

Women Hate Catarrh—Catarrh Destroys Beauty—Catarrh Undermines Health—

CATARRH ALWAYS A DANGEROUS DISEASE.

Miss Elizabeth Brown, 1708 John St., Baltimore, Md., is a school teacher of 15 years. She found Peruna of benefit as a tonic, and in a recent letter

two years ago when my school was so fogged out that I could not sleep nights. Sleeplessness was a serious trouble to me, and I felt I was to go away and have complete rest which I could not 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 system, and so I bought some. A change for the better took place within ten days. I could eat and sleep and felt like a new woman. When I opened again I felt well and strong and well able to take up my work.—Elizabeth Brown.

Miss Nellie Gavins, 142 East 5th St., New York, writes:

I have had the best of results from use of Peruna for a case of indigestion. My stomach had been weak ever since I was a child and trouble soon developed into indigestion. I had to be careful of everything I ate and soon I could eat nothing but soft food. I did not distress my stomach, friends advised Peruna and I purchased a bottle and commenced to use it. Thinking at the time that I was to be in perfect health and rid of my stomach trouble, but this actually proved in three months' treatment. I accept my sincere thanks, for I truly grateful to you.—Mrs. Nellie Gavins.



MISS CARRIE STUMP.

CATARRH RUINS NERVES.

Women Have Reason to Dread Catarrh as Their Worst Enemy. It Shrivels the Skin, Deranges Digestion, Produces Bad Breath and Yellows the Teeth.

Miss Carrie Stump, 284 Third Ave., Brooklyn, N. Y., writes:

"Peruna is a most wonderful medicine for La Grippe, and the diseases which are attendant. Last winter I had the third attack of La Grippe and each time I grew weaker, had violent headaches and a weak stomach. I tried Peruna this last time and it was remarkable how soon I recovered, and I have had a clear head, my stomach has been good, my breath sweet, and as far as I can see I am in perfect health.

"That is what Peruna has done for me, and our family thinks there is no medicine quite equal to Peruna."—Miss Carrie Stump.

Miss Anna Ulbrich, Floriston, Cal., P. O. Box 27, writes:

"It is with great pleasure that I recommend Peruna to all who are overworked and so tired out that it seems an effort to draw a breath. This was my case and I had tried many physicians and many patent medicines and had about given up in despair when I was finally persuaded to try Peruna. I was assured that it would do me no harm, if it did no good, so I gave it a trial and was greatly astonished at the benefit derived from one bottle. It is needless to say that I got another and another and that I now feel like a new woman. I would not be without it and I can heartily recommend it to others."—Miss Anna Ulbrich.



MISS ANNA ULBRICH.

CATARRH ATTACKS EVERY ORGAN.

Miss Georgie Fenner, Las Vegas Hot Springs, Montezuma, New Mexico, writes: "I am only too pleased to say a word as to the good effect resulting from the use of Peruna for indigestion and stomach troubles. I was so troubled for many years, sometimes getting worse and then a little better, but none of the remedies prescribed effected a complete cure. One day I read one of your Ads where a lady had been benefited greatly by using Peruna for troubles similar to mine, so I started to take it. The results were all and more than I could wish for in a very short time, my digestion was perfect, had no more headaches and I could eat anything, for which I was truly grateful and desire to thank you."—Miss Georgie Fenner.

Margaret Little, 47 Hoyt St., Brooklyn, N. Y., writes:

"I have been troubled with constipation and indigestion for over a year, my complexion was ruined and I was losing flesh every day. The doctors advised that I go to a sanitarium, but a number of people advised me to try Peruna before going to that expense, and I did so. I found that the first bottle regulated my bowels, cleared my complexion, and by the time I had taken six bottles my stomach and digestion was in perfect working order and has remained so ever since.

"As this was very much cheaper than going to a sanitarium, I have every reason to be grateful, and I am."—Margaret Little.

Write for a copy of "Health and Beauty" written for women only by Dr. Hartman.



MISS NELLIE EDWARDS.



MISS L. HOWARD.

Miss Nellie Edwards, Niles, Mich., writes:

"Many and many a time have I thanked my lucky stars that I read one of your testimonials which seemed to fit my case exactly. Stomach trouble, bad breath and a soreness of the lungs which seemed to hurt me every time I breathed. I noticed that the first bottle of Peruna gave me a wonderful appetite, and naturally I felt better, as what I ate seemed to agree with me, and each bottle I took seemed to help a weak part until finally I was restored to perfect health and that is something which I have not enjoyed for years before.

"I have certainly every reason to be pleased with Peruna."—Miss Nellie Edwards.

Miss L. Howard, 788 14th St., Milwaukee, Wis., writes:

"I consider Peruna the most valuable medicinal curative ever invented. It has cured more sick people than any medicine I know of. I used it for liver trouble with great success. It eliminated the poison and waste from the blood, stirred the liver into healthful activity and put new life into every nerve and fibre. I have a large number of friends who use Peruna and I know of none who ever had as good results from the doctors' prescriptions as they had from Peruna."—Miss L. Howard.

Peruna cures catarrh wherever located. As soon as Peruna removes systemic catarrh the digestion becomes good, appetite regular, nerves strong, and trouble vanishes.



MARGARET LITTLE.



MISS GEORGIE FENNER.



MISS ELIZABETH BROWN.



MRS. NELLIE GAVINS.

WOMEN THE WORLD OVER ARE TALKING ABOUT PE-RU-NA.

Women are all talking about Peruna. Why should they? Peruna is the remedy that cures them. They found that out for themselves.

They are hoarse or have a cough, and Peruna is an unfailing remedy. It cures even the first stages of catarrh. Peruna promptly restores, and there are a host of women who have a slight derangement of the stomach and digestive organs. All derangements are of a catarrhal nature. Peruna comes to the rescue at once. A very short course of Peruna is all that is needed to put the stomach right and make the assimilation of the food perfect.

It is not all. This does not explain why the women especially are talking about Peruna. Men, the women have found Peruna to be the above mentioned ailments. Peruna is such a favorite with women is something more than all this. Women are subject to peevish catarrh. Peruna has been called all sorts of names and is often referred to under various phase, female diseases. Peruna cures catarrh wherever it is located. The nature of most of these ailments is catarrhal. Peruna is able to attack any organ. It is especially liable to cure more organs of the female system. No wonder women talk about Peruna. No wonder they think it is the best medicine in the world.

Dr. F. Jones, of Burning Springs, Ark., writes as follows: "I have been using Peruna for some time and have no hesitation in recommending it for the one thousand ailments of humanity. No family ever be without it for it is an effective cure for colds, and it is an effective remedy to prevent and relieve

to speak from a standpoint of candor I can say that it is one of the many unfortunates in the world. From a personal test and the testimony of many others I do not hesitate to recommend it, especially to all suffering women. Peruna has gained full confidence in my home."—Dr. F. Jones.

Women feel the need of a tonic to keep the debilitated effects of catarrh. Peruna is such a tonic. It cures all catarrhal conditions.

Catarrh is a systemic disease, curable only by systemic treatment. A remedy that cures catarrh must aim directly at the nerve centers. This is what Peruna does. Peruna immediately invigorates the nerve centers which give vitality to the mucous membranes. Then catarrh disappears; then it is permanently cured.

Hon. Mark H. Dunnell, National Hotel, Washington, D. C., writes:

"Your Peruna being used by myself and many of my friends and acquaintances not only as a cure for catarrh but also as an admirable tonic for physical recuperation. I gladly recommend it to all persons requiring such remedies."—Mark H. Dunnell.

J. H. Hipplegate, Supt. of Public Works, 61 West 6th St., Lexington, Ky., writes:

"I find that Peruna is an excellent medicine especially for catarrhal affections and all diseases leading to consumption, bronchial troubles or stomach troubles. It also acts as a preventive and keeps the system in a healthy condition so that it easily throws off disease. It is an excellent tonic and a great appetizer and as a large number of those who have been using it speak very highly of its curative powers, I am satisfied that my opinion of it is correct and that it is deserving of high praise."—J. H. Hipplegate.

There are thousands of men and women who rely on Peruna to tide them over the trying ordeal of the first warm weather. When once the benefit of Peruna is discovered it is always kept on hand.

Peruna strengthens weak nerves, not by temporarily stimulating them, but by removing the cause of weak nerves—systemic catarrh. This is the only cure that lasts. Remove the cause. Nature will do the rest. Peruna removes the cause.

Charles B. Scott, County Clerk, Floyd Co., Ind., New Albany, Ind., writes:

"I have tried Peruna as a tonic and have found it of inestimable value to increase the appetite and induce healthful sleep. It seems to relieve the system of all waste matter and to tone up and strengthen the nerves in a remarkably short time.

"In comparing it with other nerve tonics on the market I consider it vastly superior, and so do many others who have tried it."—Hon. Charles B. Scott.

CATARRH OF THE HEAD OFTEN SPREADS TO OTHER ORGANS.

C. D. Taylor, Supt. of Health, Clerk City Board of Health, Jacksonville, Fla., writes:

"The health of the poor of a large city is always a question of vital interest, not only to the city officials but to every citizen. It has been a source of much satisfaction to me to find that so large a number of working people in moderate circumstances have accepted Peruna as their family medicine. It has cured a large number of cases especially of catarrh of the head, lungs and stomach and building up the general health it cannot fail to prove a help and blessing to any community where it is generally adopted and used. I have found it an honest reliable remedy and am pleased to endorse it."—C. D. Taylor, Clerk, Board of Health.

C. F. Willis, Selectman of Studding-ton, Organizer and Worthy Patriarch, Sons of Temperance, 311 W. State St., Jacksonville, Fla., writes:

"As I have found Peruna an excellent remedy for catarrh of the head, with which I had been troubled for over three years, getting but slight relief from other remedies, I do not hesitate to write you what I think of Peruna. Each new cold I contracted would add to the catarrhal trouble, until finally my head was terribly stopped up and I could not breathe through my nose. Peruna was recommended by a friend and a few doses convinced me that it was alright and four bottles cured me."—C. F. Willis.

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.

George Youmans, President of a prominent social club, of New Orleans, writes from 2020 Calhoun St., New Orleans, La.

"Last winter while I was traveling I caught a heavy cold which settled on my lungs and then seemed to affect my entire system. I took no remedy, thinking it would pass away, but it developed into a most distressing catarrh, affecting my sight and hearing and I found myself in such bad condition that I was unable to sleep.

"My temperature increased and I became alarmed and sought medical aid. I happened to be in a small country town and the only doctor there said:

"I could prescribe for you but honestly Peruna is the best thing I know of for a man in your condition." I began taking it at once and found he was right and in two weeks I was perfectly well once more."—George Youmans.

Catarrh in its various forms is rapidly becoming a national curse. An undoubted remedy has been discovered by Dr. Hartman. This remedy has been thoroughly tested during the past forty years. Peruna cures catarrh in all phases and stages. There is no remedy that can be substituted.

CONGRESSMAN BRODERICK, OF KANSAS.

Hon. Case Broderick, of Holton, Kas., Congressman from Kansas, says:

"I have taken two bottles of Peruna and find it to be an excellent remedy for colds and throat trouble."—Case Broderick.

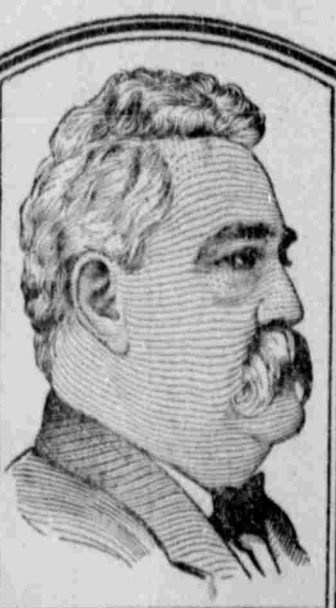
If you do not derive prompt and satisfactory results from the use of Peruna write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis.

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

Men of Dignity and Prominence Endorse Pe-ru-na.



CONGRESSMAN MARK H. DUNNELL.



J. H. HIPPLEGATE.



CHARLES B. SCOTT.



C. D. TAYLOR.



C. F. WILLIS.

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