Ohio:

Gentlemen—"The country is so flooded with patent medicines of every kind that are worthless and a humbug, that I for one, am glad to be able to say I have found

so run down, nervous, weak and could not eat, that I had begun to get very uneasy, but your medicine made an entirely new woman of her. I believe she eats and feels better now than she has for years.

"I have not the slightest doubt but that your medicine has saved her from a long spell of sickness, if nothing more. All my family had begun to get uneasy, but, of course, she did not know it and I have only just told her of it since she has improved so much. I had no idea it would do half what it has, and don't think there is another medicine made that will begin to compare with it."—W. E. Birch, Fruit Grower, Afton, Alb county, Va.



MRS. W.E. BIRCH.

one that is everything and more than is claimed for it.

"My wife was very much run down and out of sorts in every way. She had a pelvic disorder which left her very weak, nervous and no appetite at all.

"One day I happened to be at my father's store, S. A. Birch, Coresville, Alb county, Va., and noticed your medicine he had there for sale.

"I thought it might help my wife so I brought a bottle of it home and within a week she commenced to eat and now she is hungry all the time and not half the medicine has been taken. We both agree that it beats any medicine to bring on an appetite and to put the nerves in good shape that we have ever had anything to do with. We had our family doctor to give her medicine and he did all he could, but she did not improve the least. She has consumption in her family and she was in such bad shape;

Catarrh of any organ if allowed to progress, will affect the whole body. Catarrh without nervousness is very rare, but pelvic catarrh and nervousness go hand in hand.

What is so distressing a sight as a poor, half sick, nervous woman, suffering from the many almost unbearable symptoms of pelvic catarrh? She does not consider herself ill enough to go to bed, but she is far from being able to do her work without the greatest exhaustion. This is a very common sight and is almost always due to pelvic catarrh.

It is worse than foolish for so many women to suffer year after year with a disease that can be permanently cured.

Peruna cures catarrh permanently. It cures old chronic cases as well as a slight attack, the only difference being in the length of time that it should be taken to effect a cure.

Miss Irene Smith, 101 N. Carolina ave., S. E., Washington, D. C., writes: "Peruna has cured me of catarrh of the head and stomach, and nervous debility with which I suffered greatly for two years. I most heartily recommend this remedy to all suffering from these diseases. It is the best medicine I have ever known."—Miss Irene Smith.

Chicago Attorneys Who Use Pe=ru-na.

Cured of Nasal Catarrh of Five Years Standing.

HON. RUDOLPH M. PATTERSON, a well known lawyer of Chicago, Ill., writes :

The Peruna Medicine Co., Columbus, Ohio:

Gentlemen: "I have been a sufferer from nasal catarrh for the past five years, and at the earnest solicitation of a friend I tried Peruna and am glad to say it has afforded a complete cure. It is with pleasure that I recommend it to others."—Rudolph M. Patterson.

Dr. Wm. R. Reed, 645 Trumbull Ave., Detroit, Mich., a graduate from the Edinburg University and Late Assistant Manager of Detroit Keeley Institute, writes: "I have pleasure in testifying to the merits of Peruna as a valuable specific for catarrh, and also as a wonderful restorative for nervous debility and general weakness.

Personally I have derived much benefit from its use and have also witnessed the wonderful effect on others to whom I have recommended it."—Dr. Wm. R. Reed.

Catarrh is a systemic disease, curable only by systemic treatment. A remedy that cures catarrh must aim directly at the depressed nerve centers. This is what Peruna does. Peruna immediately invigorates the nerve-centers which gives vitality to the mucous membranes. Then catarrh disappears. Then catarrh is permanently cured.

Colds are considered one of the necessary ills of life. One is liable to catch cold both summer and winter. Very often summer colds prove fatal. They are always dangerous.

A cold is the beginning of catarrh. It may cause catarrh of any of the internal organs—the head, throat, lungs and stomach. A remedy that will cure a cold, then, would cure all these different effects of cold. Peruna is such a remedy. We have letters from all over the United States attesting to this fact. The poor and rich alike use and recommend it.

Peruna cures catarrh wherever located. Peruna is not a guess nor an experiment—it is an absolute scientific certainty. Peruna has no substitute—no rivals. Insist upon having Peruna.

Louis J. Behan, attorney, in a letter from 920-925 Stock Exchange

Building, Chicago, Ill., says: Gentle men—

"During the gubernatorial campaign in this state, I was troubled with severe hoarseness and sore throat. At the suggestion of a friend I tried

Peruna, which gave me complete relief."

Yours very truly,

LOUIS J. BEHAN.

Feels Like a Different Person.

W. H. Chaney, Laurel Grove, Va., writes: "For the past twelve months I have been a sufferer from catarrh of the head. Since taking four bottles of your Peruna I feel like a different person altogether. The severe pains in my head have disappeared, and my entire system has been greatly strengthened.

"This is my first testimonial to the curative qualities of any patent medicine, but I feel it a duty to mankind to let them know of the greatest medicine on earth—Peruna—in my estimation for the above trouble."—W. H. Chaney.



GENERAL O'BEIRNE

SAYS:

"Pe-ru-na Is an Effective Cure for Catarrh."



GENERAL James R. O'Beirne, 290 Broadway, Washington, D. C., late Commissioner of Charities of New York City, N. Y., and Assistant Commissioner of Immigration, writes as follows:

"As many of my friends and acquaintances have successfully used your Peruna as a catarrh cure, I feel that it is an effective remedy, and I recommend it as such to those

suffering from that disease as a most hopeful source of relief."—James R. O'Beirne.

Mr. John E. Burns, 28 Spring Garden road, Halifax, N. S., Water Inspector, writes: "I can hardly find words that can express my thanks to you for what your remedy has done for me. I have been troubled with catarrh of the head for a couple of years, and I was persuaded to try Peruna and found great benefit after using three bottles, and I can recommend it highly to anyone suffering from the same."—John E. Burns.

Pe-ru-na Cured Catarrh of Several Years' Standing.

Mr. G. L. Martin, Hartford, Ont., choir leader at St. Paul's Episcopal Church, writes:

"Peruna is a wonderful remedy for catarrhal troubles. I have been troubled with catarrh for a great many years, and always trying something for it, but was able only to secure temporary relief until I used Peruna. Only five bottles rid my system of all traces of catarrh, and I have not noticed the slightest trouble for several months. My head was stopped up, my breath offensive, and it is a relief to be able to breathe freely once more."—G. L. Martin.

A Prominent Canadian Testifies.

Mr. Joseph Crees, Gov. House, Ottawa, Canada, Head Steward to Lord Minto, Gov. General of Canada, writes:

"Peruna is the finest remedy I have ever known for catarrhal afflictions. I have used it and have found it an excellent tonic and a grand blood purifier. I have recommended its use to a number of men under me and am pleased to say that nothing I have ever observed gets a sick man out of bed and well again as quickly as Peruna. I am glad to be able to tell of its merits."—John Crees.

Most people think the success of Peruna depends upon the use of advertisements. Undoubtedly the advertisements help some. But by far the greatest number of people who hear of Peruna have their attention called to it by a friend. Some one gets cured of chronic catarrh by Peruna. After he is certain of his cure, he is sure to recommend it to his friends.



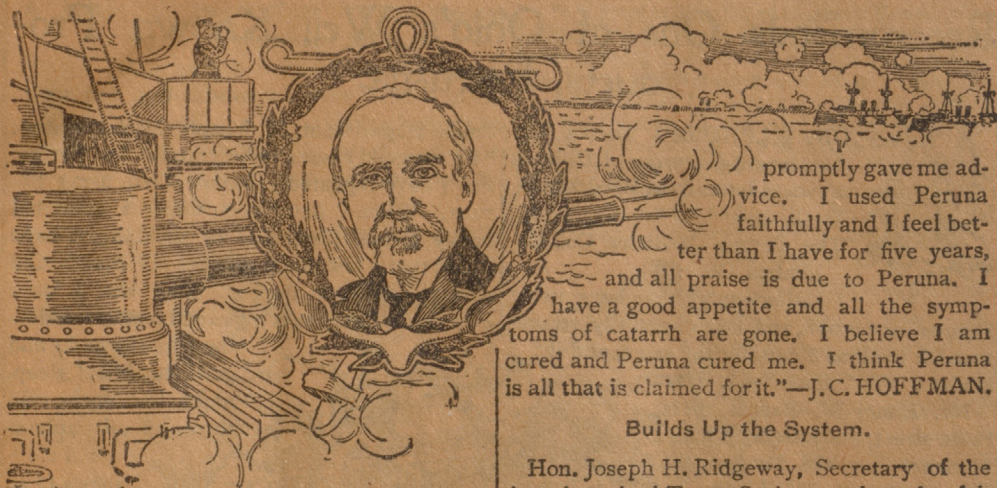
Friend recommends it to friend and then the news will spread from tongue to tongue.

All the advertisements in the world could not make Peruna as popular as it is. Peruna cures. That is the reason people like it. Peruna cures a very stubborn disease. That is why everyone recommends it. Peruna cures chronic catarrh after all other remedies fail, which explains why neighbor recommends it to neighbor.

Peruna cures catarrh permanently, and in this way has gained a life-long friend.

Commodore Nicholson of Our Navy

Says of Pe-ru-na: "I am Convinced of the Curative Qualities."



COMMODORE Somerville Nicholson, of the United States Navy in a letter from 1837 R street, Northwest, Washington, D. C., says: "Your Peruna has been and is now used by so many of my friends and acquaintances as a sure cure for catarrh that I am convinced of its curative qualities, and I unhesitatingly recommend it to all persons suffering from that complaint."—S. NICHOLSON.

Other Prominent Men Testify.

Dr. W. Godfrey Hunter, U. S. Minister from Guatemala, ex-Member of Congress from Kentucky, in a letter from Washington, D. C., writes: "I am fully satisfied that your Peruna is an efficacious remedy for catarrh, as I and many of my friends have been benefited by its use."—W. G. HUNTER, M. D.

Congressman from Virginia.

Hon. G. R. Brown, Martinville, Va., ex-Member of Congress Fifth District, Fiftieth Congress, writes: "I cheerfully give my endorsement to your Peruna as a cure for catarrh. Its beneficial results have been so fully demonstrated that its use is essential to all persons suffering from that disease."—HON. G. R. BROWN.

Feels Better Than He Has for Five Years.

Mr. J. C. Hoffman, Rea, Mo., writes: "About a year ago I was suffering with catarrh and I wrote to Dr. Hartman of my symptoms and he

promptly gave me advice. I used Peruna faithfully and I feel better than I have for five years, and all praise is due to Peruna. I have a good appetite and all the symptoms of catarrh are gone. I believe I am cured and Peruna cured me. I think Peruna is all that is claimed for it."—J. C. HOFFMAN.

Builds Up the System.

Hon. Joseph H. Ridgeway, Secretary of the American Anti-Treat Society, writes the following from the Grand Central Hotel, St. Paul, Minn.: "It is with great pleasure that I endorse Peruna as an honest medicine, competent to do all it claims. I have used it several times and I know of nothing that cures so completely, and at the same time builds up the system. I have recommended it to a number of my friends and always feel that I do them a service, for I know how satisfactory the results invariably are. I only wish every family had a bottle—it would save much sickness and doctor bills."—JOSEPH H. RIDGEWAY.

Men of Prominence Do Not Hesitate to Recommend Pe-ru-na.

The day was when men of prominence hesitated to give their testimonials to proprietary medicines for publication. This remains true today of most proprietary medicines. But Peruna has become so justly famous, its merits are known to so many people of high and low stations, that no one hesitates to see his name in print recommending Peruna. The highest men in our nation have given Peruna a strong endorsement. Men representing all classes and stations are equally represented.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case, and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

EX-LIEUTENANT GOVERNOR OF OHIO

Recommends One of Ohio's Well Known Products, Pe-ru-na.

HON. ALPHONSO HART, ex-Lieutenant-Governor of Ohio, in a recent letter from Washington, D. C., says:
The Peruna Medicine Co., Columbus, Ohio:
Gentlemen: "I have been using Peruna for catarrh, and can cheerfully recommend it to all as a cure for the same, and it is also a good tonic."—A. Hart.

Mr. Elmer M. Barnes, 611 State street, St. Joseph, Mich., Manager for the League of Educators of Michigan, writes:

"It is with pleasure that I give Peruna my hearty endorsement. I found that it contains valuable properties as a tonic.

Close study and steady confinement induces a wear and tear on the nervous system, and at such times I have found that a bottle or two of Peruna would restore the system to its normal vigor very speedily and permanently."—Elmer M. Barnes.

Nervous Debility.

Everyone who is in the least degree subject to nervousness, sleeplessness, prostration and mental fatigue or nervous debility in any form, finds the hot weather of June, July and August very hard to bear, if not dangerous.

The only safe course to take is to keep the blood pure, digestion good, and sleep regular. No remedy equals, in all respects, Peruna for these purposes. If the system is run down and weakened by catarrh, Peruna renovates and rejuvenates the nerves and the brain.

Mr. Orlando E. Service, officer of St. Joseph,

Police Department, St. Joseph, Mich., writes: "I have good reason to be grateful for the relief I have repeatedly found when using Peruna. When I have been under a continual heavy strain, physically or mentally, I have found that a few doses restores my health and strength quicker than anything else I have ever used. Peruna is a general restorer, inducing

a fine appetite and good healthful sleep, and a few doses will throw off all unpleasant feelings after being exposed to the wet, cold weather."—

Orlando E. Service.

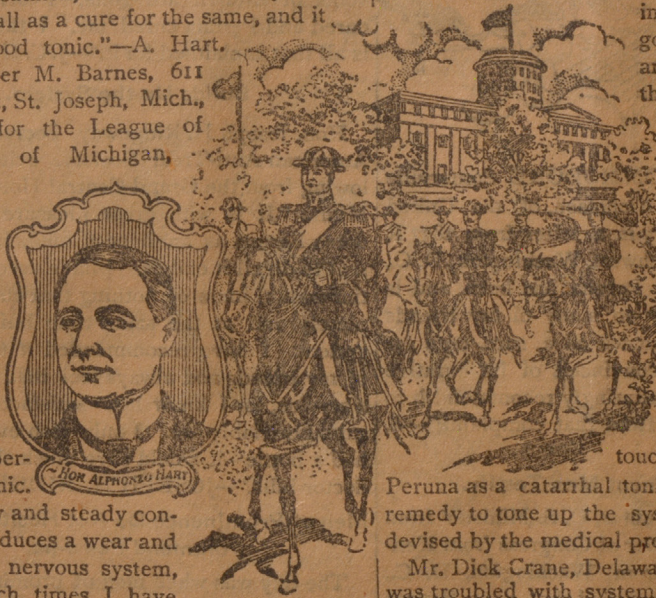
The above testimonials are only specimens of 50,000 letters received touching the merits of

Peruna as a catarrhal tonic. No more useful remedy to tone up the system has ever been devised by the medical profession.

Mr. Dick Crane, Delaware, Ind., writes: "I was troubled with systemic catarrh, had poor appetite, slept poorly and had a bad cough. I give you and your medicine all the credit for my speedy recovery, for I am much stronger, have a good appetite, sleep well and my cough has ceased. I feel that I owe my whole strength to Peruna and your kind advice. I have been afflicted for nearly twelve years, and I feel younger now at 59 than I did ten years ago."—Dick Crane.

Mr. Joseph Gericke, 239 Cass Ave., Detroit, Mich., is Dictator of the Knights of Honor. He writes the following:

"I have used Peruna on several occasions when I found myself completely used up from over-work, and am happy to state that it invariably restored me to my usual healthy condition. As a tonic for a debilitated system, I know of no better remedy. You are at liberty to use my name in spreading the merits of Peruna."—Joseph Gericke.



WOMEN SAY OF PE-RU-NA:

"I Will Never Be Without It." | "Pe-ru-na Saved Me From the Grave."

A Heart to Heart Talk With Women
By S. B. Hartman, M. D.

IF ALL the sick mothers, invalid daughters and diseased sisters in this broad land would take the following ladies' simple and direct testimony to heart and do as they have done, no pen could describe the benefit that would follow.

There are so many women, especially married women, who drag themselves wear-



ily around from year to year without any particular disease, and yet miserable beyond description. They ache and tremble and throb, growing more nervous, tired and debilitated every day.

For this class of sufferers Peruna is the most perfect remedy in existence. It relieves, it soothes, it quiets, it strengthens and no tired, overworked woman in the land should be without Peruna in the house for a single day.

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, so I decided 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.

Mrs. Sophia Hartful, of Spencer Brook, Minn., writes: "I was very seriously sick last spring—sick enough to die and I did not know what to do. I was looking over one of your almanacs and found that Dr. Hartman was the best one for my trouble. I suffered from systemic catarrh. I described my sickness to Dr. Hartman and he wrote me that I should use Peruna. I did and now I am a healthy woman. I would now be in my grave but Dr. Hartman, of Ohio, saved me from death."—Mrs. Sophia Hartful.

A Prominent Club Woman
Recommends Pe-ru-na.

Mrs. M. Van Vrancken, Chairlady of Sick Committee of Lady Standard Mutual Benevolent Association of New Orleans, 821 Fourth street, New Orleans, La., writes:

"In connection with my official work I have repeatedly found Peruna a most reliable remedy. In cases of catarrh of the system there is nothing which will cure any quicker, and as a remedy for worn out women it is superior to anything I know.

"It restores a mother after severe child birth, and prevents pains and irregularities in a very short time. I have found it of much value, both as a preventative of colds and as a tonic when I have been feeling badly, and although I never give a testimonial for anything, I make an exception in favor of Peruna, as I consider it of an exceptional value."—Mrs. M. Van Vrancken.

Mrs. M. A. 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, 45 Exchange st., St. Paul, Minn.

"I HAD BACKACHE MOST OF THE TIME."

"Pe-ru-na Is a Woman's Friend."

Writes Miss Lindsay of Marinette, Wis.

A Grateful Girl's Letter to Dr. Hartman.

MISS NELLIE LINDSAY, 30 Hattie Court, Marinette Wis., writes:

Peruna Medicine Co., Columbus, O.:

Gentlemen: "My experience with Peruna has been such that I am very glad indeed to be able to recommend it. About



Miss Nellie Lindsay

two years ago my health began to fail. I lost my appetite, had backache most of the time, and any over-exertion would keep me in bed for a week or more. I needed a good tonic to bring me back to health

and strength, but I did not know which would be of benefit. Peruna was recommended as a woman's friend, and such it proved to be, for six bottles have been used and I am restored to health."—Miss Nellie Lindsay.

Tired Women, Run Down, Weary and Weak, Morning, Noon and Night.

If one were to ask all the nervous, fretted, jaded, fagged-out women who work day after day, hardly able to keep on their feet—if a person were to ask them what their trouble was, one would say dyspepsia, another nervous prostration, another female weakness and so on.

The fact is, however, that they nearly all

have the same disease, and that disease is chronic catarrh.

Thousands of people have chronic catarrh and do not know it.

They realize that they are sick, but they do not suspect that their disease is chronic catarrh.

If they have catarrh of the stomach, they call it dyspepsia; if they have general catarrhal debility, they call it nervous prostration; if they have catarrh of the liver or kidneys, they say they are bilious or have kidney disease; and if they have catarrh of the pelvic organs they name it female weakness.

The truth is, all these organs are subject to catarrh, and the land is full of toiling women, half invalids, who have chronic catarrh in some stage or form of some of these organs.

Women from all parts of the United States bear testimony to the fact that Peruna cures female catarrhal diseases.

Mrs. Kate Mann, 806 Bathurst street, Toronto, Ont., Canada, Vice President of the Ladies' Aid Society, writes:

"I am pleased to give praise to Peruna for the blessed relief I found through its use.

"I suffered for years with backache and dragging down pains, and often had to go to bed and stay there when I was so busy that I could ill be spared. It was therefore a simple Godsend to me when Peruna was brought to my notice. Every day seemed to give me new life, and every day made me feel much better, and I promised myself if it cured me I would advocate it so that other suffering women should know of it.

"I have been in perfect health for one year. I enjoy work and pleasure because in such fine health and no trouble seems too heavy for me to bear when I have good health.

"Peruna has simply been a household blessing and I will never be without it again."—Mrs. Kate Mann.

Miss Olive J. Fitts, 520 S. Broadway, Los Angeles, Cal., writes:

"About a year ago I was troubled with a severe attack of nervous debility and was reduced in flesh to skeleton-like proportions.

My friends advised a change of climate and

I went to Phoenix, Arizona, but

received no permanent or even appreciable relief un-

til I began the use of Peruna recommended by a friend there. I took perhaps three bottles and am today well and hearty."—Olive J. Fitts.



SAVED FROM CONSUMPTION.

A Case of Incipient Consumption Caused by Catarrh of the Head That Neither Physicians Nor Climate Could Benefit, Cured by Pe-ru-na.

A Miraculous Cure Effected by Pe-ru-na Given in the Exact Words of the Writer.

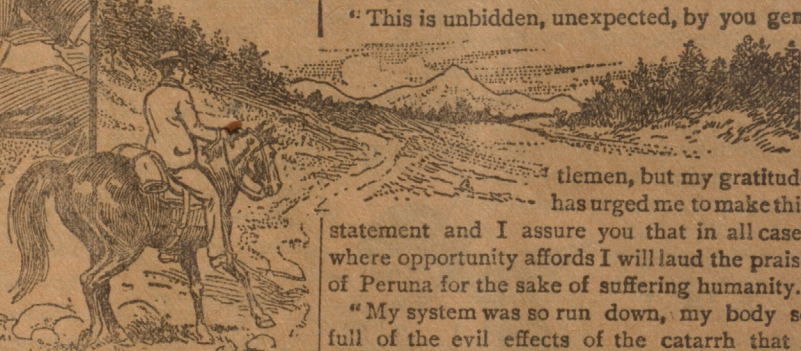
September 23, 1900.

The Peruna Medicine Co., Columbus, O.:

FOR years I have suffered with catarrh of the head and nasal organs. I have tried nearly all patent catarrh remedies with the same result—that they all failed to cure. I have tortured myself with nasal douches, medicated sponges to breathe through, magic electric jars, etc. I have tried the climates of Washington, of California, of the Southern Gulf States, of North



of North



Dakota and Minnesota, and the result was a steady increase of the disease, which gradually worked its way into my throat. I had read many advertisements of Peruna but I had lost faith in the chances of a cure.

"On July 6th last, as I alighted from the B. & M. passenger train at Seward, Neb., I sneezed, one of those hard, rasping sneezes which I was subject to, that nearly 'took the top off my head' sometimes, and with that sneeze came a gush of blood from my lungs. For about fifteen minutes I struggled for life, to keep from

strangling. I took the first train for this city and sought the best medical aid; I also bought one bottle of Peruna. My doctor said it would do me no good. That my 'months were few and numbered.' I began taking Peruna by doubling the dose to one teaspoonful every half hour and a good big swallow every time a hemorrhage would begin. At the end of a week I discovered that Peruna was doing me more good than the doctor's medicine, although he was extravagant in his charges. So I quit taking his nostrums. By the end of two weeks the hemorrhages had ceased and I lessened the dose to one teaspoonful every hour, and in another week dropped to the regular dose. Up to date I have taken fourteen bottles of Peruna and I am feeling well and hearty and weigh more than I have in several years.

"To sum up in conclusion, I believe Peruna has saved me from a consumptive's grave. It has prolonged my life, brought health and hope to myself and happiness to my family.

"This is unbidden, unexpected, by you gen-

tiemen, but my gratitude has urged me to make this statement and I assure you that in all cases where opportunity affords I will laud the praise of Peruna for the sake of suffering humanity."

"My system was so run down, my body so full of the evil effects of the catarrh that I suffered with pains at the heart, shortness of breath and flutterings; and at times my kidneys were so painful that life was becoming a burden. All this has passed away. The disagreeable, bad breath, the continual hawking and spitting has ceased, and I feel the energy and self-confidence of youth coming back.

"Peruna, in the future, shall occupy the front rank in my family medicine shelf.

"You may use any part of this letter you desire for publication if you choose, or refer anyone to my case for private information by giving my address."

Yours truly,
T. K. ELDER,
Perry, Noble Co., Okla.

If You Do Not Improve as Fast as You Might Write Dr. Hartman.

THE POPULAR COUNTY CLERK

Of the City of San Francisco,

Recommends Pe-ru-na as the Best Remedy For Catarrhal Complaints That He Has Ever Used.

HON. WM. A. DEANE, Clerk of the city and county of San Francisco, was Chief Deputy in the office of his predecessor during the latter part of his term. He is a Native Son, having been born and raised in the city of San Francisco, and has for many years been prominently identified with the order of Native Sons of the Golden West, as well as other fraternal organizations. He is an exceptionally popular young man socially, and politically also, as evidenced by the ballots cast at the late election, he having defeated his opponent for the office of County Clerk by nearly 8,000 votes. In a letter written January 28, 1899, from San Francisco to Dr. Hartman, Mr. Deane has the following to say of Peruna: The Peruna Medicine Co., Columbus, Ohio:

Gentlemen—"I would not be without Peruna, as I have found it to be the best remedy for catarrhal complaints that I have ever used. I have tried most of the so-called catarrh remedies advertised, and can conscientiously say that of all the remedies for catarrhal complaints recommended to me none has been so beneficial as Peruna."—William A. Deane.

Different Phases of Catarrh.

Catarrh assumes different phases in different seasons of the year. There is, therefore, four quite well marked varieties of catarrh. Winter catarrh, spring catarrh, summer catarrh and autumn catarrh. In each of these varieties different organs seem to be the principal seat of the catarrh.

In the winter the catarrh is more frequent in the head, throat and respiratory organs.

In the spring the catarrh seems to chiefly affect the stomach and nervous system.

In the summer the bowels suffer the oftenest, while in the autumn the liver and kidneys seem to be particularly subject to the ravages of catarrh. Of course it is not meant by this that catarrh is absolutely confined to these

parts of the body during the season for which we have assigned them.

Catarrh may attack any organ in any season of the year, but the liabilities are so much greater for catarrh to attack particular organs in certain seasons

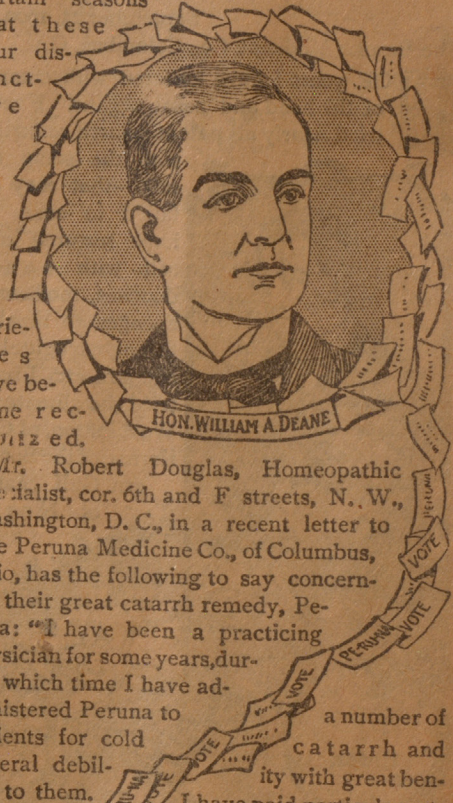
that these four distinctive

varieties have become recognized.

Mr. Robert Douglas, Homeopathic Specialist, cor. 6th and F streets, N. W., Washington, D. C., in a recent letter to The Peruna Medicine Co., of Columbus, Ohio, has the following to say concerning their great catarrh remedy, Peruna: "I have been a practicing physician for some years, during which time I have administered Peruna to a number of patients for cold catarrh and general debility with great benefit to them. I have paid particular attention to its effect, and I have absolute confidence in its curative qualities, and have no hesitation in giving it a most emphatic endorsement."

Pe-ru-na An Internal Remedy.

Peruna is an internal remedy—a scientific remedy for catarrh. It cures catarrh wherever located. Its cures last. Peruna gives strength by stopping waste. By saving the mucous it enriches the blood. By cleansing the mucous membranes it preserves the vital forces. No remedy can possibly supply the place of Peruna. Insist upon having Peruna. Take no other remedy. There is no substitute for this catarrh medicine. Send for a free book on catarrh.



THE OLDEST MAN IN AMERICA

Tells How He Escaped the Terrors of Many Winters By Using Pe-ru-na.

MR. ISAAC BROCK, born in Buncombe county, N. C., March 1, 1788. His age is 114 years, vouched for by authentic record. He says: "I attribute my extreme old age to the use of Peruna."

Born Before the United States was formed.
Saw 22 Presidents elected.
Peruna has protected him from all sudden changes.
Veteran of four wars.
Shod a horse when 99 years old.
Always conquered the grip with Peruna.
Witness in a land suit at the age of 110 years.
Believes Peruna the greatest remedy in the age for catarrhal diseases.

A short time ago by request, Uncle Isaac came to Waco and sat for his picture. In his hand he held a stick cut from the grave of General Andrew Jackson, which has been carried by him ever since. Mr. Brock is a dignified and gentleman, showing few signs of decrepitude. His family bible is still preserved and it shows that the date of his birth was written 114 years ago.

Surely a few words from this remarkable old gentleman, who has had 114 years of experience to draw from, would be interesting as well as profitable. A lengthy biographical sketch is given of this remarkable old man in the Waco, Times-Herald, December 4, 1898. A still more pretentious biography of this, the oldest man living, illustrated with a double column portrait, was given the readers of the Dallas Morning News, dated December 11, 1898, and also the Chicago Times-Herald of the same date.

This centenarian is an ardent friend of Peruna, having used it many years. In speaking of his good health and extreme old age, Mr. Brock says: "After a man has lived in the world as long as I have, he ought to have found out a great many things by experience. I think I have done so. "One of the things I have found out to my entire satisfaction is the proper thing for all-

ments that are due directly to the effects of the climate. For 114 years I have withstood the changeable climate of the United States.

"I have always been a very healthy man, but of course subject to the little af-



fections which are due to sudden changes in the climate and temperature. During my long life I have known a great many remedies for coughs, colds and diarrhoea.

"As for Dr. Hartman's remedy Peruna, I have found it to be the best, if not the only reliable remedy for these affections. It has been my standby for many years, and I attribute my good health and extreme old age to this remedy.

"It exactly meets all requirements. It protects me from the evil effects of sudden changes; it keeps me in good appetite; it gives me strength; it keeps my blood in good circulation. I have come to rely upon it almost entirely for the many little things for which I need medicine.

"When epidemics of la grippe first began to make their appearance in this country I was a sufferer from this disease.

"I had several long sieges with the grip. At first I did not know that Peruna was a remedy for this disease. When I heard that la grippe was epidemic catarrh, I tried Peruna for la grippe and found it to be just the thing."

Yours truly,
ISAAC BROCK.

"FOR ALL CATARRHAL COMPLAINTS

Pe-ru-na Is Most Excellent," Writes Congressman John L. Sheppard.

CONGRESSMAN John L. Sheppard, Member of Congress from Texas, writes:

Gentlemen—"I have used Peruna in my family and find it a most excellent remedy for all catarrhal complaints."—John L. Sheppard.

There are two things that the whole medical profession agree about concerning catarrh. The first is that catarrh is the most prevalent and omnipresent disease to which the people in the United States are subject. All classes of people have it. Those who stay in doors much and those who go outdoors much. Working classes have it and sedentary classes have it.

The doctor finds catarrh to be his constant and ever-present foe. It complicates nearly every disease he is called upon to treat.

The second thing about catarrh on which all doctors agree is that it is difficult to cure it. Local remedies may give relief but they fail to cure permanently. Sprays or snuffs amount to little or nothing except to give temporary relief.

Catarrh is frequently located in internal organs which cannot be reached by any sort of local treatment. All this is known by every physician.

To devise some systemic internal remedy which would reach catarrh at its source, to eradicate it permanently from the system—this has been the desire of the medical profession for a long time. Forty years ago Dr. Hartman confronted this problem. He believed then that he had solved it. He still believes that he has solved it. He cures thousands of people

annually. During all these years Peruna has been the remedy upon which he has relied. It was first a private prescription, afterwards manufactured expressly for him in large quantities.

A Case of Nasal Catarrh of Five Years' Standing Cured by Pe-ru-na.

Hon. Rudolph M. Patterson, a well known lawyer of Chicago, Ill., writes:

"I have been a sufferer from nasal catarrh for the past five years and at the earnest solicitation of a friend I tried Peruna and am glad to say it afforded a complete cure. It is with pleasure I recommend it to others."—Rudolph M. Patterson.

Mr. Camillus Senne, 257 West 129th street, New York, writes:

"I have fully recovered from my catarrhal troubles. I suffered for three years with ca-



tarrh of the throat. I tried medicine without at last I have the wonderful Peruna. I read

your almanac, and wrote you for advice, which I followed. After taking one and one-half bottles of Peruna I am entirely cured, and can recommend Peruna to anyone as the best and surest remedy for any catarrhal troubles."—Camillus Senne.

A course of Peruna never fails to bring relief. There is no other remedy like Peruna. Its cures are prompt and permanent.

Peruna is now to be found in every drug store and nearly every home in the land. It is the only reliable internal remedy ever devised to cure any case of catarrh, however long the case may have been standing.

head, nose and all kinds of out relief, but been cured by remedy called of Peruna in

THIRTEEN DOCTORS FAILED.

Mrs. M. A. Close, of Wyoming, Was Cured of Incipient Consumption After All Medical Aid Had Failed---Read Her Letter.

Cheyenne, Wyo., July 8, 1900.

DR. S. B. HARTMAN, Columbus, Ohio:
Dear Doctor—"I desire to express to you my sincere thanks for the interest you have shown in my case, and for the timely aid and advice which has effected a cure of as bad a case of consumption as could be well imagined.

"Peruna and Manalin have done what thirteen of the best physicians in the country have failed to do. For more than three years I doctored for consumption, and spent thirteen weeks in a Pulmonary Sanitarium at



Mrs. M. A. Close.

Milwaukee Wis.; but finding myself growing worse, as a last resort, I came west where I was bedfast for many weeks, and the physicians which my husband called gave no hope, but said, 'She cannot possibly live more than a few days.' But thanks to Peruna I fooled them all. In an incredibly short time after I began to take Peruna the hemorrhages stopped. I began to mend slowly at first, but the improvement became more marked, and now I can truthfully say that there is not the slightest trace of my old complaint.

"I would have written you a long time ago, but have purposely waited to see if the effect was lasting; and in conclusion I would say,

God bless you and keep you with us that you may go on with your work of mercy for many years to come."—Mrs. M. A. Close.

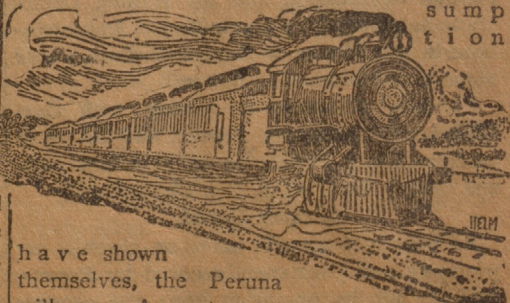
P. S.—"I am going to visit friends in Wisconsin who never expected to see me alive again."—M. A. C.

An Old Cold Is Catarrh, and Catarrh Leads to Consumption.

The tendency of catarrh of the head is to pass downward through the bronchial tubes to the lungs. Any one who has had catarrh of the head for a year or more finds the disease gradually progressing downward. In some cases the progress is rapid, and in other cases it is slow; but sooner or later if catarrh is allowed to run it will go to the lungs and set up the disease known as consumption. It is doubtful if consumption is ever caused by anything except catarrh.

The catarrh usually begins as a cold in the head or throat, and is neglected until it becomes chronic; then it begins to dawn on the victim that he has catarrh. Unless he is very foolish indeed he will not rest easy until the catarrh is entirely cured. Thousands pay no attention to it until it is too late.

If Peruna is used the cold never becomes chronic and hence catarrh is prevented. But after catarrh has become thoroughly established Peruna will cure it, but it will take much longer. Even in cases where catarrh has attacked the lungs and the symptoms of consumption



have shown themselves, the Peruna will cure. A great many cases of genuine consumption have been cured with Peruna after the patient had been given up to die, as in the case of Mrs. Close.

BISHOP HANDY OF BALTIMORE SAYS :

"I Recommend Pe-ru-na as a Safe Cure For Catarrh."

JAMES A. HANDY, Bishop of the A. M. E. Church of Baltimore, Md., writes from 1341 North Carey street :

"I take pleasure in acknowledging the curative effects of Peruna. At the solicitation of a friend I used your remedy and cheerfully recommend your Peruna to all who want a good tonic and a safe cure for catarrh."—James A. Handy.

Mr. George S. Chandler, 64 Pleasant street, Portsmouth, N. H., writes: "I take pleasure in saying that I can cheerfully recommend the use of Peruna as a remedy for catarrh and nervousness. I have been troubled a great deal with catarrh and nervousness, and Peruna has cured me. I rec-



ommend its use to everyone suffering with like disorders."—George S. Chandler.

Congressman Livingston of Atlanta.

Colonel L. I. Livingston, Member of the Industrial Commission and the leading Democratic member of the Committee on Appropriations in the House of Representatives, whose home is at Atlanta, Ga., writes:

"I take pleasure in joining with Gen. Wheeler, Congressman Brewer and others in recommending Peruna as an excellent tonic and catarrh cure."—Col. L. I. Livingston.

Catarrh Cured.

All phases of catarrh, acute or chronic, are promptly and permanently cured by Peruna. It is through its operation upon the nervous system that Peruna has attained such a world-wide reputation as a sure and reliable remedy for all phases of catarrh wherever located.

Mr. Jas. O. Morin, 1179 Ontario st., Montreal, Can., writes:

"Peruna is certainly a great catarrh remedy. It cured me of catarrh of the head and I gladly endorse it. Canadians are peculiarly afflicted with this disease and for years the doctors have tried to overcome it with elixirs, powders and pills, but Peruna has solved the question, and since the medicine has been established here hundreds of people have been cured of catarrh."—Jas. O. Morin.

Cong. Thompson of Kentucky.

Ex-Congressman Phil. B. Thompson, from Kentucky, writes:

"My friends have used your remedy, Peruna, and I take pleasure in testifying to the merits of your medicine. Besides being one of the very best tonics, it is a good, substantial catarrh remedy." P.B. Thompson.

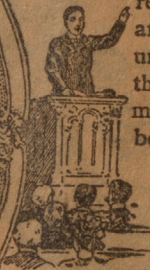
Clean Mucous Membranes.

Anyone who has taken Peruna has clean mucous membranes. Anyone who has clean mucous membranes is not liable to catch cold, cannot have catarrh and need not fear catching the grip or having malaria or contracting any contagious disease.

As the skin protects the outside of the body so the mucous membrane protects the cavities of the body; that is to say, if it is a clean and healthy mucous membrane.

A congested or catarrhal mucous membrane dotted with ulcers or spotted with little canker sores will not protect the body. Such people will have colds, are sure to have the grip, and would acquire any contagious disease that is going in spite of all antiseptics and precautions.

Peruna makes diseased mucous membranes well. This not only rids the patient of catarrh but fortifies the body against the reverses of all climates, epidemics and contagious diseases.



MRS. BREWER RECOMMENDS PE-RU-NA FOR DEBILITY AND FEMALE CATARRH.

(Two Other Interesting Letters From Thankful Women.)



MRS. LIZZIE M. BREWER, of Westerly, R. I., is one of the many women who have used and recommended Peruna for years. She does not hesitate to praise it openly and in a letter to The Peruna Medicine Co., for publication she says:

Westerly, R. I.

Dear Dr. Hartman—"I am among the sick a great deal in our city and have supplied many invalids with Peruna, simply because I am enthusiastic in my faith as to its results. I have never known it to fail to quickly and permanently remove a demoralized state of the human system.

"In all cases of extreme weakness I use Peruna with perfect confidence of a good result.

"In cases of weakness peculiar to my sex I am sure that no other remedy can approach in good results the action of Peruna. It meets all the bad symptoms to which females are subject. The irregularities and nervousness, the debility and miseries which afflict more or less the woman from girlhood to change of life, are one and all met and overcome by this excellent remedy. I wish every young lady in our city could read your book."—Mrs. Lizzie M. Brewer.

Miss Aveline M. Flinders, 118 Eighteenth street, Detroit, Mich., writes: I suffered with everything that a woman could suffer for twenty-two months, and as no doctors seemed to help me, I despaired of ever recovering. But Peruna came to my notice and in three months I was cured. I am glad to say that life looks worth living now, and I cheerfully recom-

mond Peruna to all suffering women."—Miss Aveline M. Flinders.

Mrs. E. R. Richards, 243 W. 107th street, New York City, N. Y., writes: "It is certainly a pleasure to recommend so reliable a medicine as Peruna. Last spring my health was broken down and it took all my courage and nerve force to drag around. My husband brought me a bottle of Peruna to try, and I bless the day he did so, for my recovery started from the first dose and before a month had passed I felt like a different woman, as I was well and strong."—Mrs. E. R. Richards.

Pelvic catarrh is a phrase coined by Dr. Hartman, covering all that large class of diseases that used to be known as female weakness. The lower portion of the abdomen



is called by anatomists the pelvis. The organs contained in this portion of the body are known as the pelvic organs. There are several of them, very delicate and very subject to catarrh. Few women escape entirely catarrh of these organs. While each case presents some minor difference as to detail, they are all in reality alike.

Peruna does not relieve these cases by temporarily mitigating some symptom, but by a removal of the cause. Many a woman can testify that local treatment does not permanently cure. A large multitude of women are constantly going from doctor to doctor to receive local treatment with little or no result.

In Peruna these women find a prompt and permanent cure. Thousands upon thousands of testimonials to this effect are received by Dr. Hartman every year. The good that Peruna has accomplished in this class of cases can scarcely be overestimated.

DOCTOR AND PATIENT

Are Equally Gratified With Pe-ru-na For Winter Diseases.

MRS. CARRIE JAMES, Woodward avenue, Memphis, Tenn., writes: "I gladly recommend Peruna for I have found by experience that it is the best medicine to cure a cold or influenza; in fact any throat or lung trouble. I have experienced imme-

was similar to consumption. After a severe spell of pneumonia I tried all kinds of doctors and medicines without any benefit until I took Peruna, and after using seven bottles I am again sound and well. I am sure that Peruna saved my life."—Mrs. Carrie Bode.

Per-u-na Cured Catarrh of the Lungs After Doctors Failed.

Mrs. J. Kempf, 875 Park avenue, Brooklyn, N. Y., writes:

"Last winter I had a very severe cold which settled on my lungs. I went to the doctor for some time, but none of his medicine did me any good. Having read some testimonials to the value of Peruna I decided to try it, at the same time writing Dr. Hartman for advice. I took five bottles of Peruna according to his directions and am now as well as ever, and all the symptoms of catarrh are gone. I cannot praise Peruna enough, and hope all sufferers will take Peruna without further delay."—Mrs. J. Kempf.

Dr. Hartman Interviewed on the Subject of Winter Catarrh.

He said the first thing is to keep the feet warm and dry somehow, no matter how, but be sure to keep the feet both warm and dry. Next keep the chest warm seven days a week, four

weeks every month; exercise freely in the open air; sleep in a well ventilated room, and take Peruna before each meal.

These rules followed will secure to each individual an absolute guarantee against disease in spite of slush and mud, rain and sleet, wind and damp and sudden changes in the temperature.

Peruna has no equal. It cleanses, strengthens, soothes, purifies, invigorates, regulates, and restores.



mediate relief if I took a few doses after catching cold, and endorse it heartily."—Mrs. Carrie James.

Mrs. M. R. Hall, 41 Arch st., Providence, R. I., Vice President W. C. T. U., charter member of the Rebeccas, honorary member of the Maccabees, writes:

"The question of medicine is of little interest to those who are well, but when you are sick and unable to assume your usual duties the question of the right medicine becomes most important.

"For catarrhal conditions usually brought on by colds, I know by actual experience that there is nothing in the entire materia medica which will perform a cure as thoroughly as Peruna. I consider it a very superior winter medicine, efficacious in all the different troubles which usually follow cold and inclement weather."—Mrs. M. R. Hall.

Mrs. Carrie Bode, Lebanon, Oregon, writes: "I am today the wonder of Lebanon. I was the most miserable and sick person on earth, and everyone gave me up to die, as my case

POLICEMEN PRAISE PE-RU-NA

As a Reliable Specific for the Ills Incident to the Vicissitudes of Their Occupation.

As a Safeguard Against Coughs, Colds and Other Catarrhal Derangements, Policemen Find Pe-ru-na Indispensable.

causing severe pains and trouble in the pelvic organs.

"I am now like a new man, am in splendid health and give all praise to Peruna."—A. C. Swanson.

Mr. Robert Northgraves, 549 Richmond st., London, Ont., was a Chief of Police of St. Mary's, Ont.; also Chief of Police in Ingersol, Ont., Chief Detective in the famous Sifton murder trial—not yet completed. He writes:

"Peruna has done for me what no doctor or medicine had been able to do before. It made me a well man. Exposure for a number of years has told on my system, settled in my back and kidneys, and I did not think I would ever enjoy good health again. I was induced to try Peruna, and it made a complete change in my life. In three months I was like a new man. Life has taken on a new color to me. I can heartily indorse Peruna for any sick man for afflictions resulting from a cold."—Robert Northgraves.

Mr. Chas. Rehm, Lieutenant of Police, 43rd precinct, Chicago, Ill., writes:

"Where I have suffered any bad consequences from exposure and colds I have found that there is nothing that so quickly

restores the system to healthful activity as Peruna. I use it often myself, and know that several of our patrolmen have received great benefit from the tonic."—Charles Rehm.

Mr. Peter J. Ries, Desk Sergeant, 43d precinct, Chicago, Ill., writes from 1320 Newport Ave., Chicago: "I have for some years been a sufferer with kidney trouble, and I felt that I must do something to get cured. Reading of the cures that Peruna had performed, I tried it. Seven bottles cured me."—Peter J. Ries.

WHETHER it rains or whether it snows; whether the thermometer stands at 100 in the shade, or ten degrees below zero, the policeman must be up and doing. Not only must he brave the elements as he finds them, but he must wear his uniform. No shirt-waist for the policeman. No fur overcoat for the man who patrols our streets night and day.

Policemen give Peruna their unqualified endorsement. It exactly meets their requirements. Read their letters.

John E. Ptacek, Assistant Superintendent of Police of Chicago, Ill., writes:

"I used Peruna for a very severe case of nasal catarrh, and am glad to inform you that it has accomplished a complete cure. I have no hesitation in recommending it to others."—John E. Ptacek.

Michael O'Halleran, Lieutenant Sergeant of the Summerdale Station Police Department, writes from 1993 W. Munroe street, Chicago, Ill.:

"Several of the officers of our station have good reason to praise Peruna. Several times when they spent hours in the rain and came in drenched, a severe cold has followed which it seemed impossible to throw off until one of them tried Peruna, and found the finest remedy for a cold that a man would want.

"Since then we have used it for colds, catarrh, influenza and other complaints following in the wake of inclement weather and we all feel well pleased with Peruna."—Michael O'Halleran.

Officer A. C. Swanson writes from 607 Harrison street, Council Bluffs, Ia., as follows:

"As my duties compelled me to be out in all kinds of weather I contracted severe cold from time to time, which settled in the kidneys,



SUPERINTENDENT OF SCHOOLS FOR FIFTEEN YEARS.

Professor Powell, of Washington, D. C., Recommends Pe-ru-na.

PROF. W. B. POWELL, of Washington, D. C., is one of the best known educators in the country.

For fifteen years he has been Superintendent of the Public Schools of Washington, which is considered the best school system in the United States.

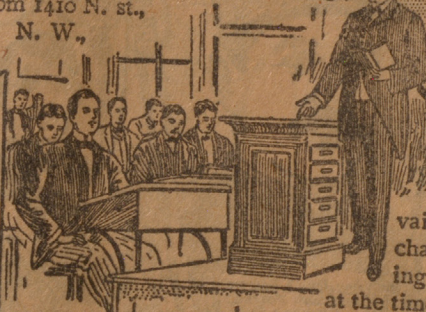
Professor Powell is the author of a number of school books which are used throughout the United States.

This well known gentleman does not hesitate to recommend Peruna to his countless friends and acquaintances all over the United States. In a recent let-

ter from 1410 N. st.,
N. W.,



Mr A T. Wood



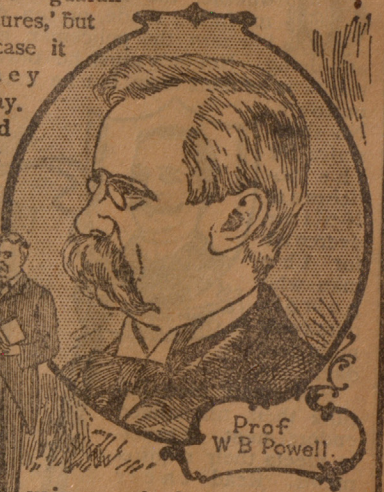
ter from Washington, D. C.,
to Dr. Hartman of
Columbus, O., he says:

"Persuaded by a friend I have used Peruna as a tonic, and I take pleasure in recommending your remedy. Peruna is indeed a good medicine and should be in every household."—W. B. Powell.

Such straightforward evidence cannot be overlooked. What the common people say carries weight, but when a man of national prominence says "Peruna should be used in every household," it is a significant fact to the increasing prominence and undoubted efficacy of Peruna.

Peruna is of national fame as a catarrh remedy. It is the only internal, systemic catarrh remedy known to the medical profession.

Mr. A. T. Wood, Mt. Sterling, Ky., writes:
"For many years I have been a sufferer from catarrh, and have spent time and money with physicians and used many kinds of remedies which were 'guaranteed sure cures,' but in every case it was money thrown away. "I reaped no benefit whatever from them. In my seemingly



Prof
W B Powell.

vain search for relief I purchased a bottle of Peruna, having no confidence in it whatever at the time. This was about one year ago, and I began to improve and was able to attend to my business without being constantly hampered by every kind of pain known to a human being. My hearing, which was almost entirely gone in one ear, got very much better. The medicine not only seems to cure but to prevent disease.

"This winter when every one was suffering from la grippe, I stood like a stone wall, absolutely proof against it. I am not a believer in 'patent medicines,' having found the majority of them fakes, but I do not hesitate to recommend Peruna as the best medicine for catarrh the world has ever seen. I keep a bottle of it at home constantly and shall continue to do so, because I believe it to be the best medicine on earth. I never leave home that I don't put a bottle of it in my grip."—A. T. Wood.

Peruna is not a local application or temporary relief, it is a permanent cure. Peruna is a systemic remedy. It eradicates catarrh from the system. It cures catarrh wherever located. Its cures are radical and lasting.

TEACHERS AND COLLEGE MEN PRAISE AND RECOMMEND PE-RU-NA.

HON. J. A. SIMPSON, Secretary of the Board of Education of San Francisco, Cal., writes:

"I have found Peruna an ideal tonic. Some months ago I suffered with neurasthenia (systemic catarrh), caused by too close application to office work. My system seemed worn out and I felt far from well. I found Peruna benefited me very

much. It built up the entire system and made me feel like a new man. I believe it is well worthy the high praise bestowed upon it."—J. A. Simpson.

Systemic catarrh always gives fair warning of its approach, and can be easily ward off by the proper treatment. Floating brown specks before the eyes, mental confusion, fits of nervous headache, sleeplessness, flashes of heat, chilly sensations, palpitation, irritability, despondency; any of these systems or all of them should be promptly met by the use of Peruna.

A Traveler's Letter.

J. Edward Clark, 402 Temple street, Los Angeles, Cal., writes:

"I fully believe Peruna saved my life. About two years ago after returning from Alaska I was taken with catarrh of the stomach, and in fact the whole system. My stomach failed me, as nothing I ate seemed to do me any good, but always gave me pains and belching of gas. My kidneys got sore and weak. I had palpitation of the heart, my lungs were sore, and it



HON. J. A. SIMPSON

was difficult to draw a long breath. I also had fainting spells, and while walking I was afraid I might fall to the sidewalk. I also had to get up at night and sit in a chair to keep from smothering. My legs and arms pained me most of the time, my feet were cold on the hottest day, my tongue was coated, I had chills from my head to my feet. I was weak and

had very little life and everything looked dark to me and often I wished for the end. "I took all kinds of medicine—do not think there is a drug store in this city that I did not get some truck from. I used vapor baths, dieted, drank all the mineral waters, had many consultations with two of the best doctors of this city, used their prescriptions, but all seemed of no use.

"After months of this kind of work I fully made up my mind to try Peruna, and thank God for it, as I had not used over two bottles until I felt a change, and have been getting better ever since, and now I am well and strong. All my friends tell me how well I look.

"Let me say to those who are sick, try Peruna if you have any of my symptoms; it will cure you. Don't expect to be cured by one bottle, but stick to it until cured."—J. Edward Clark.

Dr. Hartman, President of the Hartman Sanitarium, devised the remedy, Peruna, over forty years ago, and the remedy as a catarrh cure has been growing in favor steadily all these years.

It stands today before the nation as a thoroughly tested, accurately scientific internal remedy for catarrh. There are practically no medicinal rivals in the field.

HOW A BEAUTIFUL WOMAN ESCAPED SPRING CATARRH BY USE OF PE-RU-NA.

Nothing Robs One of Strength Like Spring Catarrh---Spring Fever Is Spring Catarrh.

MISS HELEN WHITMAN, 308½ Grand avenue, Milwaukee, Wis., writes:

"There is nothing like Peruna for that tired feeling, which gives you no ambition for work or play. After a prolonged illness, about a year ago I felt unable to regain my health, but four bottles of

Peruna made a wonderful

change and restored me to perfect health.

As long as you keep your blood in good condition you are all right, and Peruna seems to fill the veins with pure healthful blood. I thoroughly endorse it."—Miss Helen Whitman.

Mrs. Lulu Larmer, Stoughton, Wis., says: "For two years I suffered with nervous trouble and stomach disorders until it seemed that there was nothing to me but a bundle of nerves. I was very irritable, could not sleep, rest or compose myself, and was certainly unfit to take care of a household. I took nerve tonics and pills without benefit. When I began taking Peruna I grew steadily better, my nerves grew stronger, my rest was no longer fitful, and today I consider myself in perfect health and strength. My recovery was slow but sure, but I persevered and was rewarded by perfect health and strength."—Mrs. Lulu Larmer.

Have you got nerves? Well, you ought to have nerves. But they ought to be strong nerves, good nerves. Does your hand tremble?

You are living too fast. Does your heart flutter at times? You had better call a halt. Americans live too fast. They crowd too much into a single day. They have too little leisure. The hospitals and insane asylums are filling up. The quiet, pastoral scenes of yore are becoming rare. It's time that we quit this sort of business.

How to Get Strong Nerves.

First, repair the injury already done to your nerves. The way to do this is to do exactly as

did Mattie B. Curtis,

Secretary of Legion of Loyal

Women, Hotel Salem,

Boston,

Mass. She said in a recent

letter: "I suffered

for over a

year with general

weakness and debility manifested

in severe headache and

backache. I took four

bottles of Peruna and for

two months have been

entirely free from these

maladies."

Nervous Prostration.

Thousands of cases might be quoted in

which Peruna has been used to rescue people

from the perdition of deranged nerves, and put them on the good, solid foundation of health.

The County Auditor of Erie county, New York, Hon. John W. Neff, in a recent letter written at Buffalo, New York, stated: "I was persuaded by a friend to try a bottle of your great nerve tonic, Peruna, and the result was so gratifying that I am more than pleased to recommend it."

Mrs. D. W. Timberlake, of Lynchburg, Va., in a recent letter made use of the following words:

"I always take a dose of Peruna after business hours, as it is a great thing for the nerves. There is no better spring tonic and I have used about all of them."



FEMALE WEAKNESS IS USUALLY PELVIC CATARRH

Pe-ru-na Cures Catarrh Wherever Located.

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 occasionally 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. My head stopped aching, my strength returned and the poison was driven out of my blood till I felt like a new and well woman once more. It is truly great medicine and well worthy the good things its friends say about it, and it will al-

Women Who Suffer Read What Dr. Hartman Proposes to Do for You Without Charge.

Doubtless hundreds of thousands of women all over the United States have seen Dr. Hartman's offer in the papers—how he has undertaken to treat every woman suffering from any form of female disease who will write to him, free of charge.

He gives them valuable advice concerning many things they do not know, and treats each one as though she were his only patient, giving her the same considerate attention and explaining every symptom fully.

To those who have not heard of this it may be said that Dr. Hartman is a physician and surgeon with great renown in medical circles, especially in the treatment of those diseases which women alone have to bear.

He has arranged to answer all letters that are sent to him from women troubled with any form of female weakness, free of charge, giving the benefit of knowledge which has cost him forty years to accumulate. The medicines he prescribes are within the reach of any woman, and she can get them at any drug store.

All she is required to do is to send her name and address, together with her symptoms, duration of sickness and age.

Miss Florence E. Kenah, No. 434 Maria st., Ottawa, Ont.,



Jennie Finley.

Muriel Armitage.

Florence Kenah.

ways have my endorsement."—Jennie Finley.

Miss Muriel Armitage, 36 Greenwood ave. Detroit, Mich., District Organizer of the Royal Temp-lars of Temperance writes: "I think that a woman naturally shrinks from making her troubles public, but restored health has meant so much to me that I feel for the sake of other suffering women it is my duty to tell what Peruna has done for me.

"I suffered for five years with uterine irregularities, which brought on hysteria and made me a physical wreck. I tried doctors from the different schools of medicine, but without any perceptible change in my condition. In my despair I called on an old nurse, who advised me to try Peruna, and promised good results if I would persist and take it regularly. I thought this was the least I could do and procured a bottle. I knew as soon as I began taking it that it was affecting me differently from anything I had used before, and so I kept on taking it. I kept this up for six months, and steadily gained strength and health, and when I had used fifteen bottles I considered myself entirely cured."—Miss Muriel Armitage.

write: "A few months ago I caught a severe cold, which settled on my lungs and remained there so persistently that I became alarmed. I was advised to try Peruna, and although I had little faith I felt so sick I was ready to try anything. It brought me blessed relief at once, and I felt that I had the right medicine at last. Within three weeks I was completely restored, and have enjoyed perfect health since. I now have the greatest faith in Peruna."—F. E. Kenah.

A Chief Justice Recommends Pe-ru-na.

Pe-ru-na Cures Catarrh.

SILAS HARE, of Sherman, Tex., was born in Ross county, Ohio, removed to Hamilton, Texas, when thirteen years of age. Served one year in the war with Mexico. Was Chief Justice of New Mexico in 1862. Practiced law in Indiana in 1850. Settled in Sherman, Texas, in 1865. Was District Judge and was elected to 50th Congress, was defeated by Hon. Joseph W. Bailey, now United States Senator from Texas. Is father of Major Hare who served with distinction in the Philippine



war. This distinguished gentleman in a letter from the Hamilton House, Washington, D. C., says:

"I earnestly recommend

your Peruna to all persons suffering with catarrh or nervous disorders. I am satisfied that it is a good and wholesome remedy."—Silas Hare.

Mr. Samuel J. Peterson, Conductor of the Detroit Lodge, I. O. O. F., 77 Madison avenue, Detroit, Mich., writes:

"Peruna has given me an iron constitution. I suffered for years with a most unpleasant catarrh of the head and throat which gave me an offensive breath. A friend advised me to try Peruna. I did so, rather skeptical in mind, and now there is nothing I have such faith in as your catarrh remedy. In nine weeks I was completely cured, my general health was also greatly improved and I soon found myself stronger than I had been for years, and I can endure more strain and work than I have been able to endure for years."—Samuel J. Peterson.

CATARRH CURES.

An Ever-Increasing Host of Witnesses.

It used to be very common to hear people say that chronic catarrh cannot be cured. The science of medicine has made all such statements absurd in this day and age of the world. Those who know of Peruna, know that catarrh can be cured. A few of the great multitude of witnesses to this fact will be given. The names and addresses are given that everybody may have an opportunity of investigating further if they desire.

Mr. Jacob L. Davis, Galena, Mo., writes: "I have been cured of my catarrhal affliction, and think that Peruna is all that you claim it to be. You are at liberty to use this testimony if you wish."—Jacob L. Davis.

Mr. S. R. Hankinson, Poughkeepsie, N. Y., writes: "I have suffered for a long time with severe headaches, caused from catarrh. Some time ago I was confined to my bed. I had severe pains in the region of my kidneys. I read of Peruna in a little pamphlet, and purchased a bottle, and felt a little better. I continued taking it faithfully and feel better than I have for fifteen years. Your Peruna has done wonders for me, and I am free to say that no words of mine can frame a sentence strong enough in praise of what Peruna has done for me."—S. R. Hankinson.



Mr. F. G. Morrow, Strathroy, Ont., writes:

"I suffered for years with catarrh and I tried Peruna, and it cured me within a few months, and I am very grateful and most pleased with the results I obtained from its use. Whenever I feel a cold coming on I take a few doses of Peruna, and it at once throws off all unfavorable conditions."—F. G. Morrow.

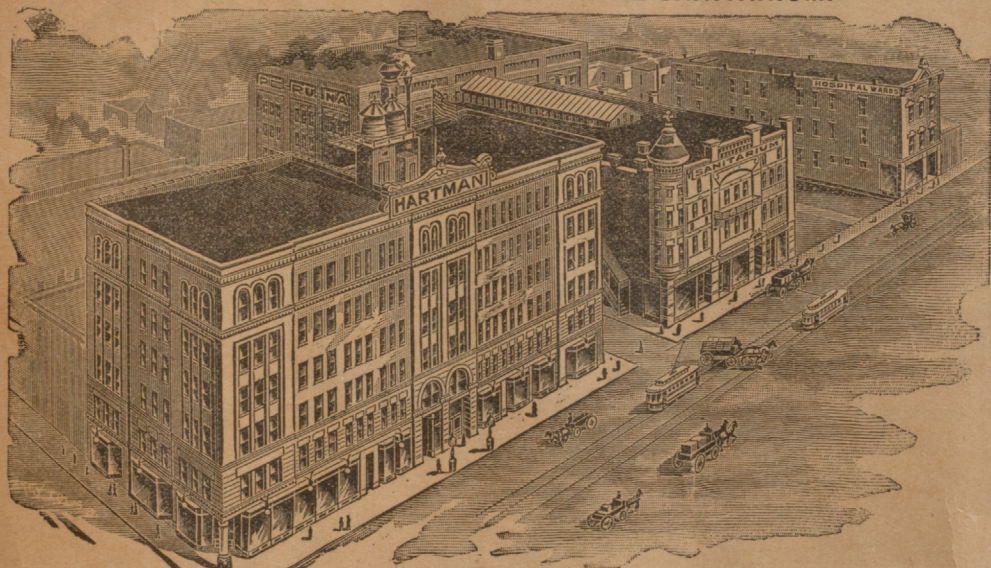
THE HARTMAN SANITARIUM, COLUMBUS, OHIO.

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. **TWO HUNDRED ROOMS HAVE JUST BEEN ADDED.**

Finest Dining Room in the State of Ohio.

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

UNCAT
Almanacs...



PE-RU-NA
CURES CATARRH THE WORLD OVER.

