

FOUR TROOPERS OF THE GALLANT ROUGH RIDERS

And Their Opinions of the Merits of Paine's Celery Compound as a Nerve Restorer—How It Gave Them Back Health and Strength After Their Impoverishment from Disease and Hardship in the Cuban Campaign.

HEALTH, the product of the plains, which invites men who grow weak from the wear and tear of the busy East, was never better typified than in the great regiment of Rough Riders led to the Cuban battle fields by Colonel Wood and Lieutenant-Colonel Roosevelt. When the idea of forming such a regiment originated it was suggested that the four Territories, Arizona, New Mexico, Indian Territory and Oklahoma, were the places to look for the most stalwart American manhood, as exemplified in the cowboy. That these four Territories were equal to the emergency they were called upon to fill has been amply proven. The Spanish soldiers, after they surrendered, made their first inquiry as to the men in yellow canvas uniforms, with six-shooters strapped to their hips. Nothing seemed to daunt them. So popular became the idea of the Roosevelt Rough Riders that many young men of great prominence in the social and financial world sought and obtained permission from the officers of the regiment to join it. Some of them

came back. Some of them did not. One brave lieutenant returned to this country to die in Boston when it was thought he would recover from his impoverished physical condition. One trooper, a college athlete, was another who died after his return. When the Rough Riders boarded the transports on June 8 there were 568 men able to go into a fight. They landed at Daiquiri a few days later, and the whole country followed the story of their slow progress to San Juan Hill, where their most desperate battle occurred. On June 23 they had a desperate fight with the Spaniards eight miles from Santiago. It was here Hamilton Fish was killed. It was also

here that many a brave fellow among them discovered for the first time that his nerves were going to pieces. One of the officers said upon the return of the regiment to Montauk: "The men of this regiment make up in impulse what they lack in discipline. They have great personal courage and energy. The main difference between the Rough Riders and a regiment of regulars is that there is not a Rough Rider who is not capable of being a commissioned officer. Every troop is filled with first-class men—what is left of them."

All the officers agreed that no ordinary army officer could have commanded them. So it might be said that no ordinary means could have restored men of this most remarkable regiment of modern times, after their great strain and impoverishment from disease and hardship, to their former stalwart health. Four of these rough and ready campaigners, who shared the debilitating effects of the campaign with their mates, give evidence that one tonic was able to place them on their feet, with their old health and buoyancy, almost as quickly as the deadly Cuban climate and the sharp campaign about Santiago had dragged them to the verge of the grave.

According to their own statements, Paine's Celery compound is directly responsible for their return to their homes, none the worse for the war in which they were the central figures. The praise of these men, who have earned their country's praise, is one of the best endorsements Paine's Celery compound could have. The health that Arizona, Oklahoma, New Mexico, Indian Territory and the neighboring State of Colorado sent to the front is being returned to them by Paine's Celery compound, and could the surrendered Spaniards now see these four Rough Riders, they would be as curious to know the secret of their great transformation from the hollow-checked men they left at Santiago.

The Rough Riders are getting their credit, which they so richly deserve. It is but just that the credit they give to Paine's Celery compound should be published as widely. It is not a cure-all. That it is a life-saver, however, cannot be disputed. It does what it was intended it should do when it was first prepared—builds up and strengthens the nervous system, upon which the general health is entirely dependent.

A Rough Rider's nerves are his mainstay in the battles of war and of life. His remarkable energy and bravery in facing any kind of a situation depend upon his nerves, and here he says that his nerves owe their restoration and preservation to Paine's Celery compound.



Brought him Back to Life.

New York, September 29, 1893.

Messrs. WELLS, RICHARDSON & CO.

Gentlemen: I might have broken down sooner in the campaign about Santiago if I had had time to realize what was the matter with me before the Spaniards surrendered.

God knows I broke down soon enough as it was, and it was as great a surprise to me as it was to the other boys who knew me at home. But the Spaniards kept us busy, when we were not busy on our own account getting ready for the big fight. When I left Daingo, my home in Colorado, to go to Santa Fe and earlier after the President's first call for troops I did not know much about the Cuban climate. I was determined to join the Rough Riders, however, and I did. That I was a member of the Roosevelt Regiment I shall always be proud, and the fight at Las Guasimas and at San Juan Hill will be things to talk about for many a year.

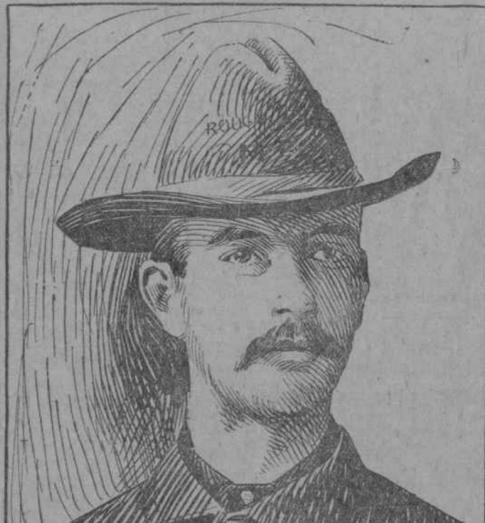
But I would not have lived to talk about them if I had not found something to brace my nerves up again after the siege I had of it at Santiago with dysentery and slow fever. I got so I could hardly shoot, and felt like I did not care whether I could or not.

I lost twenty pounds in weight and a lot more than that in spirit. If you can measure a fellow's spirit that way, half a dozen Messer bullets could not have made a worse mess of me than the Cuban climate and the mud in the Santiago trenches did. As soon as I found I was sick and my nerves were all gone I hunted for a tonic. I found it on the way back North, when I got some of the Paine's Celery compound. I saw other men using it.

How it braced me up my picture will show better than anything else. It is the greatest nerve restorer that can be made, for it brings all the force there is in a man to the surface.

E. C. Holt

Daingo, Colorado.



Escaped Montauk Hospital.

New York, September 29, 1893.

Messrs. WELLS, RICHARDSON & CO.

Gentlemen: If anybody in the whole regiment of Rough Riders had a chance to observe the general weakened condition of the men when they started back to the United States, as compared with their stalwart condition when they sailed from San Antonio on June 8, I think I had.

Being the regimental Quartermaster Sergeant, I came in contact with all the troops. I did not escape the effects of the climate, and my own constitution was badly shattered when we started home.

Oklahoma is generally regarded as a healthy climate, and last May, when I left there, I hardly knew what sickness meant. Earlier in life, however, I had lived in the East, and after a month in service knew that what I needed, in my general run down condition, was a nerve tonic. I knew if my nerves were fixed up there would be no trouble about my general health as soon as I got away from the army.

I also knew the position among tonics that Paine's Celery compound occupied, although I had not had occasion to use it much myself. I got a few bottles of it and began to take it and give it to a few of my acquaintances.

It actually seemed to build up my nervous constitution almost as rapidly as the Southern climate had tore it down. The same thing was true of the other men I gave it to.

Unless I had found this tonic to restore my nerves I feel sure that I would have gone to the hospital at Montauk Point, and I might have shared the fate of many other poor fellows whose impoverished condition did not yield to the doctor's treatment.

It gives me pleasure to recommend Paine's Celery compound as the best remedy ever sold in America.

Sgt. M. Southett

Guthrie, Oklahoma.



Takes the Place of Food and Medicine.

New York, September 29, 1893.

Messrs. WELLS, RICHARDSON & CO.

Gentlemen: Nobody can blame me of being deluged if I say that Paine's Celery compound has done more for me than any other person or thing since I left Silver City to join the Rough Riders.

It has pulled together the scraps of a stalwart man, brought me around from all the bad effects of the Cuban climate, and braced me up until I am in better health than I have been in ten years. My friends in the West think that I am nearly dead from the army fever they called calentura in Cuba. When I get back to Silver City they will be as surprised as I sometimes feel myself. I had pretty good nerves before I enlisted. They went to pieces when we were lying out in the trenches at Santiago, dodging bullets. I began to feel feverish from the day we got to Siboney. When the Maters sang about our ears I noticed that I was getting nervous.

When I sat down and thought about the Spaniards I did not feel afraid of them. I was anxious to get into the fight and have it over. I finally concluded I was sick, and when I found myself scarcely able to walk after the battle at San Juan I knew I was right.

I got worse until I got back to Montauk Point, where I got a bottle of Paine's Celery compound from another fellow in the regiment. I saw several of the Rough Riders taking it. With some of them, as with me, it seemed to take the place of both food and medicine, for the systems of many of the men needed toning up before they could again eat as they had done before they left this country.

I don't know much about medicines. We don't need much medicine in New Mexico. But I know Paine's Celery compound has fixed me up until I feel able to take the road for home, where I expect to tell every one who mentions nerves to me about my case.

William H. Toib

Silver City, N. M.



Complete Restoration Due To It.

New York, September 23, 1893.

Messrs. WELLS, RICHARDSON & CO.

Gentlemen: When I left my home at Jerome, Arizona, last May and enlisted with Roosevelt's Rough Riders at Santa Fe, I was as healthy as a man living in that healthy climate could be. My nerves were as steady as those of any man in the Territory, and continued so during the few weeks we were in camp at San Antonio.

From the day we disembarked at Daiquiri, in the middle of June, my nerves began to fall me owing to the climate. I was accustomed to long rides in the saddle and to walking long distances. The march to Siboney almost exhausted me, and after spending three days in the trenches in front of Santiago my nervous system was wrecked.

On the firing line at Las Guasimas, where Hamilton Fish was killed, I noticed that my unskilfulness had greatly deteriorated, and after the charge at San Juan I was almost prostrated. I was filled with malaria and had a lingering attack of fever. At the same time I realized that my blood was becoming impoverished from lack of proper nourishment.

On the voyage to Montauk Point the regimental Quartermaster Sergeant told me to take Paine's Celery compound to build up my nervous system. I took it steadily, and now, on September 29, am in better health than I was when I left Arizona.

Without saying that my life is altogether due to the use of Paine's Celery compound, any more than I might say it is due to the Spaniards whose bullets whizzed past my head at San Juan and killed men all around me, I will say that my complete restoration to health after the trying ordeal of the Santiago campaign is due entirely to its use. It is the greatest nerve tonic ever invented.

B. C. Bassage

Jerome, Arizona.

AMERICA'S NATIONAL DISORDER===Business Activity, Like Furious Fighting, Prostrates Nerves.

America is a country of nervous energy. The nervous constitution of an American man or woman, is the skeleton upon which the flesh and sinews of general health cling.

In business or pleasure, sport or war, it has been demonstrated that what is called "bottom" is the nervous system.

Had not Spain's nerves been shattered and decayed from centuries of abuse and national dissipation, the war in which the Rough Riders participated picturesquely and effectively would have been prolonged.

In Spain they do not pay much attention to nerves. In America every day emphasizes the importance of caring for the phenomenal nervous energy and its source, which has driven the country along at a pace that would long since have killed any other people.

The proper sustenance of the nerves, their nourishment and preservation and their restoration when the rapid pace of life or disease has undermined them, have formed the subject of many learned discourses and the excuse for the expenditure of many hundreds of thousands of dollars.

Much of this mental and financial effort has been expended in the direction of experiments. Nervous physicians and bodies of scientists have made experiments along every known line to discover the one great nerve food and nerve cure.

On the other hand, persons suffering from nervous prostration, as well as from serious diseases that endured for long periods because health, under other circumstances ready to return, could not find the skeleton of nerves to which it might attach itself, have spent millions of dollars for medicines whose worthlessness was soon demonstrated.

"Keep your nerves in good order and you need not fear attacks of ordinary disease," many a physician has told his patient. In many instances he has failed to add the proper directions for

keeping the nerves in good running order.

When a Board of Health tells the residents of a great city like New York to keep good plumbing, perfect sewerage and the streets clear of accumulations of refuse, the way to carry out the order is clear.

Sometimes it costs vast sums of money. The expenditure of money in the cause of public health, however, is of little moment.

Paine's Celery compound is a nerve food and a nerve restorer, and is the only absolutely reliable nerve food and nerve restorer. It is not a cure-all, but it will be found of the greatest benefit in the treatment of all maladies which have of themselves shattered the nervous system, destroyed the nervous energy, or which are due to the condition of the nerves in any way.

Fever kills because it literally consumes nervous energy and prostrates the nervous system. The heart's action as well as the action of the brain and of every organ and muscle and blood vessel, and even of the microscopic blood corpuscles, depends directly upon the health of the nerves, which convey back and forth from the centre of the nervous system the directions, the orders, to the different organs to perform their functions.

Thousands of persons are dragging their weary feet after them through the city's streets, weary and despondent, working when they are unfit for work and passing golden opportunities in a state of oblivion, when they do not realize their nerves are played out and must be built up or allow their owners to become completely prostrated.

A tonic is a simple thing. It is more often recommended in a nonchalant way by a physician than any other form of medicine. To the woman whose home duties have completely worn out her nervous system; to the business man who goes to a doctor because he feels that his thoughts are becoming clouded; to the child who has grown weak from the strain of study or disease, the physician says in an off-hand way:

"Oh, you need a tonic." "Oh, you need a tonic." He might as well tell them: "Oh, you need some medicine—go and get it!"

For there are a thousand kinds of tonics.

But there is one remedy that may be relied upon in every case. It will build up the nervous constitution of a Rough Rider shattered by the Cuban climate and the Santiago campaign, and it will build up the nervous constitution of a baby being reared in the lap of luxury.

The man who gave Paine's Celery compound to the world was a martyr to his profession. If there were any Government recognition in this country of men who have devoted their lives to scientific research for the benefit of the people at large, as there is in other countries, the name of Edward Elisha Phelps, M. D., LL. D., of Dartmouth College, would be near the top of the roll.

Dr. Phelps' long before Paine's Celery compound was placed before the public, to become universally recognized as the greatest remedy in the world for nervous ailments, was spending days and nights, months and years, in his laboratory and in the sick room, studying the forms of disease and spending his money in trying to find the one remedy that would most effectively tone up and restore the nerves.

He knew that the nervous system governed the course of all disease, and that if he was to place the means of combating disease in general in the possession of any one portion of a man's constitution, it must be in the nervous system.

To him it became more and more apparent as he saw disease run its course in many persons that if the nerves were healthy and carried their messages and orders back and forth uninterruptedly, the agencies meant to carry out these orders would perform their functions. In cases where this was not so, the ailment must be purely local and ready to yield to simple treatment.

Paine's Celery compound was the remedy that Dr. Phelps carefully and with the greatest pains prepared as the result of his years of investigation. It was not the result of a week's work or of a year's work. In his laboratory he spent years of study and experiment, and no test to detect the presence of the most elusive drug

was ever conducted more carefully than these experiments.

After he had discovered the wonderful compound he did not immediately publish the fact to the world. He began to use it in his practice. As he saw the result of its use in a few cases he was almost overcome with wonderment at his discovery.

The most remarkable feature of his observations at this period was that he did not meet with a single failure. Whenever he found a man or a woman apparently near death from ordinary disease, which he knew to be dependent for its existence upon the absence of nervous energy or the disordered condition of the nervous system, he used his remedy. Every one who took it was loud in his praises and quickly recovered the nerve health that was always the precursor of general health.

Then he gave his discovery to the world. As Paine's Celery compound the discovery of Dr. Phelps has gradually and surely pushed its way to the front, until to-day it is better known than any other remedy in America or Europe. Doctors who are most careful in their treatment of patients constantly recommend its use. Physicians who are chary about recommending medicines with which the name of a person or firm is connected, do not hesitate to recommend the use of this greatest of nerve remedies.

It is not alone the sick American who stands in sore need of the relief that this remedy can give. The man who stands between sickness and health, unable to budge either way, is, perhaps, in a worse condition than the man who lies prostrated on his back. It is to this kind of a man that Paine's Celery compound specially recommends itself.

Nervous trouble is the broad diagnosis that ninety-nine out of a hundred physicians would give, such a case. Just how broad such a diagnosis is every student of the human system is aware. Paine's Celery compound was devised by Dr. Phelps for just such broad diagnoses as this. Such a diagnosis, while it may seem careless, is honest. The curative and restorative powers of Paine's Celery compound are just as broad.

There is no case of nervous trouble that it will not benefit and cure.

To the man with insomnia, bred by business worry or some of the more tenderfulities of life, it will bring blessed sleep, and sleep is itself the cure of the nervous disorder from which insomnia flows. To the man who hurries nervously through the duties of a day, only to find that he has not accomplished the amount of labor that he has more self-possessed, it will bring the self-possession and the power to think clearer before he acts.

To the worried man it is a balm of priceless worth, for the worried man most needs brain and nerve food. To the hard thinker it will bring the same results with much less effort. To the man racked with pain flowing from nervous headaches it will bring quick relief, and to the woman who suffers nervous prostration from the disarrangement of her womanly functions it will prove a priceless blessing.

This, be it understood, is not claiming that it will perform any of the miracles claimed by persons without principle, who first nostrums upon the public, to the detriment of the very few genuinely good prepared medicines. It is not even claimed for Paine's Celery compound that one bottle will cure the maladies for which it is intended. Health is harder to build than a city, and it cannot be done in a night. The nerves are the most delicate of all the delicate mechanisms of the human body. They are the messengers of both pain and pleasure, so delicate in their construction and capabilities that the very lightest shades of sensation must be at once perceived.

You cannot go to work on the nervous system with a set of saw-bones tools nor with the mildest of drugs. In its nature, a great nerve tonic like Paine's Celery compound must be mild and at the same time effective as possible. Nerve force is built up bit by bit, but as each bit is added it increases the power to add the next, so that as the time of treatment increases the more rapid is the ultimate cure.

Nervous debility, exhaustion, neuralgia, sleeplessness, dyspepsia, malaria and all blood and skin diseases are directly due to nervous disorder, and all are successfully treated with Paine's Celery compound. Cases of cures in each of these ailments are not numbered by the hundreds or by the thousands. The manufacturers of Paine's Celery compound are in possession of testimonials which will show that in the past few years thousands of cases have been entirely and permanently cured by the use of their remedy.

These diseases are separated in the human body, and might seem to the lay mind to have little to do with one another. It is well known to physicians, however, that they are all nervous disorders, due to a disturbed state of the nervous system, and all modern physicians are equally well aware that Paine's Celery compound is the best known remedy for each of them.

It is in reality a physician's remedy. The formula by which it is manufactured is supplied to the leading physicians all over the country, and its use by them as a standard remedy is as common as the use of any of the staple prescriptions.

The condition of the stomach has more to do with a seemingly well man's mental state than anything else in the world. Wives learned early in the history of civilization that the way to reach the husband's pocket is through his stomach. Other wives have learned that the cause of a great portion of this world's domestic troubles is the husband's obdurate stomach. Some men become victims of confirmed melancholia—and some women, too—simply because of disordered stomachs.

Such cases are almost without exception to be diagnosed as nervous dyspepsia. Dyspepsia is frequently mistaken for mental disorder. It is due to the fact that the nerves are not generally understood. Dyspepsia could not be present if the nerves governing the action of the stomach had not lost their vitality. Restore the nerve force and digestion resumes its work. The melancholia disappears.

Rheumatism and malaria and hay fever and a hundred other things would have to go out of business if

the nerves were kept in constant order. Paine's Celery compound will keep any healthy set of nerves in order and will place the most unhealthy set of nerves imaginable back in order if a little perseverance is used.

As might be imagined without the exercise of much mental effort, a remedy that has attained the phenomenal success that has come to Paine's Celery compound has many limitations which convey to it as sincerest flattery. Substitutes are sold for less money by many unscrupulous druggists, who are thus enabled to make a little more profit. One should be sure that he is getting Paine's Celery compound. Do not purchase any celery preparation that does not bear on both bottle and box, "Paine's Celery compound. Prepared by Wells, Richardson & Co., Sole Proprietors, Burlington, Vt."

It needs no introduction. It needs only to be known for what it is, for what men like the gallant Rough Riders found it to be—the best and only real nerve tonic and food on the market. It is good for well men and for sick men. There are no butters or nervines or sarsaparilla compounds which approach it for general efficacy as a tonic. In the Autumn, when increasing flesh demands the healthiest skeleton of nerves upon which to cling, Paine's Celery compound is indispensable.

One of the most remarkable requests ever made by the manufacturers of a medicine is the following one, from the manufacturers of Paine's Celery compound: "Many physicians are prescribing Paine's Celery compound with great success, having found it superior to all other remedies in the diseases for which it is recommended. We earnestly urge all physicians to write to us for the formula of Paine's Celery compound, which we will mail on application, so that they may satisfy themselves of its harmless character and great value. We are particularly anxious to have this compound tried in cases which have resisted the usual methods of treatment, that we may prove the truth of our statements. Paine's Celery compound cure."