

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.

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



MISS MITCHELL.

...is the land of nervous women. A great majority of nervous women are suffering from some form of female disease. By far the greatest number of female troubles are caused by catarrh. They are catarrh of the system which is affected. These women are in need of a tonic. Female trouble is so common, so prevalent, that they accept it as inevitable. The greatest obstacle in the way of recovery is that they do not understand that it is catarrh which is the cause of their illness. In female catarrh, ninety-nine cases out of one hundred are nothing but catarrh. Pe-ru-na cures wherever located.

Miss Emma Mitchell, 529 Louisiana street, Indianapolis, Ind., writes:

"Pe-ru-na has certainly been a blessing in my life, for when I first began taking it, my troubles peculiar to the sex and

MEDICAL EXAMINER JORDAN

OF THE UNITED STATES TREASURY RECOMMENDS PE-RU-NA.

Dr. Llewellyn Jordan, Medical Examiner of the U. S. Treasury Department, graduate of Columbia College, and who served many years at West Point, has the following to say of Pe-ru-na:

"I wish to express my gratitude to you for the benefit derived from your wonderful remedy. One short month has brought about a vast change and I now consider myself a well man after months of suffering. Follow whatever, Pe-ru-na will cure."—Dr. Llewellyn Jordan.

"I feel it is a medicine that gives tone to the whole system. There are different kinds of tonics, but the tonic most useful to this country, where catarrh is so prevalent, is a tonic that operates on the mucous membrane. Pe-ru-na is a tonic to the mucous membrane of the whole body. It gives tone to the capillary circulation which constitutes these delicate membranes. Pe-ru-na is a specific in its operation upon the mucous membrane. It is a tonic that

Pe-ru-na Cures Catarrh Wherever Located

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

Charles F. Jenkins, venerable counsel of Garland camp 2522, Modern Woodmen of America, writes from Aurora, Ill., Beacon office, as follows:

"I endorse Pe-ru-na 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 Pe-ru-na. It deserves the highest praise and I know that those who have tried it have perfect faith in it."—C. F. Jenkins.



S. C. Rhoads, superintendent telegraph Big Four R. R., Indianapolis, Ind., writes:

"For the past two years I have hardly known what it was to have a sweet, restful night's sleep. Cares and overwork seemed to weigh me down more than it should or would had I been able to get my proper rest. My doctor was unable to help me and ordered me South for a complete rest and change. As this was

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 trouble, 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 Examiner, U. S. Treas.

Men the Same as Women Use Pe-ru-na 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 Pe-ru-na. 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.

"Pe-ru-na 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 Pe-ru-na in our house now, and it never fails to help."—Adam Doering.

simply out of the question and as I had heard several of the men under me speak of how much Pe-ru-na had helped them I decided to try it and am glad indeed that I did. Six bottles made a new man of me. I eat well, sleep well and get on feeling refreshed and rested. My official duties are not half so hard and I certainly have good reasons to heartily endorse Pe-ru-na."—C. S. Rhoads.

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 Pe-ru-na, the National catarrh remedy:

"I can conscientiously recommend your Pe-ru-na 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 Pe-ru-na as a catarrh 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. Pe-ru-na proved a veritable blessing to me, and one dollar's worth did me more good than one hundred dollars' worth of doctor's medicine. 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 Pe-ru-na relieved me and my health was soon restored. I am now completely well and give Pe-ru-na the credit."—L. H. Bourbeau.

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

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

"Whenever I am overworked or suffer from the consequences of a cold a few doses of Pe-ru-na build 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.

CONGRESSMAN ALDRICH ENDORSES THE TONIC, PE-RU-NA

Says: "It Will Build Up a Depleted System Rapidly." Suffered 25 Years With Catarrh of the Stomach—Pe-ru-na Cured.

Hon. W. F. Aldrich, Congressman from Alabama, writes from Washington, D. C.:

"This is to certify that Pe-ru-na, manufactured by The Pe-ru-na 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.



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



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



WOMEN MAY HAVE CATARRH OF STOMACH AND NOT KNOW IT.

TIED, 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 Pe-ru-na 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 Pe-ru-na 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 Pe-ru-na."—Addie Cowen.

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

Roselle 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 vigor 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, 'Pe-ru-na 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 Pe-ru-na is a perfectly reliable remedy."—Roselle A. Goulding.

After you have tried it you will say Pe-ru-na is positively the best spring medicine you have ever tried.

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



Almost everybody needs a tonic in the spring. Something to brace the nerves, invigorate the brain, and cleanse the blood. That Pe-ru-na 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 Pe-ru-na 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."



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

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

"Pe-ru-na 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 Pe-ru-na 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.

"Pe-ru-na 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 Pe-ru-na 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 mucous 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, morbid 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, neuritic headache, nervous chills, hysteria, slinking and faint spells, distressing palpitation of the heart, defective eyesight, total inability to read, write or do any business, undue abundance with color, loss of flesh, sleeplessness and sexual excitability. Some of these symptoms are present in every case.

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

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

"Pe-ru-na is of untold blessing to women. Pe-ru-na 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 Pe-ru-na."—Mrs. F. Desaulniers.

