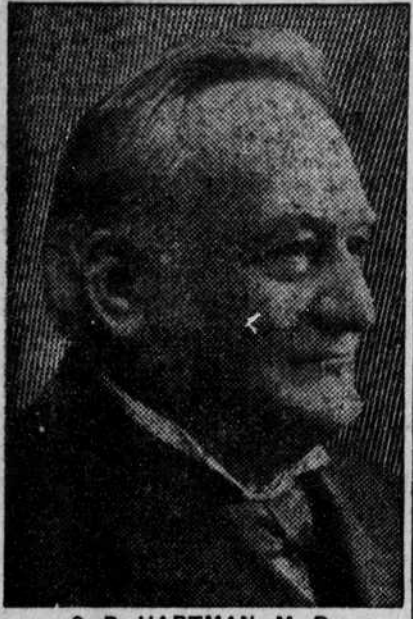


## Constipation and Catarrh



S. B. HARTMAN, M. D.

For many years I have been wrestling with the problem of furnishing the public an internal catarrh remedy. There has been a remedy that I have devised and it has certainly relieved many thousands of people, yet hundreds of thousands of people, of chronic catarrh.

Constipation was my chief difficulty in treating these cases. I often felt that it would be better if a laxative element were added to Peruna. I feared to do so, however, first because of the number of catarrhal patients who needed no laxative, and second I was afraid of making such a radical change in a remedy that was already doing so well. Thus it was that I continued to prescribe the Peruna a bottle of Manalin to those who needed a laxative. At last, under circumstances explained in my booklet, I was constrained to add the laxative element to Peruna. This constitutes what is now known as the revised Peruna.

Now those who take Peruna will first find themselves promptly relieved of their constipation. Second, the catarrh will gradually disappear. And once the catarrh is cured the constipation leaves permanently. Then if you follow the advice given in my book, you will never have to take pills any more. Cathartics and laxatives you can ignore. You will be permanently relieved of both your catarrh and the constipation.

Peruna, Manalin and La-cu-pia manufactured by the Peru-na Company, Columbus, Ohio. Sold at all drug stores.

**He Knew.**

"Where there's a will there's a way," avers Taylor Holmes, appearing in The Million. "The way, however, varies, as in the case of a certain pickpocket, who was convicted and promptly fined.

"The lawyer of the pickpocket took the fine imposed upon his client very much to heart.

"Twenty-five dollars," he expostulated. "Your honor, there is this poor, unfortunate man to get \$25!"

"His honor did not know, or if he did he refrained from saying so, but the prisoner was less discreet.

"Just let me out of here for ten or fifteen minutes," he said, "and I'll show you?"—Young's Magazine.

**Marie Divided the Candy.**

When the uncle of a couple of Brooklyn youngsters last called at the household whereof they form a part he brought with him some pieces of candy, which were given to the little girl to divide with her brother. Later the uncle summoned this child to the living room and asked:

"Marie, when you divided those five pieces of candy with your brother, did you give him two and a half pieces?"

"No, sir," said Marie. "I saw they weren't going to come out even, so I ate one before I began to divide."—Lippincott's Magazine.

**The Greatest Woman.**

Who was or is the greatest woman in all history? Two hundred teachers answered the question and with enthusiasm and unanimity the judges awarded the prize to the one who made this reply: "The wife of the farmer of moderate means who does her own cooking, washing, ironing, sewing, brings up a family of boys and girls to be useful members of society, and finds time for intellectual improvement."

**Sailing Ships in Demand.**

In consequence of the better outlook for sailing ships, values have gone up considerably during the last year or two. For instance, a four-masted sailing ship of 2,750 tons register, which was sold in January last year for \$32,500, is at present in the market for sale, and the owners have refused a definite offer of \$45,000; they are asking \$50,000.

**Never do anything, concerning the rectitude of which you have a doubt.**—Pliny.

**IT'S THE FOOD.**  
The True Way to Correct Nervous Troubles.

Nervous troubles are more often caused by improper food and indigestion than most people imagine. Even doctors sometimes overlook this fact. A man says:

"Until two years ago waffles and butter with meat and gravy were the main features of my breakfast. Finally dyspepsia came on and I found myself in a bad condition, worse in the morning than any other time. I would have a full sick feeling in my stomach, with pains in my heart, sides and head.

"At times I would have no appetite, for days, then I would feel ravenous, never satisfied when I did eat and so nervous I felt like shrieking at the top of my voice. I lost flesh badly and hardly knew which way to turn until one day I bought a box of Grape-Nuts food to see if I could eat that. I tried it without telling the doctor, and liked it fine; made me feel as if I had something to eat that was satisfying and still I didn't have that heaviness that I had felt after eating any other food.

"I hadn't drunk any coffee then in five weeks. I kept on with the Grape-Nuts and in a month and a half I had gained 15 pounds, could eat almost anything I wanted, didn't feel badly after eating and my nervousness was all gone. It's a pleasure to be well again."

Name given by Postum Co., Battle Creek, Mich. Read the book, "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest. Adv.

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