

# Slaves to Spring Catarrh Restored to Health By Pe-ru-na.

Honest People Tell Their Experiences.  
Spring,—the Time to Cure Catarrh.



MRS. JOHN E. MILLS

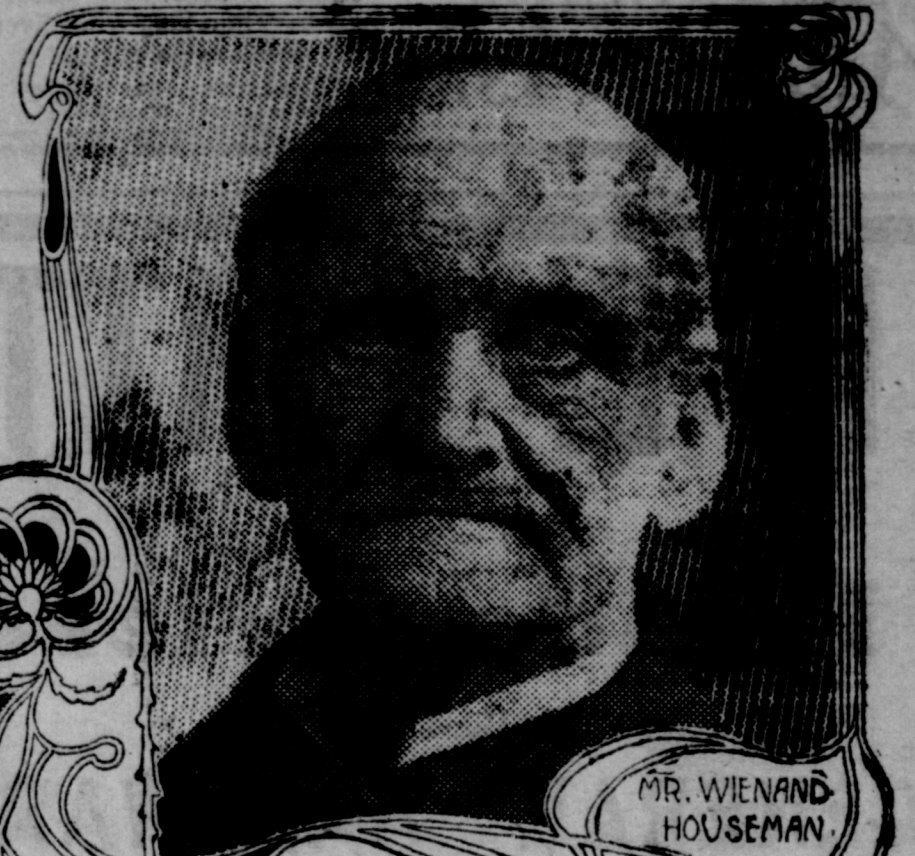
Mrs. John E. Mills, 35 Mulberry St., Lynn, Mass., writes:  
"I have been troubled with catarrh since I was ten years old. At times my head troubled me so that I was obliged to stay in a dark room. Nothing helped me and my physician said I could never be cured.  
"I began taking Peruna this spring and find myself greatly benefited by it. I have not had an attack since I took my first bottle. I think in time it will cure me. It has already improved my appetite and my general health and I have gained twenty pounds in three months.  
"I have recommended it to several of my friends, who also find it very beneficial. I advise any one troubled with catarrh to use Peruna."

Mr. J. Q. Craig, a well-known athlete, whose home address is Bridgeton, N. J., writes from the Hotel Donavin, Delaware, Ohio, as follows:  
"I can say of Peruna that, as a tonic for the spring of the year, it is the best for athletes, and as such I can give it a hearty recommendation."  
Peruna does not fail to prevent the lassitude and languor incident to the approach of warm weather, if taken in time.



MR. J. Q. CRAIG

Mr. Wienand Houseman, a prominent and aged citizen of Seneca Falls, N. Y., is the inventor of a number of implements of modern warfare. He writes:  
"For several years past, I and my family used your Peruna as a tonic and for the purification of the system in general and find that it is an excellent medicine to restore weak nerves to a healthy condition."



MR. WIENAND HOUSEMAN

Mrs. A. S. Rucker, 1624 Cedar street, Nashville, Tenn., writes:  
"I wish to tell you what Peruna has done for me. In the spring of 1902 I was very sick and so weak I could scarcely be up. I was alarmed at my condition.  
"I had a bad cough for some time and I tried several cough medicines, but grew worse all the time. I knew if I did not get relief, I would soon go into consumption.  
"So I decided to try Peruna. I had confidence in it before I took it and found it was just the medicine I needed, for in a short time my cough ceased and my strength returned.  
"I have enjoyed better health since taking it than I had for several years previous."



MRS. A. S. RUCKER

## Spring Catarrh.

Almost every one has come to believe that spring is a season that brings derangements of the body dependent on blood impurities.

This belief is an old one, is nearly universal, and has arisen, not as the result of the teachings of the medical fraternity, but has been learned in the bitter school of experience.

## Nervous Depression.

Depression of the nervous system at the approach of spring is a fertile source of blood impurities.

There are general lassitude, dull, heavy sensations, continual tired feelings, with irregular appetite, and sometimes loss of sleep.

## That Tired Feeling.

That tired feeling, which is the natural result of the depressing effect of warm weather immediately after the invigorating cold of winter, quickly disappears when Peruna is taken.

## The Correct Remedy.

Peruna meets every indication and proves itself to be perfectly adapted to all their varied peculiarities. Peruna invigorates the system, rejuvenates the feelings, restores the normal appetite and procures regular sleep.

## Do Not Delay.

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 no experiment. It has helped thousands. Why should it not help you?

## A Spring Tonic.

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

Mr. Warren M. Taylor, 1216 8th Ave., Brooklyn, N. Y., who, in a recent letter, writes:

"I suffered from a general feeling of lassitude, with occasional creeping chills, followed sometimes by fever and biliousness.

"These symptoms manifested themselves mostly in the spring and fall.

"I suffered this way for about seven years.

"Last spring I began using Peruna and followed the instructions as set forth in one of Dr. Hartman's booklets which I picked up in a drug store and to my great joy I noticed that within a week I was nearly cured.

"At the end of two months I was entirely cured and feel as though I have a new lease of life."

## Nature's Assistance.

Spring is the best time to treat catarrh. Nature renews herself every spring. The system is rejuvenated by

spring weather. This renders medicines more effective.

A short course of Peruna, assisted by the balmy air of spring, will often relieve old, stubborn cases of catarrh that have resisted treatment for years.

## A Word of Advice.

To those who have been afflicted with chronic catarrh we wish to say that the spring season affords you a splendid opportunity to get rid of your disease.

It may be you have been afflicted for several years; you may have tried different remedies. Perhaps you have become discouraged.

## Now Is Your Opportunity.

This failure was during the winter months. But now is your opportunity. Nature comes to your assistance at this season.

Just help her a little and she will bring you out of the quagmire in which you have been floundering so long. Give Nature a little assistance, lest her struggles be in vain.

## A Typical Case.

Geo. M. Fillmore, formerly 1st Lieut. 3rd U. S. Artillery, writes from 900 L St., N. W., Washington, D. C., as follows:

"I brought forward from winter into spring a sickening case of catarrh which was making existence miserable for me, until I was induced to try a bottle of Peruna.

"An immediate improvement gave me hope, if not relief. I kept up taking Peruna and it has so strengthened and relieved me that I am now confident of a cure. I heartily endorse Peruna for catarrhal affections and as a tonic for their weakening effects."—Geo. M. Fillmore.

A short course of Peruna now will be just in time. During the month of April you will find the strategic time to rid yourself of chronic catarrh, one of the most persistent, stubborn diseases in the whole list of human ailments.

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

A great many years of extensive trials of this remedy in this class of derangements have demonstrated its efficiency.

## Numerous Testimonials.

Thousands of cases might be quoted in which Peruna has rescued people from the ravages of spring catarrh, and put them on a good, solid foundation of health.

We can give our readers only a slight glimpse of the vast array of unolicited endorsements Dr. Hartman is constantly receiving. No other physician in the world has received such a volume of enthusiastic letters of thanks.

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. All correspondence held strictly confidential.

## "The Wings of the Morning"

is a figure of speech that can without irreverence be applied to the modern bicycle.

Ride a wheel to work in the morning and fill your lungs with nature's ozone—what better remedy to give you a steady hand and clear brain for the day's arduous duties.

Ride home easily and moderately after your day's work, avoiding crowded and stuffy cars. It will give you a good appetite and fill you with "the joy of living."

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Local Representative, ALEX. S. BENN.

## They're After Us.

At least three writers for the Press are after the SENTINEL's scalp. In the last issue of the King Street fire-side organ Mr. Calvin Green contributes a literary gem in the following racy manner:—

The writer is interested in the SENTINEL. It is the oldest paper in Woodstock. It has enjoyed seasons of prosperity, also seasons of adversity and discouragement; the same all business is subject to; nevertheless the SENTINEL has passed through three generations and is still booming. It has a failing for using big words. The prospect is it stands at the head of the list as far as long words are concerned. When a word contains more letters than can be pronounced satisfactorily, the same reminds me of a puff ball when the same gets full of wind and gas the same will burst and explode. Pop goes the weasel.

In a rather more conspicuous position "The Slasher" has his little fling—in not quite so interesting a style, yet none the less potent—He says:—

The staff of the Skit-Book are going to make a new departure. They profess a desire to discuss politics—all politics preferred. It will be refreshing to see an article in our contemporary that deals with something BUT POLITICS. We always had the idea that the crew assembled in the galley and threw something together that would pass for a political article and their sprinkled in a few grains of personal abuse and misrepresentation just for flavoring. If they can discuss politics purely and simply the world will be glad to know it and we will be right there at the drop of the hat.

Mr. "Methodist", beg pardon, we mean Mr. Lindsay, had his say the week before. Aren't we pursued by heavy weights?

## SOME HOT BATTING.

Ed Delehanty Knocked Out Four Home Runs During Five Times Up.

The greatest slugging feat in the history of baseball was that of the late Ed Delehanty, of Adonis Terry, on the West side grounds in Chicago. The feat is historic, but there are so many inquiries concerning it that it is worth while giving the facts.

It was a game between Philadelphia and Chicago one afternoon in 1896. Terry was pitching in rare form, and, in the language of the game, he had everything. The first time up Delehanty cracked the ball high over the right field fence, not far inside the foul line—perhaps about forty feet—for a home run.

The second time up he drove a liner over short. Dahlen got his hands on the ball, but it tore through them and rolled clear out to left field. The third time up he lifted the ball over the right field fence again, this time far down in right centre. The next time he drove the ball out to the club houses in centre for his third home run. In the ninth inning he came up again. Lange played back between the two club houses and the other outfielders retreated to the fences. Delehanty hit the ball straight to centre. It struck the top of the club house, bounded to the top of the other and rolled back up the field, and the big fellow made the circuit again making a total of four home runs and a three bagger for five times at bat.

Yet Philadelphia got only eight hits of Terry in the game, counting Del's five and was beaten 8 to 6.

## "77" Works Wonders.

When the "Initiative" Cold is cared for, no serious results follow; the timely use of Dr. Humphreys' "Seventy-seven" breaks up a Cold at the start.

Neglected, hard, stubborn Colds, Grip, Influenza, Catarrh, Coughs and Sore Throat are cured by the continued use of "Seventy-seven."

"77" works wonders in any ailment arising from Colds.

At Druggists, 25 cents, or mailed. Humphreys' Homeo Medicine Co., Cor William and John Streets, New York.

## HIS CANDIDATE.

(From Harper's Weekly.)

Dist. Atty Jerome tells of a certain citizen whom he encountered on the last presidential election day. Conversation was somewhat hampered by the fact that the citizen's vocabulary was limited to about 85 words. "Who" and "what" were evidently one to him as yet and he made himself clear on one point.

"How long have you been in this country?" he was asked. "Ah bane one month," he answered. "Are you going to vote?"

"Yah."

"Whom are you going to vote for?"

"Ah bane gain" to vote for tan dollars, was the self-satisfied response.

Minard's Liniment for sale everywhere.

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