

"It is the Best.—Peruna is THE medicine for ALL catarrhal afflictions."

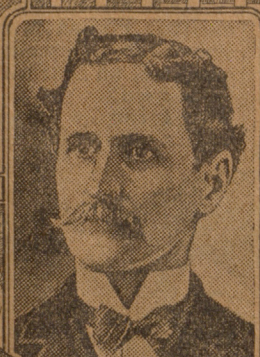
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MEN OF NATIONAL FAME

Fifty Members of Congress Endorse and Praise PE-RU-NA.



Hon. Morgan Fitzpatrick



Hon. F. Simmons



GET WISE!

From these Testimonials that come to the office of PE-RU-NA.

Hon. Morgan Fitzpatrick, Member of Congress from Tennessee, writes from the House of Representatives, Washington, D. C., as follows: "I can cheerfully recommend your remedy, Peruna, as a very effective cure for coughs, colds and catarrh."

Used Pe-ru-na for Catarrh and Grip.

Hon. F. Simmons, United States Marshal, Mobile, Ala, speaks in high praise of the merits of Peruna. In a letter written from Washington, D. C., he says: "After having used Peruna for a short time I find that it is the most excellent remedy for the grip and catarrh ever prepared. I can heartily recommend it to anyone."

Congressman Thad M. Mahon, of Chambersburg, Pa., writes: "I take pleasure in recommending your Peruna as a substantial tonic and catarrh remedy."

"Pe-ru-na is all that you claim for it."

—DAVID F. WILBUR.

"Persuaded 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."



Used Pe-ru-na as a Catarrhal Tonic.

Hon. W. E. Andrews, Ex-Congressman from Nebraska, writes from the Treasury Department, Washington, D. C., as follows: "I can cheerfully recommend your preparation, Peruna, as a healthful tonic, and a successful remedy for catarrh in its various forms."

Used Pe-ru-na for Catarrh.

Hon. George W. Smith, Member of Congress from Illinois, in a recent letter to the Peruna Medicine Co., from Washington, D. C., says the following in regard to Peruna for catarrh: "I take pleasure in testifying to the merits of Peruna. I have taken one bottle for my catarrh and I feel very much benefited. To those who are afflicted with catarrh and in need of a good tonic I take pleasure in recommending Peruna."

Congressman Smith's Home address is Murphysboro, Ill.

We have letters of recommendation from over forty members of Congress attesting to the virtue 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, O.

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

Peruna cures catarrh because it reaches the source of catarrh.

If you are ill six times during the year, three times you suffer from catarrh.

SISTERS OF CHARITY

RELY ON PE-RU-NA TO CURE

Coughs, Colds, Grip, Catarrh.

Charitable Institutions All Over Canada are Curing their Patients of Catarrhal Ills with Pe-ru-na.

Good Results Derived from the Use of Pe-ru-na.

IN a letter dated Nov. 10, a Sister Superior says of Peruna: "We have had very good results from the use of Peruna, and we recommend it as an excellent tonic."

Pe-ru-na Among the Sick and Poor.

Another prominent Sister comments upon the good which Peruna is accomplishing among their patients, as follows: "Having used Peruna for the past few months for our sick and poor, we are happy to say that it has given us great satisfaction."

The Sisters Are Taking Pe-ru-na.

"One of our Sisters, who commenced to take Peruna, has im-



proved and will continue to take it. Some others are trying it also."

Recommend Pe-ru-na to Others.

"We are pleased to say that we have found Peruna a very good and useful remedy in several cases, and we are happy to recommend it to others."

Pe-ru-na for Dyspepsia.

"Although we have used Peruna only three or four weeks, we are happy to state that it has been with excellent results. Several persons suffering from dyspepsia and constipation have been benefitted by its use."

The Efficiency of Pe-ru-na Made Public.

A letter dated Nov. 7, 1903, from another Catholic institution, reads as follows: "We are happy to tell you that your Peruna has

given us satisfaction. Three patients have tried it, one 68 years old, Renoui Dupuis, afflicted with catarrh, is much relieved, more than he has been for a number of years.

"A young girl, 15 years old, had an obstinate cough which a half bottle of Peruna caused to disappear.

"As to myself, two bottles have convinced me that Peruna is magnificent as a tonic. Before the treatment I could not walk for a quarter of an hour without experiencing much fatigue. Now I can walk a mile



easily.

"Through these three cases we desire to make known to the public the efficiency of your remedy."

A later letter from the same institution reads: "Three weeks ago I wrote to tell you how satisfactory we found Peruna. We recommend it highly for colds, coughs, catarrh and neuralgia. I have used it myself as a tonic with the best results, taken as directed, a half teaspoonful every half hour."

These are samples of letters received by Dr. Hartman from the various orders of Catholic Sisters throughout Canada. The names and addresses to these letters have been withheld from respect to the Sisters.

In every country of the civilized world the Sisters of Charity are known. Not only do they minister to the spiritual and intellectual needs of those with whom they come in contact, but they minister to their bodily needs as well. They are as skilled as trained nurses in their treatment of diseases and are looked upon as messengers of good cheer by countless patient sufferers.

One half the diseases which afflict mankind are due to some catarrhal derangement of the mucous membrane.

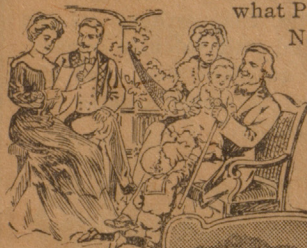
If kidney trouble is destroying your life, see pages 7, 10, 17, 24 and 28.

PROMINENT CANADIANS ENDORSE PE-RU-NA

Are Never Without PE-RU-NA in Their Homes for Catarrhal Diseases.

Home Made Happy by Pe-ru-na.

SYSTEMIC CATARRH is almost universal in old people. This explains why Peruna has become so indispensable to old people. Peruna is their safeguard. Peruna is the only remedy yet devised that meets these cases exactly. Such cases cannot be treated locally; nothing but an effective systemic remedy would 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 invaded the whole system and there is a constant loss of vital fluids from the mucous membrane.



Catarrh of the Head and Stomach.

Mr. Joseph D. Guyette, 12 Vitre St., Montreal, Can., writes:

"For more than a year I have been troubled with indigestion and most agonizing headaches. I doctored continually but got no help until I took Peruna.

"I have taken four bottles and can truthfully say that it has entirely cured me."

Pe-ru-na Has No Equal.

Mrs. J. D. Guyette, 12 Vitre St., Montreal, Can., writes:

"I have been troubled with catarrh for two years. I had pains in the head and could not sleep well nights. I have taken two bottles of Peruna and feel better than I ever did. Thanks to Peruna, which I think has no equal."

Pe-ru-na Indispensable to the Old Folks.

Mr. James Currie, a prominent merchant of Montreal, Can., writes from 1896 Notre Dame St., as follows:

"I have used your Peruna for catarrh and find it an excellent remedy for coughs and colds. I believe it has no equal. My wife has used several bottles and she recommends it very highly. We keep it in the house continually for family use and would not be without it at twice its cost."

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 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."—JOHN O. ATKINSON.

Peruna can be purchased at any first-class drug store at \$1.00 per bottle.

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, O., U. S. A.

A UNITED STATES JUDGE'S INDORSEMENT.

He Recommends Pe-ru-na for Coughs, Colds, Catarrh and General Debility.

HOW COLDS BEGIN.

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 the catarrh has already attacked the lungs and the symptoms of consumption have shown themselves, Peruna will cure. A great many cases of genuine consumption have been cured with Peruna after the patient had been given up to die.



Judge
John W.
Bixler.

"A United States Judge."

Judge John W. Bixler, formerly United States Circuit Judge, now United States Judge, from Kansas, writes from 1,750 P. St., Washington, D. C., as follows: "I can unhesitatingly recommend your Peruna as an invigorating tonic, also an excellent remedy for coughs and colds."

Pe-ru-na Efficacious in Curing Catarrh of the Throat.

Elder E. B. Hawley, Pine Bluff, N. C., writes: "Last summer, while in the mountains, I caught a severe cold, which held on. The doctors could not break it up. Then catarrh set in very bad in my throat and bronchial tubes, so that at times I could not speak a loud word. My daughter told me to get Peruna, so I procured a bottle, and before I had used one bottle I saw a change for the better. After using the second bottle, the

catarrh was gone. I felt like another being, and I can't praise Peruna too highly, as it has done so much for me. I have persuaded others to try it, and it is helping them so that they are loud in its praises."

Hon. W. H. Sebring, late Brigadier General of the Florida State Militia, also ex-County Judge of Levi county, Florida. This prominent gentleman in a letter from 133 West 4th St., Jacksonville, Fla., writes: "I can cheerfully recommend your valuable remedy, Peruna, as a very excellent tonic, and also good for coughs, colds, catarrh and general debility."



Catarrh of the Lungs Banished by Pe-ru-na.

Mr. A. Anderson, Deputy County Clerk, Louisiana Co., Cal., and Ex-Postmaster, writes: "No one seeing me to-day would think that I was at death's door a few years ago with pulmonary troubles. I had frequent bleeding from the lungs, my stomach was out of order and when I came here for my health, no one thought I would recover. My brother in the East had been cured of a very hard cold on the lungs by using Peruna, and he wrote and advised me to try it. I thought I would give it a trial. Recovery was slow, for I was so far gone, but after seven months' steady use of Peruna I was my old self once more. I have been a well man for two years, thanks to Peruna."

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

Address Dr. Hartman, President of the Hartman Sanitarium, Columbus, O. All correspondence strictly confidential.

If acute illness has made you weak, see pages 5 and 18.

WHEN CATARRH INVADES THE BOWELS

Pe-ru-na Will Be Found a Certain Remedy.

CATARRH is catarrh, it matters not which one of the many mucous membranes of the body it may attack. However, the symptoms of this disease vary according to the location of the catarrh and the nature and the function of the organs affected.

Catarrh of the head is a common occurrence.

Everybody seems to know about



catarrh of the head. It is known by its symptoms, — headaches, a sense of fullness over the eyes and so forth.

Catarrh of the bowels is just as common, especially in the summer. The difficulty is, it is not recognized as being catarrh. The approach of this disease is so slow,—so gradual,—that its presence is not always detected until it has a firm hold upon an organ.

Hemorrhages of the bowels are usually caused by catarrh. In these cases the catarrh has advanced until it has formed ulcerations which have eaten away parts of the mucous membranes, thus exposing the delicate blood vessels underneath. When the membrane, the natural protector of these blood vessels is removed, and they come in contact with foreign substances, or if there is the slightest friction,

they are ruptured, and a hemorrhage is the result. Hemorrhages are merely symptoms, indicating that catarrh has destroyed the mucous membrane. With a healthy, unbroken mucous membrane, a hemorrhage is an impossibility.

Constipation is another symptom of catarrh of the bowels. Dysentery, diarrhoea, piles, and the many ailments of children commonly known as "Summer Complaint," are all symptoms of catarrh of the bowels.

These various conditions of the bowels can only be permanently removed by curing the mucous membranes lining the bowels. Catarrh is the cause of these ailments. Peruna will cure the catarrh and heal the mucous membranes.

Critical Case Saved by Pe-ru-na.

Mr. J. K. Stevens, Cambridge, Neb., Box 404, writes: "I consider myself cured of one of the worst cases of catarrh of the digestive organs. I am still of the opinion that at the beginning, last August, it developed a genuine case of appendicitis, or catarrh of the vermiform appendix, as well as of the stomach, liver and bowels. I had unbounded faith from the start in your ability as a physician, and also the staff of specialists at the Sanitarium. I therefore placed myself wholly in your hands at the beginning, and never lost faith or hope, fully realizing the gravity of the situation. I am very grateful to you."



J. K. Stevens



Carleton Macy

"Typhoid Fever Left Him with Catarrh of Bowels."

Mr. Carleton Macy, who is at present under contract to Fred Niblo, Manager of the "Four Cohens," to star next season, writes from 146 22d St., New York City, as follows: "I consider Peruna a great remedy for catarrh. Typhoid fever had left me with chronic catarrh of the bowels. I was induced to try Peruna, and in a month's time I was in a normal state again, after having experienced twelve months of continuous suffering. Physicians seemed unable to do anything for me and my life was despaired of. People who knew my condition were amazed that I was enabled to take up my professional work again. My recovery began after taking the first bottle of Peruna."

If your catarrh does not disappear write to Dr. Hartman,

CLERGYMEN OF VARIOUS CREEDS AND DENOMINATIONS

Believe in the Merits of Pe-ru-na.

A Bishop Says: "Peruna is a Safe Cure for Catarrh."

PE-R-U-N-A is well known to thousands of people, representing all professions. Among these are many prominent clergymen, who have given their unsolicited praise to this never-failing remedy.

James A. Handy, Bishop A. M. E., writes from 1341 N. Carey St., Baltimore, Md.: "I take great pleasure in acknowledging the curative effects of Peruna. At the solicitation

Rev. Leander Relates His Experience.

Rev. Chas. Leander, Pastor First Spiritual Society of San Francisco, writes from 311 Turk St., San Francisco, Cal., as follows: "It is with pleasure that I give my endorsement of Peruna. My experience has been very satisfactory from its use, and I do firmly believe that it is the best known remedy for catarrh in all its different forms."

Rev. Getz is Convinced of the Merits of Pe-ru-na.

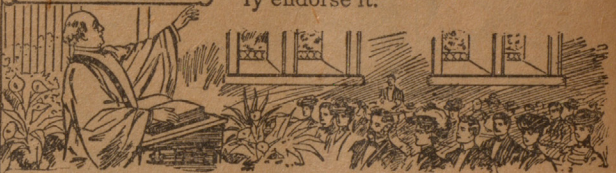
Rev. Dr. Josiah Getz, 47 Park Ave., Albany, N. Y., for years a Rabbi of the Hebrew Synagogue, but now retired, writes: "I am fully convinced of the merits of Peruna in cases of colds and catarrh, and as a general tonic. I have taken it off and on now for several years, and always find that it is very effective in restoring lost strength and appetite, and very effective in ridding the system of cold. I gladly endorse it."



REV. F. R. STUTZMAN



REV. CHAS. LEANDER



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."

Rev. Stutzman Endorses Pe-ru-na.

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."

Rev. Smith Testifies to Pe-ru-na's True Worth.

Rev. E. G. Smith, Pastor of the Presbyterian Church of Greensboro, Ga., writes: "Having used Peruna in my family for some time, it gives me pleasure to testify to its true worth. My little boy, seven years of age, had been suffering for some time with catarrh of the lower bowels. Other remedies had failed, but after taking two bottles of Peruna the trouble almost entirely disappeared. For this special malady I consider it well nigh a specific. As a tonic for worn out people, it has few or no equals."

Pe-ru-na Contains No Narcotics.

One reason why Peruna has found permanent use in so many homes is that it contains no narcotic of any kind. Peruna is perfectly harmless.

Write to Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

Catarrh Destroys the Kidneys

In Most Cases of Kidney Troubles PE-RU-NA is the Only Remedy.

Cold Weather Puts More Work on the Kidneys.

WITH the advent of cold weather, the work of the kidneys is increased, and at such a time, as a rule, the first symptoms of kidney trouble make their appearance. Peruna should be taken at once. It strikes to the very root of the disease. It

relieves the catarrhal kidneys of the stagnant blood, and prevents the escape of serum from the blood. Peruna stimulates the kidneys to excrete from the blood the accumulated poisons, and thus prevents the convulsions that are sure to follow if the poisons are allowed



HERMAN A. FINKE

to remain. Then, too, it gives great vigor to the heart's action and digestive system, both of which are apt to fail rapidly in this disease.

Peruna cures catarrh of the kidneys, simply because it cures catarrh wherever located. If kidney trouble is not properly treated, it will develop into Bright's disease.

Pe-ru-na Cured a Severe Case of Kidney Trouble.

Herman A. Finke, Adjutant and Chief of Staff, Spanish War, St. Louis, Mo., writes:

"I heartily recommend Peruna to any man who, through the exposure incident to camp life, may have lost or impaired his health. I have suffered severely with Kidney trouble, brought on in Cuba in the trenches. Nothing I did ever helped until I took Peruna.

"This simply worked wonders for me. In a short time I felt like a new man. My pain is gone, my appetite increased, my sleep restful, and in every way I have felt improved. For kidney troubles or any disarranged pelvic organs, I say, get Peruna, and it will cure you when nothing else will."



Pe-ru-na a Blessing to a Sick Man.

Mr. George King, Deputy Sheriff of Rensselaer County, N. Y., for years was a well-known merchant of Troy. In a letter from No. 45 King St., Troy, N. Y., he writes: "Peruna cured me from what the doctors were afraid would turn into Bright's disease, and after you have gone through the suffering that I have with catarrh of the bladder and kidney trouble, and have been cured, you are pretty apt to remember the medicine that did the work.

"Peruna is a blessing to a sick man. Eight bottles made me a well man and were worth more than a thousand dollars to me. I cannot speak too highly of it. It is now four years since I was troubled, and I have enjoyed perfect health since. Every spring and fall I take a bottle of it and it keeps me well. I freely recommend Peruna."

Pe-ru-na the Only Remedy for Kidney and Bladder Troubles.

Thomas M. Hicks, 1131 13th St., Louisville, Ky., writes: "Neglected colds, irregular habits, and overwork brought on serious kidney and bladder trouble. My blood



GEO. KING

seemed inflamed with poison, my stomach became entirely demoralized, a bad odor emanated from my urine, and I realized that I was a sick man. The doctors dosed me to their hearts' content, but I kept growing worse. Then fortune brought Peruna to my notice and I at once began to mend. I kept taking it for five months before I was completely cured. I feel now that I owe my life to Peruna and will

never cease to be grateful."

Mr. John Vance, of Hartford City, Ind., says: "My kidney trouble is much better. I have improved so much that everybody wants to know what medicine I am using. I recommend Peruna to everybody and some have commenced to use it. The folks all say that if Dr. Hartman's medicine cured me it must be great."

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

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 Depends upon Catarrh of the Stomach.

MISS Camilla Chartier, 5 West Lexington St., 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 by 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."

Mrs. G. W. Davis, 1,418 11th St., N. W., Washington, D. C., writes: "After suffering some time with indigestion and dyspepsia, and having tried so many remedies



Mrs. G. W. Davis

without relief, I was persuaded by some friends to take Peruna. After using seven bottles I found such good results that I can cheerfully thank you and praise your wonderful medicine, Peruna, to my friends in general."

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.

How Catarrh of the Stomach is Caused.

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. It never fails.

Cured of Dyspepsia.

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 medi-



Miss Camilla Chartier

cine, besides a good tonic."

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

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

Adults or children may safely take Pe-ru-na, as it contains no narcotics.

PROMINENT PHYSICIANS PRESCRIBE PE-RU-NA

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

A CONSTANTLY increasing number of physicians prescribe Peruna in their regular practice. It has proven its merits so thoroughly that even the doctors have overcome their prejudice against so-called patent medicines and recommend it to their patients.

Peruna occupies a unique position in medical science. It is the only internal systemic catarrh remedy known to the medical profession to-day. Catarrh, as every one will admit, is the cause of one-half the diseases which afflict mankind. Catarrh and catarrhal diseases afflict one-half the people of the United States.

James Crozier, M. D., formerly U. S. Pension Office Medical Examiner, formerly on the Medical Board of Referee, U. S. Pension Office, in a recent letter from Washington, D.

C., writes: "I have often prescribed Peruna in my practice for catarrhal trouble, and after giving it a fair test I can cheerfully recommend your

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."

Has No Hesitation in Prescribing Pe-ru-na.

Robert R. Roberts, M. D., Washington, D. C., writes: "Through my own experience, as well as that of my friends and acquaintances who have been cured or relieved of catarrh by the use of Hartman's Peruna, I can confidently recommend it to those suffering from such disorders, and have no hesitation in prescribing it to my patients."

Medical Examiner U. S. Treasury.

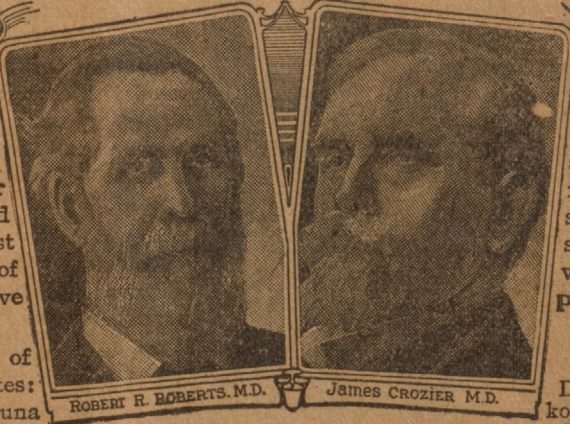
Dr. Llewellyn Jordan, Medical Examiner of U. S. Treasury Department, Graduate of Columbia College, and who served three years at West Point, has the following to say of Peruna: "Allow me to express my gratitude to you for the benefit derived from your wonderful remedy. One short month has brought forth a vast change, and I now con-



valuable remedy for coughs, colds and catarrh in its worst stages. It is one of the best tonics I have ever prescribed."

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 serious trouble in the pelvic organs,



ROBERT R. ROBERTS, M.D.

JAMES CROZIER, M.D.

sider myself a well man after months of suffering. Fellow sufferers, Peruna will cure you."

Pe-ru-na for Weak and Debilitated People.

Dr. R. Robins, Muskegoe, I. T., writes: "Peruna is the best

medicine I know of for cough and to strengthen a weak stomach and to give appetite. Besides prescribing it for catarrh, I have ordered it for weak and debilitated people, and have not had a patient but said it helped him. It is an excellent medicine and it fits so many cases.

"I have a large practice and have a chance to prescribe your Peruna. I hope you may live long to do good to the sick and suffering."

If you suffer from catarrh of the stomach (dyspepsia), see pages 8, 10, 24 and 28.

ONE-HALF OF ALL OUR ILLS ARE CATARRH

Catarrhal Diseases Are Most Prevalent in Fall and 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:

Catarrh of Kidneys and Bladder.

Mr. Isaac Rosenzveig, 9 Dumarais Street, Montreal, Can., writes: "About three years ago I suffered with a bad cold. It settled in the bladder and kidneys, causing serious trouble. I tried several advertised remedies, but it was Peruna which finally cured me, and I had to take only a few bottles. It certainly restored me to such perfect health as I had not known in years. I have good reason to give your remedy my highest endorsement."

Peruna prevents pulmonary complications.

Catarrh of the Head and Throat.

Mr. Lawrence Powers, 246 7th St., Portland, Ore., writes: "A neglected cold caused catarrh of my head and throat and I was in a bad condition when Peruna was brought to my notice. After using it a week I felt a hundred per cent. better, and in a month I was so much better that you never would have known that I had been troubled with catarrh. If all medicines were as reliable, there would be little sickness."

Catarrh of the Lungs.

Mrs. Bertha Southworth, Laurens, Ia., treasurer W. C. T. U., writes: "I was a sufferer from catarrh of the lungs for years. I always had a little cough and the slightest cold settled on my lungs. After trying many doctors and medicines, I finally took the advice of a friend and bought a bottle of Peruna. I found that I was improving before the first bottle was taken. I used several more bottles and am now perfectly well, and have regained my weight and appetite."

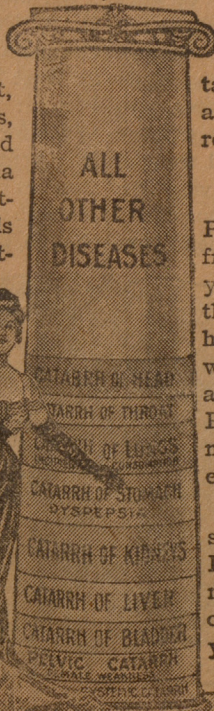
Catarrh of the Stomach.

Mrs. J. Donnelly, 1629 S. Park Ave., Philadelphia, Pa., writes: "I suffered from catarrh of the stomach for two years and tried everything I could think of. At last I tried Peruna. I have taken two bottles and there is a wonderful change in me. I feel like a new person. I will recommend Peruna to all I know, for it has saved my life. I cannot praise Peruna enough."

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. All correspondence held strictly confidential.

Peruna cures systemic catarrh.



If old age has made you weak, see similar case on pages 3, 15 and 22.

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

BRINGS FLESH, STRENGTH AND HEALTH.

Pe-ru-na is Recommended as a Tonic.

MISS Bertha M. Rush, 5435 Kinkarde St., Pittsburg, Pa., Sup't Junior Society of the Methodist Protestant Church, and

Pretty Miss Rush Regains Health, Strength and Beauty.

leading soprano of the choir, writes:

"Words cannot describe my thankfulness to you for Peruna. I was a sufferer from systemic catarrh for years and was in a very much run-down condition. I was extremely nervous and had the most foolish fears over nothing. I was thin and emaciated. My physician advised me to leave this climate, but as it was not convenient to do so at the time, I took the advice of a friend to use a



Miss Bertha M. Rush



and in need of a tonic, and I find it excellent in restoring lost strength. You certainly deserve success."

bottle of Peruna. I took it faithfully, and when the first bottle was gone I felt so much better that I took six more, and took them faithfully, after which I looked like a new woman. I gained in flesh, my appetite returned, and all my old symptoms had disappeared. I am more than thankful to Peruna."

Pe-ru-na Unequaled for Building Up the System.

Mrs. Anna Donaldson, Hotel Francisco, San Francisco, Cal., writes: "During the past six months I have been in a nervous, unstrung condition. My appetite was very poor; I was troubled with indigestion and heartburn, headache and general weariness, until I felt sometimes that I would simply fly to pieces. I took Peruna and never found anything that would equal it as a tonic in building up the system. After using nine bottles I felt rejuvenated and as strong as if I had been on a six months' vacation. I enjoy the best of health to-day, thanks to Peruna."

Catarrh Breeds Nervousness.

Miss Nettie E. Bogardus, R. F. D., 21, Westfield, N. Y. writes: "I have been a great sufferer from sick headaches, but am now entirely free from that trouble. I have not felt so well in ten years as I do now. I would recommend Peruna to all sufferers. I will say, God bless Dr. Hartman and his wonderful medicine."

Mrs. B. Schober, 221 10th St., Portland, Ore., writes: "I am pleased with the wonderful curative value of Peruna in cases of colds and a run-down condition of the system. I took it

last spring for a cold which I could not get rid of, and in less than a month it had cured me. I feel like a different person. I now take it when I am run down

The mucous membrane is to the inside of the body what the skin is to the outside of the body. It lines every organ, duct and cavity. Catarrhal inflammation attacking one part is liable to spread to other parts. A neglected cold or slight catarrh is often the cause of lingering and dangerous catarrh.

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.

Pe-ru-na Cures Every Variety of Catarrh.

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.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio. All correspondence held strictly confidential.

Pe-ru-na has cured Catarrh in hundreds of thousands of homes. It will cure you.

A TRUE STORY FROM REAL LIFE

A Pretty Girl whose Nerves were Wrecked from Systemic Catarrh,
Owes Her Life to PE-RU-NA.



MISS Edna
Moore, 46
Elm St.,
Buffalo, N. Y., Sec'y

East End Literary Association, writes: "I can safely say that Peruna is a great boon to the sick and afflicted. I was a great sufferer from systemic catarrh, was extremely nervous, could not sleep, fainted easily, was very irritable, had a confusion of the senses, and got up in the morning feeling more tired than when I went to bed. I was very wretched, but upon taking Peruna I began to improve, and after using the medicine for four months I felt like a new woman and was completely cured. I can most conscientiously recommend Peruna to anyone suffering from catarrh."

Daniel D. Bidwell, Supervisor Notary Public, and a member of the I. O. O. F., 160 Pearl St., Buffalo, N. Y., writes: "Having used Peruna for a short time, I desire to write to you as to my present condition. When I obtained Peruna I was suffering from chronic indigestion, with kidney and bladder trouble. It seemed to help the circulation at once. My digestion is now perfect, and my kidneys and bladder do not trouble me in any way. In fact I give Peruna the entire credit. Hoping that your remedy will reach all sufferers in a similar case, and thanking you, I remain,

DANIEL D. BIDWELL, N. P."

Pe-ru-na Acts on the Whole System.

Mrs. Mary O. Miller, Chaplain of Patriotic Daughters of America, and member of the Pocahontas Lodge, 2058 Winter Ave., Indianapolis, Ind., writes: "I have found Peruna of especial benefit in cases of weakness. It restores the strength in a very short time and is pleasant to take. Its action on the whole system is very mild, but sure. We have used it in the family for a number of years, and when

any of us take a cold it is the first remedy we take, and a

few doses will generally cure, if the cold has not been neglected. But the persistent use of Peruna will cure a cold, even of long standing."

Pelvic Catarrh.

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 young 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.

Mrs. James Murphy, St. Ignace, Mich., writes: "I have spent hundreds of dollars for medicines of all descriptions in the past twenty years or more, but I have never gotten anything that did me as much good or acted as promptly as Peruna. I was run down to the last notch with what is termed a general broken up system, but now I am a different woman. I cannot say too good a word for Peruna."

We have on file many thousand testimonials like the above. We can give our readers only a slight glimpse of the vast array of unsolicited endorsements we are receiving every month. No other physician in the world has received such a volume of enthusiastic and grateful letters of thanks as Dr. Hartman for Peruna.

Out of one hundred deaths fifty must be attributed to catarrhal diseases.

For 30 Years Congressman Meekison Suffered with Catarrh.

Read His Indorsement of Pe-ru-na.

His Trouble Was Catarrh, so Common in This Country.

HON. David Meekison is well known, not only in his own State, but throughout America. He began his political career by serving four consecutive terms as Mayor of the town in which he lives, during which time he became widely known as the founder of the Meekison Bank of Napoleon, Ohio. He was elected to the Fifty-fifth Congress by a very large majority, and is the acknowledged leader of his party in his section of the State. Only one flaw marred the otherwise complete success of this rising statesman. Catarrh, with its insidious approach and tenacious grasp, was his only unconquered foe. For thirty years he waged unsuccessful warfare against this personal enemy. At last Peruna came to the rescue, and he dictated the following letter to Dr. Hartman as the result: "I have used several bottles of Peruna and I feel greatly benefited thereby from my catarrh of the head. I feel en-

I tried Peruna and am glad to say it has afforded a complete cure. It is with pleasure that I recommend it to others."

Severe Case of Catarrhal Nervousness.

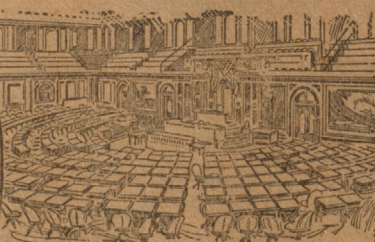
Dr. Wm. R. Reed, 645 Trumbull avenue, Detroit, Mich., a graduate from the Edinburgh University and late Assistant Manager of Detroit Keeley Institute, writes: "I have pleasure in testifying to the merits of Peruna as a specific for catarrh, and also as a wonderful restorative for nervous debility and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

A Cold the Beginning of Catarrh.

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 give vitality to the mucous membranes. Then catarrh disappears. Then catarrh is permanently cured. Colds are considered one of the necessary ills of life. 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



HON. DAVID MEEKISON



couraged to believe that if I use it a short time longer I will be fully able

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.

to eradicate the disease of thirty years' standing."

Cured of Nasal Catarrh of Five Years' Standing.

Hon. Rudolph M. Patterson, a well known lawyer of Chicago, writes: "I have been a sufferer from nasal catarrh for the past five years, and at the earnest solicitation of a friend

Feels Like a Different Person.

W. H. Cheney, 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."

25 AMERICAN GENERALS SEND LETTERS OF INDORSEMENT

To the Inventor of the Great Catarrh Remedy—**PE-RU-NA.**

General O'Beirne, of Washington, D. C.

writes: "Many of my friends and acquaintances have successfully used your Peruna as a catarrh cure, and I recommend it to all those suffering from that disease."

Brigadier General King

writes: "I unhesitatingly state that I am convinced that Peruna is a medicine that will effect all the cures that is claimed for its use."

General Smalls, Beaufort, S. C.

writes: "I have used Peruna for catarrhal trouble and find it beneficial."

Capt. Yarnell, of Washington, D. C.

writes: "Your medicine, Peruna,



I believe to be the best medicine for catarrh on the market."

Gen. McBride, of U. S. A.

writes: "I have no hesitation in recommending Peruna to all persons who are afflicted with catarrhal troubles."

General Noske, of O. V. U.

writes: "I commend Peruna to those who are troubled with colds producing catarrh as a most efficacious cure and as a good general tonic."

General Erwin's Recommend.

"Many of my friends have used Peruna as a dyspepsia remedy with the most beneficial results."

Brigadier General Schell Benefited.

"Peruna is indeed a wonderful tonic, and for coughs and colds I know of nothing better."

General Duffield, of the Union Army

writes: "I have used Peruna in my family and have found it a valuable medicine."

General Talley, of Pa. Vol. U. S. A.

writes: "Your Peruna has been used by me and my friends as a relief for catarrhal troubles with the most beneficial results."

General Hawley, of Washington, D. C.

writes: "I have used Peruna and find it very beneficial for kidney trouble, and especially good for coughs, colds and catarrhal troubles."

General Payne, of Washington, D. C.

writes: "I join with my comrades in recommending Peruna as an invigorating tonic to build up the system."



General Butler, of South Carolina

writes: "I can recommend Peruna for dyspepsia and stomach trouble."

Brigadier General Kirby

writes: "I can recommend Peruna to all those who are afflicted with catarrh."

General Powell, Hecker Post, No. 443

says: "After" using one bottle of Peruna I became convinced of its curative qualities."

General S. S. Yoder, of Ohio

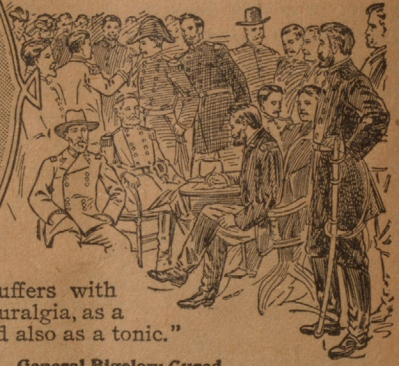
writes: "I have found Peruna to be a wonderful remedy."

General Wright, Washington, D. C.

says: "I take pleasure in recommending Peruna. It is a remarkable medicine."

General Sypher, of Washington, D. C.

writes: "After suffering for years with neuralgia I was persuaded by a friend to give Peruna a trial, and can cheerfully recommend it to anyone who



suffers with neuralgia, as a cure and also as a tonic."

General Bigelow Cured.

"Peruna has made me well, and it has given me more than ordinary strength and spirit for work."

General Chase, Ass't Adj. Gen. G. A. R.

writes: "The excellence of Peruna as a cure or relief for catarrhal disturbances is well established."

General O'Connor, of U. V. Legions

writes: "If you are suffering from catarrh or physical debility, immediately commence the use of Peruna."

General Middleton, Hancock Regiment, U. V. U.

writes: "I have been much benefited by Peruna in every respect, in various ways."

General Sebring, Jacksonville, Fla.

writes: "I can cheerfully recommend your valuable remedy, Peruna, as a very excellent tonic."

General Ira C. Abbott, of Washington, D. C.

writes: "I am fully convinced that your remedy, Peruna, is an excellent tonic. Many of my friends have used it with the most beneficial results."

Brigadier General Cook, of Washington, D. C.

writes: "As a number of my friends have used Peruna for catarrh with such good results, I can safely recommend it to all sufferers with like disorders."

Prominent Admirals and Captains of Our Navy

Recommend Pe-ru-na, the World's Standard Catarrh Remedy.

Rear Admiral Hichborn says of Pe-ru-na, "I Can Recommend Your Valuable Remedy."

PHILIP HICHBORN, Rear Admiral U. S. Navy, writes from Washington, D. C., as follows: "After the use of Peruna for a short period, I can now cheerfully recommend your valuable remedy to any one who is in need of an invigorating tonic."

From Commodore Nicholson of Our Navy.

Commodore Somerville Nicholson of

the United States Navy, in a letter from 1,837 R St., N. W., 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."

Ex-Consul General to Australia Uses and Recommends Pe-ru-na.

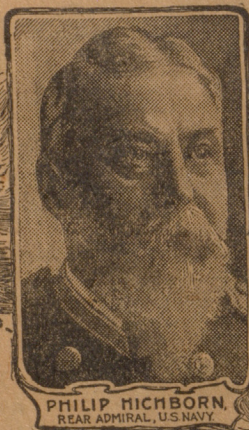
Hon. James M. Morgan, 1,735 20th St., Washington, D. C., ex-Lieutenant U. S. Navy, and ex-Consul General to Australia, writes: "The use of your Peruna as a remedy or cure for catarrh by many of my friends who have been benefited by the same, as well as my own experience as to its efficacy and good tonic properties, causes me to recommend it to all persons, and you are at liberty to use this indorsement and my photograph if it will give any force to same."

Pe-ru-na Recommended for Depressed and Exhausted Condition.

Col. Benjamin F. Hawkes, 611 G Street, Washington, D. C., is one of the three living comrades of General Grant in his cadet days at West Point. In a recent letter this venerable gentleman says of Peruna: "I have

tried Peruna after having tried in vain other remedies for catarrh, and I can say without reservation that I never felt a symptom of relief until I had given Peruna the simple trial that its advocates advise. I do not believe it has a superior, either as a remedy for catarrh or as a tonic for the depressing and exhausted condition which is one of the effects of the disease."

Mr. Wm. H. H. Price, formerly secretary to U. S. Attorney of Kansas, and for the past fourteen years in the Executive Departments at Washington, writes from 487 G Street,



PHILIP HICHBORN, REAR ADMIRAL, U.S. NAVY.



N. W., as follows: "I have taken Peruna and have found it of much benefit, and desire to see it benefit others. It has been used in my family with the pleasing result of effecting a cure so perfectly that the patient cannot speak too highly of its curative properties. I know Peruna to be a good medicine."

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 to-day 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.

As one-half your ills are catarrhal, Pe-ru-na is as needful as a doctor.

Ex-Lieutenant GOVERNOR OF OHIO

Recommends one of Ohio's Well-known Products—**PE-RU-NA**.

Pe-ru-na a Splendid Catarrh Remedy the World Over.

HON. Alphonzo Hart, ex-Lieutenant Governor of Ohio, in a recent letter from Washington, D. C., says: "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."



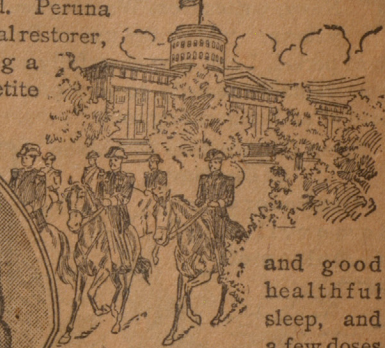
Mr. Elmer M. Barnes, 611 State Street, St. Joseph, Mich., Manager for the League of Educators of Michigan, writes: "It is with pleasure that I give *Peruna* my hearty endorsement. I found that it contains valuable properties as a tonic. Close study and steady confinement induces a wear and tear on the 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."

Every one 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 this purpose. If the system is run down and weakened by catarrh, *Peruna* renovates and rejuvenates the nerves and brain.

Brought Him Strength and Appetite.

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 any thing 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.

Saved from Systemic Catarrh.

Mr. Dick Grane, 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."

Overwork Caused Catarrhal Nervousness.

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 overwork, 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*."

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.



Hon. Alphonzo Hart

For catarrh there is but one remedy, and that is—*Pe-ru-na*.

Threatened Death From Kidney Trouble SAVED BY PE-RU-NA.

Mrs. Susannah McHenry of Burbank, Cal.,
Hale and Hearty at the Age of 84
Years, Thanks to Pe-ru-na.

BURBANK, CAL.—Mrs. Susannah McHenry, now of this place, was attacked with kidney complaint while living at Billings, Mo., and was advised to come to California in the hope that a change of climate might help her, but this it failed to do, as she was confined to her bed, and the doctors in attendance had finally told her they could do nothing for her.

It was then she began to use Peruna and had improved so much within a few months that on April 8, last, she rode seven miles to Los Angeles, spent the forenoon on a shopping



tour, and at noon tripped up a long flight of stairs to have her photograph taken. Her letter reads as follows:

"I think I owe my life to the use of Peruna. I have tried innumerable doctors and medicines, but of no avail. The doctors gave me up, saying they could do nothing for me, as my death was only a matter of a short time. Then I began the use of Peruna and am glad to say that instead of being confined to my bed with the dread kidney complaint, I am up and about. I am 84 years of age, yet I rode seven miles to Los Angeles, spent the forenoon shopping, and climbed a long flight of stairs to have my photo taken to send to the Peruna

Would have been in her grave today but for the use of Pe-ru-na.

manufacturers as a sample of what their valuable medicine has done for me.

I candidly believe I would have been in my grave today but for the use of Peruna.—Susannah McHenry.

Kidney Trouble.

Look out for kidney trouble in fall. The heat of summer is past. The activity of skin perspiration has ceased. During the hot months a great portion of the blood poisons have been eliminated through the skin by sweating.

In fall the cold days and nights put an end to this and throw the whole responsibility upon the kidneys. The kidneys are obliged to do an extra amount of work. This is very likely to lead to kidney diseases.

More cases of kidney disease originate in fall than all the other seasons of the year. Catarrh of the kidneys is very apt to set in when free perspiration of the skin is stopped. A short course of Peruna is very desirable to prevent this. At least those

who have experienced any warning symptoms of kidney disease should begin Peruna without delay.

Catarrh of Kidneys.

Peruna reaches the seat of the difficulty by eliminating the catarrh from the kidneys. Even after all other remedies have failed, Peruna brings prompt relief.

Catarrh of the kidneys has become so established in this climate that it is stupendous folly to neglect any precaution. There is no use to take diuretics. There is no use to take remedies that simply stimulate the kidneys. What is needed is a remedy that operates to cleanse the kidneys of all catarrhal taint.

This is what Peruna will do. Peruna is absolutely unique as a remedy for this class of diseases.

Nursing Mothers and All Convalescents

Find Great Strength-giving Qualities in Pe-ru-na, the Catarrhal Tonic.

ALL persons who find themselves in a weakened condition, the result of either confinement or some acute illness, are subject to catarrhal ailments. Their weakened organs are apt to be attacked most violently. It is difficult for them to gain strength because the catarrhal condition of the ailment is holding them back. They have come to a complete standstill as is frequently the case. Such cases, and there are hundreds of thousands of them, will find in Peruna the remedy exactly suited to their case. It relieves the catarrhal condition. It invigorates the whole system, restores the appetite and induces sleep, in fact, quickly brings a return of the former normal health.

After Pneumonia.

Mrs. Katherine Krause, Member of Mary Lathrop W. C. T. U. of North Lathrop, writes from 1,013 Seymour St., Lansing, Mich., as follows: "Peruna saved my life. Four years ago



Miss J. Finley



I had pneumonia and heart trouble. The doctor did everything he could, but finally told my people he doubted if my life could be saved. I could hardly breathe lying down and I was put in a rocking chair. I saw a newspaper with a Peruna ad. which read, 'There is help for you.' 'I wonder if there really is any help,' I said. Then a neighbor told me that Peruna had saved her boy's life, and I decided I would try it. My son worked for a Lansing druggist and I had them telephone him to bring home a bottle of Peruna. I began to mend at once. I have taken about a dozen bottles in all and am in good health. People call me a Peruna crank because I am enthusiastic in its favor, but I am sure it saved my life and therefore I am enthusiastic in its praise."

After Malaria.

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

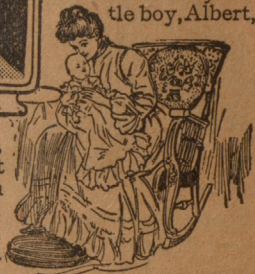
easy subject to cold and malaria. Four bottles of Peruna changed my entire physical condition. My head stopped aching, my strength returned, and the poison was driven out of my blood until I felt like a new and well woman once more. It is a truly great medicine and well worthy the good things its friends say about it, and it will always have my endorsement."

Pe-ru-na a Blessing to Nursing Mothers and Convalescents.



Mrs. J. F. O'Connor

Mrs. Herman Duenkel, 611 S. 10th St., Tacoma, Wash., member St. Andrew's Episcopal Church, writes: "Peruna is an ideal medicine for mothers. My mother advised me to use it, and I took it for three months before my little boy, Albert,



blessed my home, and I found that it strengthened both mother and child. When my second son, Ainsley, came, Peruna restored me to my normal condition in a short time. I am never without Peruna in the house. It has proven itself a blessing to all the members of the family, and I would not be without it for any money."

Had Catarrh of the Head.

Mrs. J. F. O'Connor, 1,643 W. 12th St., Chicago, Ill., First Soprano, Ariel Singing Society, writes: "For a number of years I had suffered from catarrh of the head, and while some of the remedies helped me a little while taking them, they did not cure me permanently. My little child was also sensitive to the cold and every little draught gave her a cold in the head, and it used to worry me a great deal. I one day heard what a wonderful medicine Peruna is and what it had done for others, so I bought a bottle and tried it. I could hardly realize my good fortune, when, before I had taken a whole bottle of it, I felt like a new woman. I took it for some time longer and also gave some to the baby, and she improved as rapidly and permanently as I did. I cannot say too much for Peruna."

Adults or children can safely take Pe-ru-na as it contains no narcotics.

INCIPIENT CONSUMPTION CAUSES MORE DEATHS THAN ANY OTHER TYPE OF CATARRHAL DISEASE.

THE GREAT WHITE PLAGUE, CONSUMPTION, WOULD SOON CEASE TO BE A TERROR TO HUMANITY IF ITS CATARRHAL NATURE WERE BETTER KNOWN.

CATARRHAL colds lead to Consumption. If catarrhal colds were promptly treated with Peruna, the great army of consumptives would be reduced very materially. A cold neglected becomes chronic catarrh. Chronic catarrh once established soon reaches the first stage of consumption. It seems strange that as well known as these facts are that anyone should neglect to profit by them, and yet there are many who pay little or no attention to them, but go on catching cold and acquiring chronic catarrh and consumption, when Peruna taken in time would promptly relieve that first innocent cold.

Catarrhal Colds Lead to Consumption.

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

Doctors Gave Him Up.

A Case of Incipient Consumption Caused by Catarrh, Cured by Peruna.

T. K. Elder, Perry, Noble Co., Oklahoma, writes to the Peruna Medicine Co.: "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



T. K. Elder of Oklahoma

Neglected colds would not increase the great army of consumptives if Peruna were taken in time.

Catarrh of Head Spread to Lungs.

cure. I have tortured myself with nasal douches, medicated sponges to breathe through, magic electric jars, etc. I have tried the climates of Washington, California, of the Southern Gulf States, 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



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."

There are thousands of cases of a similar character that could be promptly relieved if Peruna were taken in time.

The success of Peruna has tempted a great number of people to invent something to take its place. There is no such remedy. Insist upon having Peruna. Take no other. Do not experiment with your health, the most precious thing you possess.

Why Shop Girls and Houseworkers Rely Upon Pe-ru-na.

Women Who Are Compelled to Stand Upon Their Feet the Greater Part of the Day Are Especially Subject to Pelvic Catarrh.

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. Pelvic catarrh, therefore, is a generic term that covers all cases of catarrh of the pelvic organs. There is no cure equal in promptness and permanency to a short course



Miss Nellie Curtain.

of Peruna. Peruna does not relieve these cases by temporarily mitigating some symptom, but by a removal of the cause. Many a woman can testify that a 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.

Pe-ru-na the Best Medicine for Women.

Miss Nellie Curtain, No. 646 Robert St., St. Paul, Minn., who is head saleswoman in a department store, writes: "I have charge of a department in a large dry goods store, and after standing the larger part of the day I would go home with a dull ache, generally throughout my entire body. I used Peruna and feel so much better that I walk to and from the store now. I know Peruna to be the best medicine on the market for the diseases peculiar to women."

Saved from Pelvic Catarrh.

Mrs. Lizzie Sharpe, 203 Friendship St., Providence, R. I., writes: "Some time ago I wrote you, asking advice in regard to my

health, describing symptoms. Following your advice and taking your medicine for only five weeks, I am thankful to say I am a well woman. I have suffered for a number of years with constipation, indigestion and female



Mrs. Lizzie Sharpe.

to Peruna. I want to recommend Peruna to all who are similarly afflicted."

Terrors of Female Weakness.

Mrs. A. J. Orrison, 1,605 E. Franklin St., Richmond, Va., writes: "After three months' trial of your remedy, I am cured of painful menstruation. After suffering untold agony for three years, and spending over a hundred dollars and finding no relief whatever, I began taking Peruna under the advice which you so kindly gave me. I shall never cease to be thankful for this, or recommend Peruna to all women whom I find suffering from the above ailment. I can now do all my housework and take long walks without the least ill effect. Words are inadequate to express my gratitude to you and Peruna, for I am a well woman to-day."

Pelvic Catarrh was Destroying Her Nerves.

Mrs. H. Kassatt, 1,300 W. 13th St., Des Moines, Ia., writes: "I am happy to give my endorsement for your valuable medicine, Peruna, as I consider it a very valuable medicine to take when the system is run down from overwork. About two years ago I felt that I must take a long rest, as I had been unable to work for over a month, and could not regain my strength. I could not sleep at night and was in a very nervous, high-strung condition. I decided to try what Peruna would do to build up my strength, and am pleased to say that I began to improve very shortly, and in less than two months I was able to take up my work, and felt better than I have for years. I take it now twice a year, and find that it keeps me in perfect health."



troubles of the worst form. I was unable to do my housework without help. After taking Peruna I have experienced the most satisfactory results. I am like a new woman. I do all my own housework for seven rooms, thanks

With a bottle of Peruna in your house, you need not fear the ravages of catarrh.

Women in Society Extol the Merits of Pe-ru-na.

PE-RU-NA MAKES CLEAN, HEALTHY MUCOUS MEMBRANES.

CATARRHAL DISEASES DISAPPEAR PERMANENTLY.

THE mucous membrane is to the inside of the body what the skin is to the outside of the body. It lines every organ, duct and cavity. Catarrhal inflammation attacking one part is liable to spread to other parts. A neglected cold or slight catarrh is often the cause of lingering and dangerous catarrh. Women are naturally more susceptible to inclemency of the weather than men. With them a cold is often the starting point of some severe pelvic derangement, causing much pain and suffering. Every woman needs a remedy upon which she can rely to keep her system fortified against the severe and trying winter weather. If Peruna is taken at the first symptom of a cold it will cure before it develops into some annoying catarrhal derangement.

A Popular Wisconsin Girl Writes an Interesting Letter.

Miss Nettie Niemann, White Mound, Wis., writes to the Peruna Medicine Co. as follows: "I have been afflicted since childhood with a most unpleasant catarrh of the head. Nothing I did seemed to cure me, and when I caught a severe cold my troubles increased. While visiting a friend I learned the real value of Peruna. I had often heard it praised but never paid serious attention to it. My friends, however, had been cured of catarrh by Peruna and I decided to use it faithfully and await results. I am glad to say that my greatest expectations were realized, and I was surprised to find how readily I was cured and how speedily. Within a month all the catarrh was out of my system, and I have not been troubled a particle since. I do recommend Peruna for catarrh."

Decollete Gowns and Catarrh.

Miss Blanche Myers, 3,120 Penn St., Kansas City, Mo., has the following to say of Peruna: "During each of the past four seasons I have caught a severe cold when suddenly chilled after an evening party, and catarrh for several weeks would be the result. One bottle of Peruna cured me, and I shall not dread colds any more as I did."

Edith M. Barnes, 607 Second St., N. E.,

Washington, D. C., writes: "I am pleased to state that Peruna did me more good than a vacation. Too many parties, theatres and late suppers had so undermined my health that the doctor advised a complete change and rest for a year, but I did not find this at all necessary after using Peruna for five weeks. It acted like magic, increased my appetite, aided my digestion, and induced restful sleep—all that I needed to restore me to perfect health. I think it is a most excellent remedy and a fine tonic for all worn out women."

Finds Pe-ru-na Invaluable for all Catarrhal Diseases in Fall, Winter and Spring.



Miss Marjorie Hampton, 2,616 Third Ave., New York City, writes:

"Peruna is a fine medicine to take any season of the year. Taken in spring it tones up the system and acts as a tonic, strengthening me more than a vacation. In the fall and winter I have found that it cures cold and catarrh, and also find that it is invaluable to keep the bowels regular, acting as a gentle stimulant on the system. In fact I consider it a whole medicine chest."

Mrs. George Kalb, Hot Springs, Ark., writes; "Systemic catarrh has troubled me for nine years. I read in the papers of the cures effected by the use of Peruna, and I decided to give it a trial. I had tried many good doctors, but without avail. I took two bottles of Peruna and felt so much improved that I kept on taking it until I had used twelve bottles, and am now completely cured of the dread disease."

When you go to a drug store to buy Pe-ru-na, get what you ask for.

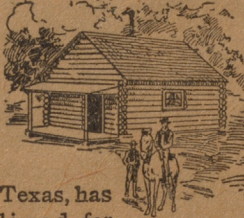
THE OLDEST MAN IN AMERICA

Escaped the Terrors of Many Winters and Grip Epidemics by Using PE-RU-NA

MR. ISAAC BROCK, born in Buncombe County, N. C., March 1, 1788. His age is 116 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.
Pe-ru-na has protected him from all sudden changes.
Veteran of four wars.
Shod a horse when 99 years old.
Always conquered the grip with Pe-ru-na.
Witness in a land sult at the age of 110.
Believes Peruna the greatest remedy of the age for catarrhal diseases.

Isaac Brock, a citizen of McLennan County,



Texas, has lived for 116 years. For many years he resided at Bosque Falls, eighteen miles west of Waco, but now lives with his son-in-law at Valley Mills, Texas.

A short time ago, by request, Uncle Isaac came to Waco and sat for his picture. In his hand he carried



MR. ISAAC BROCK

a stick cut from the grave of General Andrew Jackson, which had been carried by him ever since. Mr. Brock is a dignified old gentleman, showing few signs of decrepitude. His family Bible is still preserved, and it shows that the date of his birth was written 116 years ago.

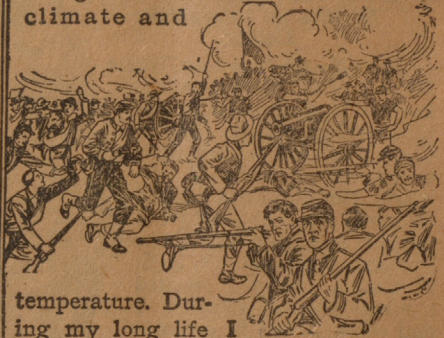
Surely a few words from this remarkable old gentleman, who has had 116 years of experience to draw from, would be interesting as well as profitable. A lengthy biographical sketch is given of this remarkable old man in the *Waco Times-Herald*, December 4, 1898. A still more pretentious biography of this, 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 ailments that are due directly to the effects of the climate. For 116 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 affections 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.

His Standby for Years.

"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.

"* * * 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."

Thirteen Doctors Failed to Cure Catarrh of the Lungs.

Pe-ru-na Saved Her Life.

Mrs. M. A. Close, of Cheyenne, Wyo., was Cured of Incipient Consumption after All Medical Aid Had Failed. Read Her Letter.

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 doctors in the country have failed to do. For more than three years I doctored for consumption, and spent thirteen years in a Pulmonary Sanitarium at Milwaukee, 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 were 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



Mrs. M. A. Close

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

Write to Dr. Hartman to-day.

Neglected catarrh causes many deaths. Buy a bottle of Pe-ru-na today.

A CASE OF DYSPEPSIA THAT BAFFLED ALL PHYSICIANS

Pe-ru-na Comes to the Front Again.

The Cure of Mr. Lockhart, of Rochester, Creates a Decided Sensation in Medical Circles.

Given Up by the Best Physicians, He Yet Lives in Perfect Health.

A Case of Catarrh of the Stomach which Produced a Distressing form of Dyspepsia.

Everything Failed to Give Relief Until Pe-ru-na Was Tried.

Is life worth living? Some say "No,"—some say "Yes." The class of people who would most promptly answer, "No, life is not worth living," are those suffering from dyspepsia. So bound up in their own misery are they



MR. A. C. LOCKHART

that the blue sky, green fields, babbling brooks and songs of happy children are given no heed. The qualms and quivers of dyspepsia absorb the whole attention. The bloated, heavy feeling after meals; the empty, sinking, gnawing before meals; the belching and borborygmus between meals; the restlessness, fantastic dreams and nightmares in the place of refreshing sleep—all these and more are the lot of the dyspeptic.

A few months ago such a man might have been found at the corner of College Street and Thurston Road, Rochester, N. Y. Nothing peculiar about the case; thousands of others just like it. Nothing whatever would have been said or thought of the matter, because of its common occurrence, had it not been for the unusual sequel.

Should we ask this man to-day if he thinks life worth living, we should get a prompt affirmative answer. Just the same answer that every other man on earth ought to be able to give. But unfortunately there is a large

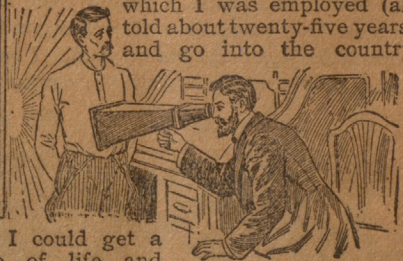
multitude that could not honestly say "yes" to such a question. A few months ago this man would not have said "yes" to such a question, for he had catarrhal dyspepsia, which the doctors could neither discover or cure.

It happened in this case that the right person with the right remedy put in his appearance. A friend of Mr. Lockhart told him that Peruna would cure him. He told it to him in a quiet, offhand way which inspired confidence. He got some Peruna and tried it, with what result we'll let him say:

The Details of A. C. Lockhart's Case as Stated by Himself,

"I am nearing forty-four years of age, was born and raised in Rochester, N. Y., and have been unlucky enough to be among the poor and obliged to work for a living.

"About fifteen years ago I commenced to be ailing, and called a physician. He pronounced my trouble a species of dyspepsia, and asked me, after he had treated me about six months, to get a leave of absence from the establishment by which I was employed (all told about twenty-five years) and go into the country



where I could get a change of life and fresh air. I did so and got temporary relief. I went back to work again, but was taken with very distressing pains in my stomach. I seldom had a passage of the bowels naturally. I consulted another physician with no better results. The disease kept growing on me until I had exhausted the ability of sixteen of Rochester's best physicians. * * *

"I was given a thorough examination with the X-ray. They could not even determine what my trouble was. Some of your testimonials in the Rochester papers seemed to me worthy of consideration, and I made up my mind to try a bottle of Peruna. Before the bottle was half gone I noticed a change for the better. I am now on the fifth bottle and have not an ache or pain anywhere. My bowels move regularly every day, and I have taken on eighteen pounds of flesh. I have recommended Peruna to a great many, * * * I have told several people that if they would take a bottle of Peruna and then candidly say that it had not benefited them I would pay for the medicine,"

A stitch in time saves nine. Take Pe-ru-na without delay.

SUFFERED MANY YEARS WITH COMPLICATION OF FEMALE DISEASES

Two Pretty Women Who Owe Their Restored Health and Usefulness to PE-RU-NA.

Many Thousands Who Suffer from Similar Ailments Should Follow the Example of These Women Before Their Lives Have Been Fully Wrecked.

TO Dr. Hartman alone the credit is due in determining the exact character of the disease that so many women suffer from steadily. During his long active service he became convinced that the great multitude of women who suffer from some form or other of female weakness suffer from catarrhal trouble. During his long experience he has dem-

onstrated that Peruna is admirably adapted for the catarrhal troubles of women and that it rarely fails to give instant relief and prompt cure. No sooner does a woman begin to take Peruna than she feels that a cure is in sight. Sometimes it is necessary to take it for weeks and even months, but the good effect becomes apparent at once, and the patient continues to improve until a cure is effected.

is. For eleven years I suffered with female troubles and complications arising therefrom. Doctors failed to cure me, and I despaired of being helped. Peruna cured me in three short months. I can hardly believe it myself, but it is a blessed fact. I am perfectly well now and have not had an ache or pain for months. I want my suffering sisters to know what Peruna has done for me."—MISS MARIE JOHNSON.

better. I therefore praise Peruna to all as a very good medicine."



Miss R. Emerson.



Miss E. Lindblum.

Pe-ru-na
a Specific for
Female Weakness.

"I want to do what I can to let the whole world know what a grand medicine Peruna

Miss Ruth Emerson, 72 Sycamore St., Buffalo, N. Y., writes: "I suffered for two years with irregular and painful menstruation, and Peruna cured me within six weeks. I cannot tell you how grateful I feel. Any agency that brings health and strength to the afflicted is always a welcome friend, and to-day the market is so filled with useless and injurious medicines that it is a pleasure to know of so reliable a remedy as you place before the public."

Miss Eleanor Lindblum, 555 Jackson St., Milwaukee, Wis., writes: "Some time ago Peruna was recommended to me so highly as

is. For eleven years I suffered with female troubles and complications arising therefrom. Doctors failed to cure me, and I despaired of being helped. Peruna cured me in three short months. I can hardly believe it myself, but it is a blessed fact. I am perfectly well now and have not had an ache or pain for months. I want my suffering sisters to know what Peruna has done for me."—MISS MARIE JOHNSON.

The above testimonial is from Miss Marie Johnson, 11 Columbia St., East Detroit, Mich., Worthy Vice Templar in Hope Lodge, No. 6, Independent Order Good Templars. Miss Johnson, as so many other women also have done, found in Peruna a specific for a severe case of female weakness.

In all cases of female troubles women find a prompt and permanent cure in Peruna. 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.

Pe-ru-na has become the National Catarrh Remedy because it is absolutely harmless.

PE-RU-NA IS AN IDEAL TRAVELING COMPANION

Climatic Conditions Have No Effect on the Curative Properties of PE-RU-NA.

A War Artist Writes of the Benefits of Pe-ru-na in the Stress of War and Travel.

THE curative powers of Peruna reach far and wide! On land or on sea it is used with the same successful results.

The exigencies of travel, to most people, are hard to bear. Change of water, change of diet,

Ill Effects of Change of Water, Diet and Climate Conquered by Pe-ru-na.

change of climate, exposure to un-ventilated state-rooms, crowded

coaches, all this creates new environment. A large number of people are made sick in this way. A bottle of Peruna is worth ten times its weight in gold to a person if present just when wanted.

It prevents the ill effects of bad water. It produces refreshing sleep under adverse circumstances. It keeps the appetite vigorous and the digestion normal. Dr. Hartman, himself, never starts on a



journey, as much and as often as he goes about, without a bottle of Peruna.

In the chill of the northern clime, or under the tropic sun, climatic conditions have no weight.

Peruna is there with the cure every time.

News writers, as well as Congressmen, Governors, the Clergy, Physicians, women at all stages of life, men and women in all walks of life,—all are within the scope of the curative powers of Peruna!

Mr. Manley's Experience with Pe-ru-na.

Mr. H. B. Manley, (address care "Black and White," 688 Craig St., Montreal, Canada), the War Artist to London "Black and White," sends his portrait to Dr. Hartman in the uni-

form he wore during the late Chinese uprising in China, when he was representing his paper and "Collier's Weekly."

He says, anent the good work done by Peruna: "When a man travels in extreme hot or cold climates, he realizes how valuable a friend he has if he carries a bottle of Peruna. I know of no article in my traveling outfit which I have learned to praise higher.

"If you are suffering with the extreme heat Peruna restores you, or if you are afflicted with a cold, la grippe or bronchitis, Peruna re-



MR. H. B. MANLEY

stores you in a short time. Or if you suffer with sleeplessness, or if your appetite is poor, again Peruna acts as a good, true friend, and is the tonic needed. I have tried it for months and am only too glad to acknowledge it as a true, loyal standby in times of trouble. I do not hesitate to recommend it to all."

A traveling man, Mr. John O. Atkinson, Box 272, Independence, Mo., writes: "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, 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 exist where Peruna is taken according to directions. Success to you and your remedies."

Had Catarrh for Twenty-five Years

If you have Catarrh, take the remedy that cures—Pe-ru-na.

POLICEMEN PRAISE PE-RU-NA.

AS A RELIABLE SPECIFIC FOR THE ILLS INCIDENT TO THE VICISSITUDES OF THEIR OCCUPATION.

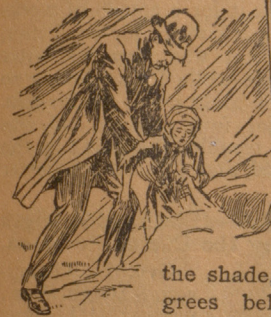
As a Safeguard Against Coughs, Colds and Other Catarrhal Derangements, Policemen Find Pe-ru-na Indispensable.

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."

He Had Catarrh of Head.

John E. Ptacek, Assistant Superintendent of Police of Chicago, Ill., writes: "I used Peruna for a very se-

WHETHER it rains or whether it snows; whether it be night or day; whether the thermometer stands at 100 in



the shade, or 10 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 shirtwaist for the policeman. No fur overcoat for the man who patrols our streets night and day. No wonder such men appreciate Peruna. Peruna strengthens the mucous membranes that line the respiratory organs. Peruna hardens the system against catching cold. This is absolutely essential to good health, especially where one's vocation exposes one to the dampness of night air and the throbbing heat of midday. Policemen give Peruna their unqualified indorsement. It exactly meets their requirements. Read their letters.

Conquers all kinds of Colds from Exposure by Pe-ru-na.

Michael O'Halleran, Lieutenant Sergeant of the Summerdale Station Police Department, writes from 1,993 West Munroe St., 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 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.

vere case of nasal catarrh, and am glad to inform you that it has accomplished a complete cure. I have no hesitancy in recommending it to others."

Catarrh of Kidneys Menaced His Life.

Officer A. C. Swanson writes from 607 Harrison St., Council Bluffs, Iowa, as follows: "As my duties compel me to be out in all kinds of weather, I contracted severe colds from time to time, which settled in the kidneys, 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."

Cures Colds from Exposure—Pe-ru-na.

Mr. Chas. Rehm, Lieutenant of Police, Forty-third precinct, Chicago, Ill., writes: "Where I have suffered any bad consequences from exposure and colds, I have found that there is nothing 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 this tonic."

Many a policeman has been able to keep his job by the aid of Peruna who otherwise must have succumbed to the exigencies of our changeable climate.

STURDY FARMERS WHO KEEP OFF ALL CATARRHAL ILLS

By the Use of PE-RU-NA.

THE American farmer makes up one-fifth of our population. He is the great producer of the necessities of life. His judgment is good.

As the average farmer lives a good distance from a physician, he has special need for household remedies that give speedy relief.

As catarrhal ailments constitute half of all our bodily ills, the farmer has found that Peruna is a necessity in his house.

The farmer knows that Peruna is the safe and reliable remedy for the



catarrhal ills of summer as well as winter.

Peruna eradicates catarrh from the system in the same way that the practical farmer eradicates weeds from his fields.

At one time it was believed that catarrh was confined to the head, nose and throat. Now, we know that catarrh affects the lungs, stomach, kidneys, bladder and bowels. Yes, we know that catarrh may seat itself in any organ of the body.

Every organ of the body, every passage, every duct, every cavity is lined with mucous membrane. Wherever there is a mucous membrane, catarrh may exist.

If Peruna will cure catarrh of the nose and throat, it will cure catarrh in every other place, because Peruna is a systemic remedy and reaches every organ of the body.

A cold is the beginning of catarrh. Do not permit a cold to gain a foothold.

A few doses of Peruna at the beginning of a cold invariably checks the cold and the subsequent catarrhal trouble.

Had Catarrh of Stomach 10 Years.

Mr. Henry Schroeder, Route 2, Napoleon, O., writes: "I suffered for almost ten years with catarrh of the stomach and all doctoring was of no avail. I took nine bottles of Peruna and two of Manalin, and am now entirely cured. I recommend the medicine to all who are afflicted with this disease. It is my household friend."



Mr. Henry Schroeder.

Pe-ru-na Cured Kidney Trouble of Years' Standing.

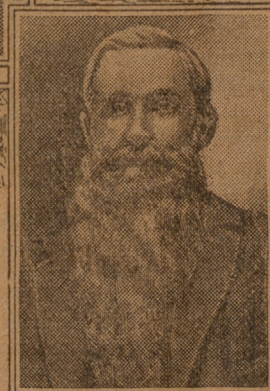
Mr. Andrew Cooper, Water Street, Menasha, Wis., President of Menasha Horticultural Society, and Member of Ancient Order of United Workmen, writes:

I suffered with kidney trouble for a number of years and doctored until I became sick and tired of medicine. I was discouraged and thought there was no help for me. One of the members of our lodge told me that

he had been taking Peruna, and it had done him so much good that he thought it would help me, so I bought a bottle on my way home. I took it for a couple of weeks before I noticed any change for the better, but my improvement was very fast after that, and in a little while I was feeling so much better that I could go to work again. I used Peruna for four months and was rid of all kidney trouble, the pains in the back were all gone, and I felt much better all around."

Gained Flesh and Strength by the Use of Pe-ru-na.

Geo. H. Thompson, Raleigh, Miss., writes: "I have been cured of catarrh by your medicines, Peruna and Manalin. I had been afflicted



Mr. Andrew Cooper.



with catarrh of the stomach about all my life, and was taken bad every spring and summer. I used several kinds of patent medicines, but they did me no good. I then took treatment under an M. D., which did me but little good. By this time I had got where I could eat nothing but a little soup. I had severe pains, and lost in weight and could not do anything. I began taking your medicines, Peruna and Manalin. I then weighed 126 pounds, but after taking 17 bottles of Peruna and one bottle of Manalin, I weighed 166 pounds. I am now at work on the farm and feel well all of the time. I eat all I want to and my friends say that I look better than ever before. I will ever praise Peruna for its healing power."

To many thousands of catarrh sufferers, Pe-ru-na has been worth its weight in gold.

TEACHERS AND COLLEGE MEN

Praise and Recommend Pe-ru-na.

Professor Powell, of Washington, D. C., Thinks Pe-ru-na Should Be In Every Household.

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 throughout the United States. In a recent letter from 1,410 N Street, N. W., Washington, D. C., to Dr. Hartman, of Columbus, Ohio, he says:



Prof. W. B. Powell

"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."

Secretary Simpson Had a Desperate Case of Systemic Catarrh.

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."

A Traveler's Letter.

J. Edward Clark, 402 Temple St., 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 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 every thing 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."

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 to-day before the nation as a thoroughly tested, accurately scientific, internal remedy for catarrh. There are practically no medicinal rivals in the field.

Every home insured against fire should keep Pe-ru-na as insurance against catarrh.

HOW TWO BEAUTIFUL WOMEN ESCAPED

Dread Catarrh by the Use of PE-RU-NA.

**Catarrh Robs Women of Health and Beauty.
Pe-ru-na Makes Women Healthy
and Beautiful.**

MISS Lydia Herziger, Grand Recorder of American Daughters of Independence, writes from Neenah, Wis., as follows: "I have used Peruna now for four years, each spring and fall, and it keeps me perfectly well and strong. I am able to continue working and do not have to take a three months' rest as I used to do every year. This is a great comfort to me as I was not able to afford such a long rest. I find that it is a great



Miss Ellen
Crawley-

preventive for colds and coughs, and soon rids the system of all disease and is an admirable medicine. I can honestly indorse it."

Catarrh of the Throat Cured by Pe-ru-na.

Miss Ellen Crawley, 241 S. Madison Ave., La Grange, Ill., writes; "For years I have been a sufferer with catarrh of the throat and larynx. I got hoarse on the slightest provocation, and my voice became weak and tired very easily. I could not talk for any length of time, and it was very annoying, I was very much discouraged, as nothing seemed to help me until a friend persuaded me to give Peruna a trial. I did not have much confidence in it as everything else failed me, but I tried it just to please my friend. My delight, therefore, may be imagined when I began to improve at once, and I have kept right on improving until my voice is strong, and I am never hoarse now. Peruna has done a great deal for me."

**Hundreds of Women Cured by Pe-ru-na
of Annoying Catarrh.**

Dr. Hartman has probably done more than any other physician towards popularizing a means of escape from the facial deformities, such as watery eyes, twisted nose, offensive breath, and dry cracked lips, due to the ravages of catarrh. He has made chronic catarrh a lifelong study. His remedy, popularly known as Peruna, is the most famous remedy for catarrh in existence. Probably there is not a man or woman, boy or girl, within the bounds of the United States that has not heard of



Miss Lydia
Herziger-



Peruna. By far the largest majority have used Peruna. The multitude of people that have been cured of chronic catarrh by using Peruna can never

be known. Many a girl has regained her faded beauty, many a matron has lengthened the days of her comely appearance by using Peruna. Peruna produces clean mucous membranes, the basis of facial symmetry and a perfect complexion. The women have not been slow to discover that a course of Peruna will do more toward restoring youthful beauty than all the devices known to science.

While it is true that Peruna cures catarrh wherever located, yet it is advisable for every one to use Peruna as a preventive and not wait until catarrh has fastened itself in some part of the system.

Peruna acts quickly and beneficially on the inflamed mucous membranes lining the different organs of the body. Thus it will cure catarrh wherever located.

CATARRHAL NERVOUSNESS

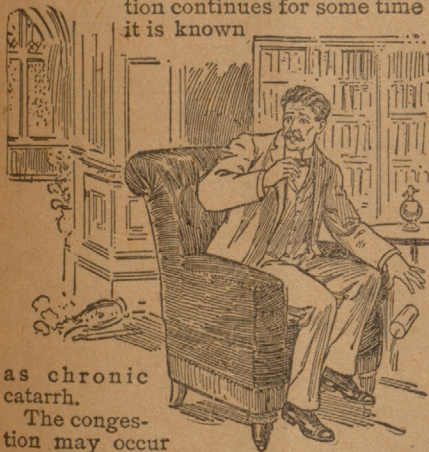
A Condition Known as Systemic Catarrh.

THE nervous system is the source of all our bodily powers, mental or physical.

The brain and spinal cord generate the power, and the nervous fibres convey the power to every part of the body.

It is the nerves that give the heart power to beat; it is the nerves that give the arteries the power to contract and thus regulate the flow of blood through them.

Each artery is provided with an elastic or muscular coat, which is capable of contracting or expanding so as to permit more or less blood to pass through, according to the needs of the body. When the nerves are paralyzed or weakened this contractile power of the blood vessels is wholly or partly destroyed. This produces congestion, especially of the mucous membrane lining the various organs of the body. When this congestion continues for some time it is known



as chronic catarrh.

The congestion may occur in the mucous membrane lining the nose, throat, bronchial tubes, stomach, bowels, kidneys and pelvic organs. Wherever it occurs it produces the same condition—chronic catarrh.

Symptoms of Catarrhal Nervousness.

The symptoms of catarrhal nervousness are: A foreboding of calamity, a sense of something awful about to happen, twitching of the eyelids, moving brown specks before the eyes, sour stomach, morbid fear of leaving home, a constant desire to talk of symptoms, chills and hot flashes, hands and feet unusually cold and clammy, general tendency to coldness and dryness of the skin of the whole body, neuralgic headache, nervous chills, hysteria, sinking and faint spells, distressing palpitation of the heart, defective eyesight, total inability to read, write or do any business, urine abundant without color, loss of flesh, sleeplessness

and sexual excitability. Some of these symptoms are present in every case.

All that is claimed for Peruna is that it will cure catarrh wherever located, by its action on the vaso-motor system of nerves. That it is a specific for that phase of catarrh called catarrhal nervousness, the following letters show:

Pe-ru-na Builds Up the Nervous System.

Leon J. Charles, Attorney at Law, Winslow, Ariz., writes:



Mr. Leon J. Charles ~

“For a man taken up with the daily routine, and rushed and pushed constantly to do thirty hours’ work in twenty-four, there will invariably come a time when nature demands her due. I was on the edge of just such a breakdown when Peruna was recommended to me, and proved a helper and a friend. It

seemed impossible at the time to take a vacation, and yet the constant brain fag seemed to compel it. Peruna built up the broken down system, restored me to a normal condition, and through its use I was enabled to continue my work. I have learned to appreciate Peruna very highly, and advocate it as a safe, proper, and, indeed, necessary medicine to every business man who is worn out, tired and sick.”

A Prominent Physician’s Experience.

Dr. G. B. Crowe, a physician and a very influential man in Alabama, and Chairman of the Populist State Committee, in a recent letter to Dr. Hartman, of Columbus, Ohio, says: “Peruna is a most valuable medicine. It affords me unlimited pleasure to testify as to the merits of your remedy as a catarrh cure. I have used it as such and find it of very great benefit when my nervous system is run down. I heartily recommend Peruna to all whose nervous systems are deranged.”

Mr. T. W. Scott, Custom House, San Francisco, Cal., writes: “Some time ago, suffering from indigestion, loss of sleep, and what might be termed general exhaustion, I was recommended to try Peruna, which I did, and found that it did all that is claimed for it.”

Catarrh will attack that organ of your body which is the weakest.

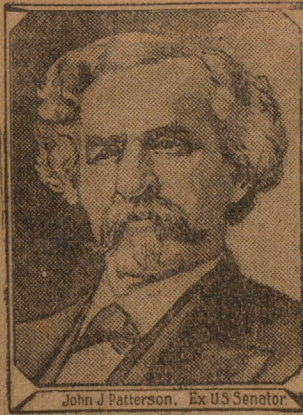
UNITED STATES SENATOR FROM SOUTH CAROLINA

Recommend PE-RU-NA—Other Prominent Men Testify.

HON. John J. Patterson, Ex-United States Senator from South Carolina, in a letter from 37-8 Chestnut St., Philadelphia, Pa., writes: "As quite a number of my friends have and are using Peruna as a catarrh cure with beneficial results, I feel that I can safely recommend it to those suffering from that disorder."

A Well-known Journalist Writes.

Hon. George Barber, 1122 16th St., N. W., Washington, D. C., has been for a number of years well known in Kentucky as a journalist, having been the editor of the *Bowling Green Democrat*, and afterward the proprietor and editor of the *Louisville Evening News*, and of the *Kentucky Law Journal*. He writes the following: "I have given Peruna a sufficient test to justify me in freely recommending it as an invigorating tonic. It is a prompt appetizer, and has also proved in my own experience to be conducive to sound and restful sleep. A member of my family found it efficacious in the treatment of catarrhal tendencies, and an effective remedy for an annoying cough. Every household should be provided with it."



John J. Patterson, Ex-US Senator.



Congressman Brown from Virginia.

Hon. G. R. Brown, Martinsville, Va., Ex-Member of Congress, 5th District, 50th 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."

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

INDEX

This book contains 32 pages of solid facts. Many phases of catarrhal diseases and their cures have been outlined by reputable testifiers. This index is to enable you to quickly find cases similar to your own, should you not be able to read the entire contents of this valuable book:

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U. S. Minister to Guatemala.

Dr. W. Godfrey Hunter, U. S. Minister to Guatemala and 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 greatly benefited by its use."

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.

If you suffer from Catarrh of the Throat, see pages 2, 4, 10 and 30.

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