

What Pe-ru-na Is Doing in All Phases of Spring Catarrh.

ALL OVER THE UNITED STATES MEN OF FAME AND WOMEN OF PROMINENCE USE PE-RU-NA FOR CATARRH WHEREVER LOCATED.



Mrs. EMMA MITCHELL.

Suffering Women---Tired, Nervous, Aching, Trembling, Sleepless, Bloodless, Pe-ru-na Renovates, Regulates, Restores.



AMERICA is the land of nervous women. The great majority of nervous women are so because they are suffering from some form of female disease. By far the greatest number of female troubles are caused directly by catarrh. They are catarrh of the organ which is affected. These women despair of recovery. Female trouble is so common, so prevalent, that they accept it as almost inevitable. The greatest obstacle in the way of recovery is that they do not understand that it is catarrh which is the source of their illness. In female complaint, ninety-nine cases out of one hundred are nothing but catarrh. Peruna cures wherever located.

Mrs. Emma Mitchell, 529 Louisiana street, Indianapolis, Ind., writes: "Peruna has certainly been a blessing in disguise to me, for when I first began taking it for troubles peculiar to the sex and a generally worn out system, I had little faith.

"For the past five years I have rarely been without pain, but Peruna has changed all this, and in a very short time. I think I had only taken two bottles before I began to recuperate very quickly, and seven bottles made me well. I do not have headache or backache any more, and have some interest in life. I give all credit where it is due, and that is to Peruna."—Emma Mitchell.

Chronic invalids who have languished for years on sick beds with some form of female disease begin to improve at once after beginning Dr. Hartman's treatment.

The doctor's experience and knowledge of this class of cases enables him to discern with great accuracy the wants of each. These patients apply for treatment by letter, giving all their symptoms. The doctor then writes them what to do and what to get. Thousands have already applied, and still there is room for more. Each case receives careful and separate attention. In writing be sure to give all

the symptoms and a complete history of the case, so as to make sure of valuable advice.

All women who are in doubt as to what their trouble is should write Dr. Hartman, Columbus, O. Give him a full description of your troubled previous treatment, symptoms and age. He will promptly reply with full directions for treatment free of charge. This is an opportunity which no ailing woman should miss. Dr. Hartman has become renowned through his success in treating women's diseases. His experience in these matters is vast. Correspondence is strictly confidential. No testimonials published without written consent.



Dr. Llewellyn Jordan, Medical Ex. U. S. Treas.

Men the Same as Women Use Peruna for Systemic Catarrh With Equally Good Results.

In a letter from Emsley, South Dakota, Mr. Adam Doering writes, as follows:

"For about three years I was afflicted with sleeplessness, lack of appetite and felt at all times feverish and nervous. There would be ringing in my ears and I got so weak finally that I could not attend to my farm work.

"During this time three physicians treated me; they did not help me and gave me no hope of recovery. I was positive of dying soon, when my attention was called to Peruna. I tried the medicine without much expectation of being benefited by it. But soon its effects began to show. I could sleep, my appetite returned. I became stronger mentally, and my nervous trembling ceased. I used about twenty bottles in a year and at the end of that time I was another man. My health was and is now more robust than it has been for many years.

"Peruna saved my life and I write this letter to express my thanks. I hope that you will use it, and make it known for the benefit of suffering humanity. We are never without Peruna in our house now, and it never fails to help."—Adam Doering.

Hon. Frank Dunn, Alderman Twenty-fourth district, writes from 232 East Fifty-eighth street, N. Y. City:

"Gentlemen:—There is no remedy for a broken-down system that I know of which will so effectually restore health as Peruna.

"Whenever I am overworked or suffer from the consequences of a cold a few doses of Peruna builds me up again more quickly than anything I ever tried. I find it especially valuable for catarrh. Three bottles cured me three years ago of catarrh of the stomach and I have never had the least symptom of it since."—Frank Dunn.

Any one can escape entirely the ill effects of spring weather, and instead of dragging drearily through weeks of bad feelings and perhaps acquiring a fatal disease can find themselves in as excellent spirits and health as at any other time of the year.

Get a bottle of Peruna when the first languid feelings make themselves apparent in the spring. Take it according to the directions on the bottle. Continue this treatment through the first months of spring. This course of treatment is not experiment. It is as positive in its results as any fact of science can be.

CONGRESSMAN ALDRICH ENDORSES THE TONIC, PERUNA.

Says: "It Will Build Up a Depleted System Rapidly."

Hon. W. F. Aldrich, Congressman from Alabama, writes from Washington, D. C.: "This is to certify that Peruna, manufactured by The Peruna Medicine Co., of Columbus, Ohio, has been used in my family with success. It is a fine tonic and will build up a depleted system rapidly. I can recommend it to those who need a safe vegetable remedy for debility."—W. F. Aldrich.

Suffered 25 Years With Catarrh of the Stomach—Pe-ru-na Cured.

In a recent letter to Dr. Hartman, Congressman Botkin says: "My Dear Doctor—'I have been afflicted more or less for a quarter of a century with catarrh of the stomach and constipation. A residence in Washington has increased these troubles. A few bottles of your medicine have given me almost complete relief, and I am sure that a continuation of them will effect a permanent cure.'"—J. D. Botkin.



Hon. W. F. Aldrich, Congressman from Alabama.



Hon. J. D. Botkin, Congressman from Kansas.



Almost everybody needs a tonic in the spring. Something to brace the nerves, invigorate the brain, and cleanse the blood. That Peruna will do this is beyond all question. Everyone who has tried it has had the same experience as Mrs. D. W. Timberlake of Lynchburg, Va., who, in a recent letter made use of the following words: "I always take a dose of Peruna after business hours as it is a great thing for the nerves. There is no better spring tonic, and I have used about all of them."



Miss Elizabeth Brown.

Miss Elizabeth Brown, 1708 John St., Baltimore, Md., is a school teacher of that place. She found Peruna of benefit to her as a tonic, and in a recent letter says:

"Two years ago when my school closed I was so fagged out that I could not sleep nights. Sleeplessness was a most serious trouble to me, and I felt I ought to go away and have complete rest, which I could ill afford.

"One of the teachers told me that she had used Peruna for two years and had found it a wonderful tonic to build up the system; and so I bought some. A complete change for the better took place within ten days. I could eat and sleep and felt like a new woman. When school opened again I felt well and strong and well able to take up my work.

"I used Peruna off and on and it keeps me in perfect health, and I never feel completely exhausted as I used to."—Elizabeth Brown.



Hon. H. H. Powers, Congressman from Vermont.

Congressman H. Henry Powers of Vermont writes from Morrisville, Vt.:

"Peruna I have used in my family with success. I can recommend it as an excellent family remedy and very good for coughs, colds and catarrhal affections."

H. HENRY POWERS. All that is claimed for Peruna is that it cures catarrh wherever located, by its action on the vaso-motor system of nerves.

CATARRHAL NERVOUSNESS.

A Condition Known as Systemic Catarrh—A Prominent Doctor Cured by Pe-ru-na.

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:

Washington, D. C. "Peruna is a most valuable medicine. It affords me unlimited pleasure to testify 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 system is run down. I heartily recommend Peruna to all whose nervous systems are deranged. Yours truly, "G. B. CROWE, M. D."

The nervous system is the source of all our bodily powers, mental or physical. The brain and spinal cord generate the power and the nerve fibers 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 mucus membrane lining the various organs of the body.

When this congestion continues for some time it is known as chronic catarrh. Whenever it occurs it produces the same condition—chronic catarrh.

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, and metallic ringing of the ears, sour stomach after eating, with belching of gas, a feeling of great weight in the stomach, morbid fear of leaving home, a constant desire to talk of symptoms, chills and hot flashes, hands and feet usually cold and clammy, general tendency to coldness and dryness of the skin of the whole body, neuralgic headache, nervous chills, hysteria, stinking 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.

MEDICAL EXAMINER JORDAN Of the United States Treasury Recommends Pe-ru-na.

Dr. Llewellyn Jordan, Medical Examiner of the U. S. Treasury Department, graduated at 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 consider myself a well man after months of suffering. Fellow sufferers, Peruna will cure you."—Dr. Llewellyn Jordan.

A tonic is a medicine that gives tone to some part of the system. There are different kinds of tonics, but the tonic most needed in this country, where catarrh is so prevalent, is a tonic that operates on the mucous membranes.

Peruna is a tonic to the mucous membranes of the whole body. It gives tone to the capillary circulation which constitutes these delicate membranes.

Peruna is a specific in its operation upon the mucous membrane. It is a tonic that

strikes at the root of all catarrhal affections. It gives tone to the minute blood vessels and the terminal nerve fibres. Catarrh cannot last long where Peruna is used intelligently. Peruna seeks out catarrh in all the hiding parts of the body.

That it is a specific for this phase of catarrh called catarrhal nervousness, the following letter shows:

Mr. T. W. Scott, Custom House, San Francisco, Cal., writes: "Some time ago I suffered 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 was claimed for it. I had tried quite a number of tonics, but Peruna was the first one from which I derived any great benefit. Several of my family have used it for different complaints, and we never are without a bottle in the house, and it seems to be a household necessity. I always recommended it to my friends who I think need such a remedy."—T. W. Scott.

Pe-ru-na Cures Catarrh Wherever Located

(Over Forty Members of Congress Personally Endorse Pe-ru-na.)

Hon. H. V. Sullivan, United States Senator from Mississippi, in a letter recently written to Dr. Hartman from Oxford, Miss., says the following of Peruna as a catarrh remedy:

"For some time I have been a sufferer from catarrh in its most incipient stage, so much so that I became alarmed as to my general health. But, hearing of Peruna as a good remedy, I gave it a fair trial and soon began to improve. Its effects were distinctly beneficial, removing the annoying symptoms, and it was particularly good as a tonic.

"I take pleasure in recommending your great national catarrh cure, Peruna, as the best I have ever tried."—W. V. Sullivan.

Charles F. Jenkins, Venerable Council of Garland Camp 232, Modern Woodmen of America, writes from Aurora, Ill., Beacon office, as follows:

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

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

efficacious remedy in a number of cases where no other medicine was used. I consider it a specific for any disorders of the respiratory organs."—Herman Roese.

Catarrh of the kidneys can be cured by Peruna with the same surety and promptness as catarrh of the head. Peruna cures catarrh wherever located.

Hon. H. W. Ogden, Congressman from Louisiana, was elected to the fifty-third, fifty-fourth and fifty-fifth Congresses. In a letter written at Washington, D. C., he says the following of Peruna, the national catarrh remedy:

"I can conscientiously recommend your Peruna as a fine tonic and all-around good medicine to those who are in need of a catarrh remedy. It has been commended to me by people who have used it, as a remedy particularly effective in the cure of catarrh. For those who need a good catarrh medicine I know of nothing better."—H. W. Ogden.

We have letters of recommendation from over forty members of Congress attesting to the virtues of Peruna as a catarrhal tonic.

Mr. L. H. Bourbeau, 49 St. Hubert St., Montreal, Canada, writes:

"I have suffered a great deal with constipation, owing to the lack of exercise and too close application to my desk. Peruna proved a veritable blessing to me, and one dollar's worth did me more good than one hundred dollars' worth of doctors' medicines, not to mention the suffering from backache and headache and tired feelings when you feel that you can not stop work, even though you are not able to go on. A few doses of Peruna relieved me and my health was soon restored. I am now completely well and give Peruna the credit."—L. H. Bourbeau.



MR. HERMAN ROESE

Mr. Herman Roese, 18 New Butternut street, Syracuse, N. Y., is overseer of the Poor, and President of the Board of Trustees of Webster's graded school, District 8, in the town of Salina. He writes: "Exposure seems to affect the lungs and kidneys of the poor, and I have seen hundreds of these who were broken down in health from this cause. I applied to tell you that Peruna has proven a most



WOMEN MAY HAVE CATARRH OF STOMACH AND NOT KNOW IT.



Miss Addie Cowen.

TIRED, NERVOUS WOMEN MADE STRONG AND WELL.

Miss Addie Cowen, 84 Clinton avenue, Brooklyn, N. Y., writes: "I have had ample opportunity to test the value of Peruna as a regulator. Sedentary habits and irregular meals fairly ruined my digestion and constipation, indigestion and extreme nervousness became my daily experience. I drank mineral waters, which only afforded me temporary relief, but Peruna brought me quick and permanent relief. What a changed condition came into my life. I now feel light and happy all the time, because I enjoy such perfect health, thanks to Peruna."—Addie Cowen.

"I CAN NOW WORK THROUGH THE SPRING MONTHS Without Feeling Fatigued. Pe-ru-na Has Given Me Perfect Health."

Rosalie A. Goulding, Washington, D. C., Chief Vice Templar, Acme Lodge, No. 3, I. O. O. F., Birmingham, Ala., also secretary of the Pan-American History Company, writes:

"Continued literary work and close application at my desk last spring seemed to affect me. I soon found my usual mental and physical force giving away and realized that my brain did not act with its usual wonted activity, while my appetite was on the decline and my general tone showed me that I needed a change which my busy life would not allow at that time.

"I decided to take a tonic and asked a friendly druggist what he considered the

best, and he answered, 'Peruna is the one that never fails.'

"For three weeks I used it faithfully and was very much pleased to find that it brought me strength.

"I can now work for hours without feeling fatigued and am enjoying perfect health, and am thoroughly convinced that Peruna is a perfectly reliable remedy."—Rosalie A. Goulding.

After you have tried it you will say Peruna is positively the best spring medicine you have ever tried.

A great many years of extensive trial of this remedy in this class of derangements have demonstrated that there are no failures.

WE DO NOT NEED A DOCTOR AS LONG AS WE HAVE PERUNA

Mrs. F. Desaulniers.

Mrs. F. Desaulniers, 341 Dorchester street, Montreal, Canada, writes:

"Peruna is of untold blessing to women. Peruna builds up the entire system and makes you well. I have the greatest faith in it, for I have never yet found it to fail either my family or myself in time of sickness. I have known it to cure cases of chronic catarrh and stomach troubles of long standing. We do not need a doctor as long as we have Peruna."—Mrs. F. Desaulniers.