

Beware of Spring Catarrh--Tired Feelings, Aching Bones, Lassitude, Drowsiness, Fatigue, Nervousness, Sleeplessness--Pe-ru-na a Sure Specific.

Spring Time the Best Season of the Year to Treat Chronic Catarrh.

Notwithstanding That a Great Number of People Have Been Cured of Chronic Catarrh by Taking Pe-ru-na During the Past Cold Season,

Yet It Cannot Be Denied That the Cold, Wet, Stormy Weather Has Retarded Many Cures,

And, in Some Cases, Actually Prevented a Cure.

Springtime has come at last, and now is the time for all catarrh sufferers to begin a systematic course of treatment for this disease. The greatest difficulty in the way of treating chronic catarrh is that the patient is so liable to catch cold during the treatment and thus delay a cure.

This liability at this season of the year is, in a great measure, removed, and no one should neglect the opportunity to take treatment.

Peruna is acknowledged by everyone to be the only reliable and unfailing cure of catarrh wherever it may be located. When you take Peruna you are not experimenting with an unknown remedy.

Men and women of national reputation as well as thousands in the humbler walks of life publicly endorse Peruna. Peruna does all that is claimed for it. It cures catarrh.

For That Tired Feeling.

Miss Helen Whitman, 308½ Grand Avenue, Milwaukee, Wis., writes: "There is nothing like Peruna for that tired feeling, which gives you no ambition for work or play. After a prolonged illness about a year ago, I felt unable to regain my health, but four bottles of Peruna made a wonderful change and restored me to perfect health. As long as you keep your blood in good condition you are all right, and Peruna means to fill the veins with pure, healthful blood. I thoroughly endorse it." MISS HELEN WHITMAN.

Peruna Cured Catarrh of Several Years' Standing.

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

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

G. L. MARTIN.

A Prominent Canadian Testifies.

Mr. Joseph Crees, Gov. House, Ottawa, Canada, Head Steward to Lord Minto, Gov-General of Canada, writes: "I wish to emphasize my high opinion of Peruna as the finest remedy I have ever known for catarrhal afflictions. I have used it and have found it an excellent tonic and a grand blood purifier. I have recommended its use to a number of men under me, and am pleased to say that nothing I have ever observed gets a sick man out of bed and well again as quickly as Peruna. I am glad to be able to tell of its merits."

JOSEPH CREES.

Tonic for Broken-Down System.

Mrs. M. E. Jenkins, 123 Geyau Street, Windsor, Ont., President of Victoria Lodge, Queen's Daughters, writes: "I heartily endorse Peruna as an excellent tonic for a weak and broken-down woman, for such I was before I began taking Peruna, and it really worked wonders with my system. My health is excellent now, and whenever I feel languid or nervous, I take a few doses of Peruna and it goes right to the spot. A number of my friends have taken it and are universal in its praise."

MRS. M. E. JENKINS.

Mr. John E. Burns, 28 Spring Garden Road, Halifax, N. S., Water Inspector, writes:

"I can hardly find words that can express my thanks to you for what your remedy has done for me. I have been troubled with catarrh of the head for a couple of years, and I was glad to try Peruna and found great benefit after using three bottles, and I can recommend it highly to anyone suffering from the same."

JOHN E. BURNS.

Gen. Ira C. Abbott, 906 M Street, N.W., Washington, D. C., writes:

"I am fully convinced that your remedy is an excellent tonic. Many of my friends have used it with the most beneficial results for coughs, colds and catarrhal trouble."—Ira C. Abbott.

Mr. Fred D. Scott, Larue, Ohio, Right Guard of Hiram Football Team, writes:

"As a specific for lung trouble I place Peruna at the head. I have used it myself for colds and catarrh of the bowels and it is a splendid remedy. It restores vitality, increases bodily strength and makes a sick person well in a short time. I give Peruna my hearty endorsement."—Fred D. Scott.

The Pelvic Catarrh of Women.

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 by catarrh.

Women afflicted with pelvic catarrh 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 that is the source of their illness. In female complaints, ninety-nine cases out of one hundred are nothing but catarrh. Peruna cures catarrh wherever located.

The following letter was recently received:

186 W. 38th St., New York City.

The Peruna Medicine Co., Columbus, O.

Gentlemen,—What bread and meat means to the hungry Peruna means to the sick. It is an especially valuable medicine for sick women. I have found that no medicine so quickly restores health and places the body in a normal condition. I but voice the sentiments of women who were once sick, but are now in perfect health."—Miss Lizzie Sneading.

All women who are in doubt as to what their trouble is should write Dr. Hartman, Columbus, Ohio. 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. Hartman relies principally upon Peruna in these cases. Peruna cures catarrh wherever located.

Mrs. Alex. Johnson, 256 University Avenue, Kingston, Ontario, Can., writes:

"I have been a sufferer for years with bearing-down pains and backache, and got no relief from doctors' prescriptions. I commenced taking Peruna, and after taking the first bottle I felt much better and within a month I was a well woman, and heartily recommend it to any woman who is in as poor health as I was."—Mrs. A. Johnson.

Miss Mabel Meyers, Argentine, Kan., collector for the Kansas Temperance Union, writes:

"Peruna has proved a friend to me for it cured me when I was sick and the least I can do in return is to acknowledge its value to the public. Since I was seventeen years old I have suffered with headache, backache and pains in the shoulder blades. I caught cold easily and my lungs were weak. Catarrh of the lungs was what the doctors called my trouble. I took their medicine for eighteen months without any benefit, and hearing about Peruna I decided to try it. I used nine bottles and was restored to health. This was two years ago, and I am now in perfect health."—Miss Mabel Meyers.

Hon. W. N. Roach, ex-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 insidious 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. N. Roach.

Mr. Luhr Bagert, City Clerk, writes from City Hall, Watervliet, N. Y.:

"Probably anyone at my age has had one or more cases of severe sickness either personally or in his family. I have had my share of this affliction, but I no longer dread it as I did since I have learned the value of Peruna."

"After a severe attack of catarrh of the head, of which your medicine cured me in two weeks, I have found that it was good for most ills that beset us. I now take it for a few days when the first sultry days give me that tired feeling, and again when the wet and cold fall weather sets in, and I find that it keeps me in good condition all through the year."

"My experience with Peruna is, that it has stood the test and is well worthy my endorsement."—L. Bagert.

The symptoms of spring catarrh are quite unlike in different cases, but the most common ones are general lassitude, played-out, tired-out, used-up, run-down feelings, combined with more or less stupid, listless, mental condition. Relish for food and the ability to digest food seems to be lost. Skin eruptions, salivary complexion, biliousness, coated tongue, fitful, irregular sleep, help to complete the picture which is so common at this season. Life is a burden, business a dread, pleasure a mockery, friends a bore, and social privileges a tedious round of disagreeable tasks.

Peruna is in great favor at this time especially among those who have vocations that are trying to the nervous system. Peruna furnishes the lasting invigoration for the nerves that such people so much need. Thousands of testimonials from people in all parts of the United States are being received every year. Such unsolicited evidence surely proves that Peruna is without an equal as a nerve tonic and vital invigorator.

Buy a bottle of Peruna. If you do not receive all the benefits from Peruna that you expected, write to Dr. Hartman, Columbus, Ohio.

A UNITED STATES SENATOR RESTORED TO HEALTH.

Peruna as a Nerve and Catarrh Tonic the Talk of the World.

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A Congressman's Letter.



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CONGRESSMAN SPENCER BLACKBURN.

House of Representatives,
Washington, D. C., February 10, 1902.

The Peruna Medicine Co., Columbus, Ohio:

"I cheerfully join my friend Senator Pritchard in commending Peruna as a very efficient remedy for coughs, colds and catarrhal troubles. Many of my friends have used it with excellent results." Very respectfully,
SPENCER BLACKBURN, Congressman from N. Carolina.

Miss Ruth Emerson, 72 Sycamore Street, 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 which brings health and strength to the afflicted is always a welcome friend, and today the market is so filled with useless and injurious medicines that it is a pleasure to know of so reliable a medicine as you place before the public."—Miss Ruth Emerson.

HOT WEATHER--NERVOUS WOMEN.

Pe-ru-na is a Catarrhal Tonic Especially Adapted to the Nervous Depression Incident to Warm Weather.

Nervousness is very common among women. This condition is due to anemic nerve centers. The nerve centers are the reservoirs of nervous vitality. These centers become bloodless for want of proper nutrition. This is especially true in the warm season. Every summer a host of invalids are produced as the direct result of weak nerves.

This could be easily obviated by the use of Peruna. Peruna strikes at the root of the difficulty by correcting the digestion. Digestion furnishes the nutrients for the nerve centers. Properly digested food furnishes these reservoirs of life with vitality, which leads to strong, steady nerves, and thus nourishes life.

FOR CATARRH OF SPRING.

Pe-ru-na is a Sure Cure--A Most Excellent Family Remedy.

Mr. Harry M. Stevens, Midland, Beach, L. I., New York, proprietor of "The Richmond" Hotel, says of Peruna:

"It gives me pleasure to testify to the value of Peruna. I have used it for years, and have found it to be a most excellent family remedy. For colds, catarrh, and similar ills it is unsurpassed."—Harry M. Stevens.

Mrs. Susie Gelb, Springfield, Neb., writes:

"I had nervous prostration, palpitation of the heart, and chronic indigestion until almost a skeleton. My two children seemed to inherit my ailment, and local physicians could do nothing for us. My husband was in despair when a friend recommended Peruna to him. A year's treatment has made me well again, and my children have become robust, rosy and joyous. My nerves are as steady as when a girl."—Mrs. Susie Gelb.

Peruna is an ideal spring medicine because it is a specific for catarrhal affections; it renovates the nerves, invigorates digestion, regulates the circulation, cleanses the blood, rejuvenates the feelings and strengthens the mental faculties. Depressed men, tired women, nervous girls and boys, weakened by overwork, study or excesses, find complete restoration by a course of Peruna.

Mr. B. Martens, of Sigel, Wis., writes:

"For some time my wife has been sick. She was very thin, had no appetite, could not sleep nights and was troubled with constipation. The physicians we consulted said it was dyspepsia. One of them said it was catarrh. She could get no relief until she began to take Peruna and Manalin. Before she had taken half a bottle of each she was conscious of a marked change. She began to sleep at night, appetite came back, bowels were regular, and now, after taking five bottles, she is entirely well. She looks like a new woman. We cannot say half enough in praise of your medicines. The physicians we employed were very much surprised when they learned that Peruna and Manalin cured my wife."

—B. Martens.

Peruna is a natural and efficient nerve tonic. It strengthens and restores the activity of every nerve in the body. Through the use of Peruna the weakened or overworked nerves regain their natural strength, and the blood vessels begin to act to regulate the flow of blood according to nature's laws. Congestions immediately disappear, all phases of catarrh, acute or chronic, are promptly and permanently cured. It is through its operation upon the nervous system that Peruna has attained such a world-wide reputation as a sure and reliable remedy for all phases of pelvic catarrh known as female ailments. It is the best, if not the only, internal remedy for pelvic catarrh ever devised by the medical profession.

Peruna is the woman's friend everywhere. It is safe to say that no woman ever used Peruna for any catarrhal derangement but what it became indispensable in her household.

Peruna is due to the fact that in all cases it at once corrects digestive derangements and enriches the blood by purifying this very important source of that vital fluid.



MISS AMELIA RHODES.

Miss Amelia Rhodes, 114 E. 123rd St., New York City writes:

"I have often heard Peruna discussed and always praised as a fine tonic, and of especial value when the system is run down."

"I needed just such a medicine last spring, and before I consulted our family physician I decided to give Peruna a fair trial. When I took the first bottle I was entirely without ambition to go out, had nervous headache, and was pretty well tired out after a long social season. After taking the third bottle I felt as though I had taken a long vacation, was wonderfully recuperated, and I therefore add my testimonial to the many in favor of Peruna."—Amelia Rhodes.

A SUMMER TONIC.

Pe-ru-na, An Appetizer, a Vitalizer, and Restorer of Worn-Out Women.

Miss Mary Goerbing, of Medford, Wis., in a recent letter to the Peruna Medicine Co., says:

"I take great pleasure in acknowledging the curative powers of Peruna. As a nerve tonic, a gentle stimulant to a sluggish system, as an appetizer and a restorer of lost strength and vitality of worn-out women it is very superior. I find it a splendid preventive for catching cold, and whenever I feel used up, I take a dose or two and it never fails to relieve me."—Mary Goerbing.

THE FIRST WARM WEATHER

Taxes Strength, Vitality and Spirits--Pe-ru-na Is a Tonic For Spring Catarrh.

A Beautiful Society Matron Writes An Open Letter to Women--Other Strong Indorsements.

Mrs. Louise Wilson Moore, 2724 Ave. L, Galveston, Texas, a prominent society woman of that place writes:

"If all who have used Peruna will derive as great benefit from it as I have, your firm will have the good will of many. I have used it now for three years when I felt in need of a stimulating tonic, and really the results were most marvelous. My duties often prove too much for my strength, but I soon recuperate with the aid of Peruna. I only need to take one or two bottles at the most, which gives me renewed strength, and I consider it indispensable to women."—Mrs. Louise Wilson Moore.

Mrs. Eva Green, Newport, Ont., Canada, writes:

"I have found Peruna most excellent as a blood remedy and a nerve tonic. Some time ago I was troubled with eczema and general blood disorders, and although I tried many remedies, I failed to find relief until Peruna was tried. It seemed to take hold of the trouble at once, and was not long in removing it from the system. I have also found it excellent for irregularities, and would recommend it as a remedy for women."—Mrs. Eva Green.

Miss Marian Saller, 1867 Second Street, Appleton, Wis., writes:

"Last summer I was in need of something to put new life into me, as I was never completely rested. I was as tired when I arose in the morning as when I retired. A friend advised me to give Peruna a trial, as she had been greatly benefited by its use. Within a week my appetite increased, I rested better and soon felt that I was gaining in health and strength. I kept on taking it all summer and am now as well as I can be. I have gained ten pounds."—Miss Marian Saller.

A Congressman's Letter.

Hon. H. W. Ogden, Congressman from Louisiana, in a letter written at Washington, D.C., 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 recommended 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.

For spring catarrh Peruna is a never-failing remedy. It cleanses the body by correcting digestion, and gives tone to the whole system by increasing the nutritive value of the food.

"Spring fever," as it is sometimes called, which produces a tired-out, sleepy feeling, and inability to do much mental or physical work, is the result of a sluggish digestion, and no medicine will be of any use whatever unless it is able to rectify the impaired digestion.

The great popularity that Peruna has is due to the fact that in all cases it at once corrects digestive derangements and enriches the blood by purifying this very important source of that vital fluid.

A County Commissioner's Letter.

Hon. John Williams, County Commissioner, of 517 West Second street, Duluth, Minn., says the following in regard to Peruna:

"As a remedy for catarrh I can cheerfully recommend Peruna. I know what it is to suffer from that terrible disease, and I feel that it is my duty to speak a good word for the tonic that brought me immediate relief. Peruna cured me of a bad case of catarrh, and I know it will cure any other sufferer from that disease."—John Williams.

A Congressman's Letter.

Congressman H. Bowen, Ruskin, Tazewell county, Va., writes:

"I can cheerfully recommend your valuable remedy, Peruna, to anyone who is suffering with catarrh, and who is in need of a permanent and effective cure."—H. Bowen.

W. E. Griffith, Concan, Texas, writes:

"I suffered with chronic catarrh for many years. I took Peruna and it completely cured me. I think Peruna is the best remedy in the world for catarrh. My general health is much improved by its use, as I am much stronger than I have been for years."—W. E. Griffith.

Miss Jessie M. Frazee, Onarga, Ill., writes:

"I wish to recommend Peruna as a wonderful medicine. After suffering from every ailment that one could be afflicted with, I became so nervous I could hardly bear to think. My stomach would give me great distress after eating and I had catarrh of the throat and bronchial tubes. I began taking this valuable medicine and found almost immediate relief. I am well and hearty and have not felt so well for years."—Miss Jessie M. Frazee.

Pelvic Catarrh.

Catarrh is a very frequent cause of that class of diseases popularly known as female weakness. Catarrh of the pelvic organs produces such a variety of disagreeable and irritating symptoms that many people—in fact, the majority of people—have no idea that they are caused by catarrh.

The Nervous System.

Weakness of the nervous system not only produces catarrh of the mucous membrane, but also causes nervous prostration in some places, and different degrees of nervous debility, derangements of the stomach, sleeplessness and tired out feelings.

Depression of the nervous system is a fertile source of blood impurities. Peruna invigorates the system and produces regular sleep. It builds up the system run down by overwork.

Catarrhal Weakness.

A great proportion of women have some catarrhal weakness which has been called by the various doctors she has consulted, by as many different names. These women have been treated and have taken medicines with no relief, simply because the remedies are not adapted to catarrh. It is through a mistaken notion as to the real nature of the diseases that these remedies have been run by and have done no good. If you do not derive prompt and satisfactory results from the use of Peruna write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis.

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



MISS RUTH EMERSON.