

ALL OVER THE WORLD

THE PEOPLE
KNOW
AND USE

PE-RU-NA FOR CATARRH

The Phenomenal Success of Dr. Hartman,
A Doctor of National Reputation.
A Medicine of World-Wide Fame.
Congressmen, Governors, Consuls
And Other National Celebrities.

DR. HARTMAN SENDS HIS CONGRATULATIONS to that vast multitude of former patients scattered throughout the length and breadth of the United States and Canada. Thousands of these patients have visited him at his magnificent sanitarium at Columbus, Ohio. Thousands upon thousands have never seen the Doctors' face, but know him as their benefactor through the ministrations of his world-famous remedy, Peruna.

A multitude so great that its exact number will never be known have been raised from beds of sickness or rescued from some chronic malady which kept them half sick and half well—have been rescued by Dr. Hartman's remedy, assisted by free advice and friendly counsel.

To all these former patients, and to all those under treatment at present, Dr. Hartman sends hearty greeting, sincerely hoping that the good cheer of perfect health will be the lot of everyone. He wishes you all the splendid health and bodily vigor which he himself has enjoyed throughout a long and useful life, and still continues to enjoy.

Mrs. Minnie Lee Collins, Grandniece of the Late President James B. Polk. This direct Descendant of the historic President Polk Says some interesting things concerning Peruna, the National Catarrh Remedy.

"For several years I experienced a severe attack of female trouble. The best physicians prescribed for me, but without avail. Two years ago I began to take Peruna at the advice of a friend. I noticed a perceptible improvement at once. After taking several bottles I was cured."

"I hold Peruna in high esteem, and am always ready to say a good word for it."—Minnie Lee Collins, 912 High Street, Nashville, Tenn.

This is the same old story told by a thousand women in a thousand different ways. Female trouble; doctors fail to cure; Peruna as a last resort; a happy relief from a dreary servitude to aches, pains and a complication of physical anguish that can never be described.

Peruna is a wonder-worker in female diseases, and yet the explanation of it is simple. Catarrh is the cause of these troubles. Peruna cures the catarrh. The cause being removed, the symptoms disappear.

Women cured by Peruna all tell the same story. Pains all gone. Dragging sensations gone. Quivers and throbbings and trembling and dizziness and nausea and the irregularities and painful periods all gone. Now they have health.



Health is the adjustment of the physical body to its physical environment. The human body is continually attacked by a changeable climate. Today it is warm, tomorrow it is hot, next day it is cold, and the next wet, and so on. Each day brings some new vicissitudes of climate.

The skin protects the outside of the body from these changes. Frequent bathing and vigorous exercise keep the skin able to protect us from without.

The mucous membranes protect the body from within. Every organ, every passage, every cavity is lined with mucous membranes. Mucous membrane lines the nose and facial cavities. Mucous membrane lines the throat and air passages. Mucous membrane lines the lungs and air cells. Mucous membrane lines the liver, the bowels, the kidneys, the pelvic organs, the urinary passages.

To keep these mucous membranes in working order, so that they will always be able to protect the body from within, Peruna is absolutely necessary. No other remedy can be substituted. Peruna makes clean, strong mucous membranes. With an active and elastic skin to protect the body from without; with healthy, pink mucous membranes free from catarrh to protect the body from within, these two things always bring good health.

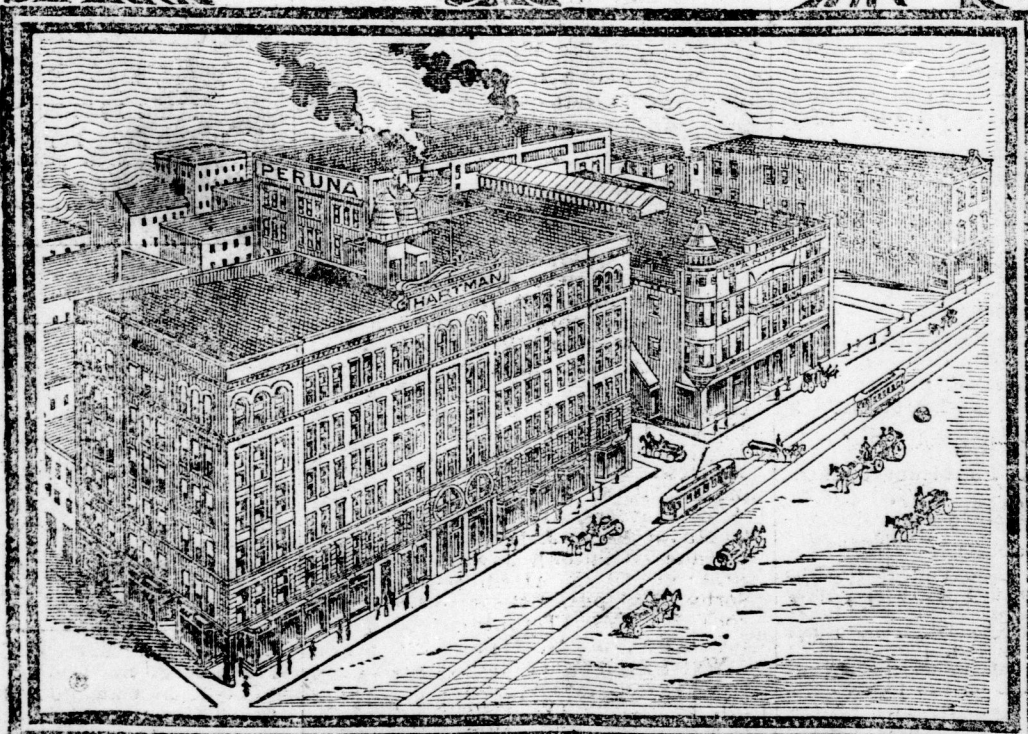
It is these two things that have secured for Dr. Hartman the phenomenal good health for which he has always been noted.

Reckless Exposure.

In perhaps no other particular are the masses of the people so recklessly neglectful of their own interests as in

the matter of catching cold. Not only do the great majority fail to properly provide themselves with sufficiently warm clothing, but when a slight cough or hawking or running at the nose warns them a cold has been contracted, little or no attention is paid to it. There are, comparatively, so few people who regard a cold as of sufficient consequence to require prompt and efficient medical treatment that not only is the death rate of the Northern States increased one-half thereby, but our land is swarming with invalids and half-sick people as a direct consequence of neglected colds.

It would seem that the love of life and the delights of perfect health would be sufficient inducements to anyone to carefully guard them without any warnings or argument from the medical profession. Who has not seen the victim of consumption struggling for life in the fatal grasp of its last stages? The unnatural brightness of their glassy, anxious eyes, the hectic flush of their shrunken cheeks, the dilated nostrils, and deep, sepulchral voice, the panting breath and fluttering heart, the frightfully emaciated form, the hopefulness of the patient and the hopelessness of the attendants—all make a pathetic picture which is far too common.



THE HARTMAN SANITARIUM, COLUMBUS, OHIO.
THE HOME OF PERUNA.

PHYSICIAN HEAL THYSELF.

A Doctor Who Takes His
Own Remedy—The
Secret of a Long Life
and Vigorous
Health.

Dr. Hartman, in speaking of his long and busy career, made use of the following language:

"For a number of years my professional duties compelled me to be much on the road, traveling long distances by rail, night and day, exposed to all kinds of vicissitudes, sleeping and eating in different hotels continually, and through it all I have preserved myself from any derangement of the body resulting from catching cold."

"This could not have been done without Peruna. At the slightest evidence of a cold a few doses of Peruna

invariably checked it. If I found myself hawking or frequently blowing my nose, instead of letting it go, as the average man would do, I always took Peruna for a few days, and at no time in my extensive travels have I been obliged to stop a day on account of my health."

There are three roads which lead from health to consumption. Over one of these roads pass all of that great multitude of people who die every year of consumption. Each route begins with health and happiness and ends with disease and death.

First road—A slight cold—neglected—settles in the head or throat—chronic catarrh—extends to the lungs—consumption—death.

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

Third road—A cold—neglected—settles in the throat—hoarseness—short breath—consumption—death.

Thousands have just started on one of these roads, all of whom could be easily cured by Peruna. Thousands more are half way to the fatal end of one of these roads who are still curable by a course of treatment with Peruna. Yet other thousands are near the end whose last days could be made bearable and hope of recovery more probable by commencing Peruna without delay.

READ THE LETTERS FROM FAMOUS MEN AND WOMEN WHO ARE NOW USING AND PRAISING PERUNA.

BELVA A. LOCKWOOD, one of the foremost women of the United States, writes:

"I have used Peruna for both myself and my mother, and find it an invaluable remedy for colds, catarrh, hay fever and kindred diseases."

HON. ROBERT W. WILCOX, Delegate from Hawaii, writes:

"I have used Peruna for dyspepsia, and I cheerfully give you this testimonial. Am satisfied if it is used properly it will be of great benefit to our people. I can conscientiously recommend it to anyone who is suffering with stomach or catarrhal troubles."

H. H. POWERS, Congressman from Vermont, Riggs House, Washington, D. C., writes:

"I have used your Peruna for catarrh, and, after the use of one bottle, I can conscientiously recommend your remedy to anyone who is suffering from catarrhal trouble. It is, indeed, a good remedy, and should be in every household."

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HON. WILLIAM WATSON WASHBURN, President of the Louisiana

Commercial Club and a very well known man of New Orleans, La., writes from No. 637 Canal street:

"I am satisfied that there is not a finer medicine placed before the public today than Peruna. I have been troubled for nearly twelve years with kidney and liver trouble, and at times I have been a pretty sick man, unable to attend to my duties. I had about made up my mind that no medicine could help me, when one of your booklets was brought to my office, which I read in a leisure hour. I then decided to give Peruna a trial, and found that I had at last secured the right medicine for me. For two months I used it faithfully and felt so well! I was a young man once more. Although in the seventies, I feel better and more active than I did 30 years ago."

CONGRESSMAN D. F. WILBER, care of J. A. Turnbull, No. 29 K street, N. W., Washington, D. C., Congressman of the Twenty-first district, New York State, writes:

"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 it to be, and I cheerfully recommend your medicine to all who are afflicted with catarrhal trouble."

GOVERNOR GEORGE W. ATKINSON, Charleston, W. Va., writes:

"Charles W. Va., March 9, 1888. 'The Peruna Medicine Company, Columbus, Ohio: 'Gentlemen: I can recommend your

preparation, Peruna, as a tonic. Its reputation as a cure for catarrh is excellent, it having been used by a number of people known to me with the very best results."

G. W. ATKINSON, MRS. WILLIAM KELLY, Landgraf, W. Va., writes:

"I wish to say that my daughter is entirely cured of catarrh, and I feel that I owe a word of praise and thanks to Dr. Hartman for his free and timely advice. It gives me pleasure to recommend it to sufferers with catarrh."

MRS. WILLIAM KELLY, MR. W. EICHLER, No. 153 Degraw street, Brooklyn, N. Y., writes:

"I am glad to report that my little girl has entirely recovered from catarrh of the nose and eyes. I am proud and thankful to say that, with your kind treatment and the Peruna, she is now well and happy, although the weather has been changeable this year."

W. EICHLER, MRS. SCHAFER, No. 426 Pope avenue, St. Louis, Mo., writes:

"I wrote to you for advice for my daughter Alice, who is now four years old. She has been a puny, sickly, alling child almost ever since she was born. I was always doctoring until we commenced to use Peruna. Thank God for your good advice and Peruna! She soon grew strong and well. Peruna is a wonderful tonic—the best medicine I ever used."

"I have suffered for ten years with chronic catarrh. The slightest cold made me very sick. I used different remedies, and the doctor did as much as he could for me. For two years my condition was very bad. I could not speak aloud for three months. I cannot express how I suffered with my throat."

"Finally I heard of Dr. Hartman's book called 'Health and Beauty.' I read it and wrote to the Doctor, who answered my letter promptly, and I began taking treatment as soon as possible. I am now in perfect health, entirely free from catarrh. I cannot praise Peruna enough! Anyone who has chronic catarrh should try Dr. Hartman. He will help anyone. I feel grateful for what the Doctor has done for me, and would not do without Peruna. I thank the Doctor very much for his kindness."

MR. WILLIAM A. ELLIOTT, of Desha, Va., writes:

"Some time ago I was afflicted with a running ear and I could find no

relief until I had consulted you for advice. After using your remedy I was entirely cured. I am in very good health and feel very grateful to you for your kind advice."

MRS. ATSY D. RODGERS, Avery, Mo., writes:

"I suffered for two years with catarrh. Peruna has cured me. Last spring I was so bad that I gave up all hopes. I was coughing so hard that it seemed as if it would kill me. I saw one of Dr. Hartman's advertisements and wrote to him. He advised me to take Peruna."

"I wish that all people who have lung trouble would try Dr. Hartman's medicine. I think it is the best medicine in the world."

MR. F. G. MORROW, Strathroy, Ont., writes:

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

MISS ROSE DE LA SEN, Windsor, Ontario, writes:

"I have been a sufferer from ovarian troubles for over four years, which caused me excruciating pains at times, and life looked very dreary to me. My family physician and other doctors prescribed for me, but failed

pleased to state that, after years of suffering, I have been entirely cured by your woman's friend, Peruna."

MR. ALEXANDER MCKENZIE, Montreal, Ont., bookkeeper for the Canadian Jewelry and Importing Company and Scribe for the I. O. O. F., Jeanne of Arc Court, No. 1650, writes:

"As I have used Peruna with happy results, I am glad to endorse it. My system is at times an easy subject to catarrhal colds, especially if I am out in inclement weather or become suddenly chilled. When I get a cold I take Peruna, and it is only a question of a day or two until I am fully restored."

ALEXANDER MCKENZIE, BRIGADIER GENERAL D. T. KIRBY, Washington, D. C., writes:

"I am much impressed with the curative qualities of Peruna, as many of my friends have used it with such good results, and can recommend it to all those who are afflicted with catarrh."

HON. W. J. PURMAN, ex-Member of Congress from Florida, writes from 1428 Q street, N. W., Washington, D. C., as follows:

"From representations to me and my own experience, I feel justified in recommending your Peruna to any and all persons suffering with catarrh, nervousness or stomach troubles. I regard it as a great tonic and remedy for such afflictions. I, and others to whom I recommend it, are using it now with beneficial results."

W. J. PURMAN.

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