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Contributors

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SANATOGEN

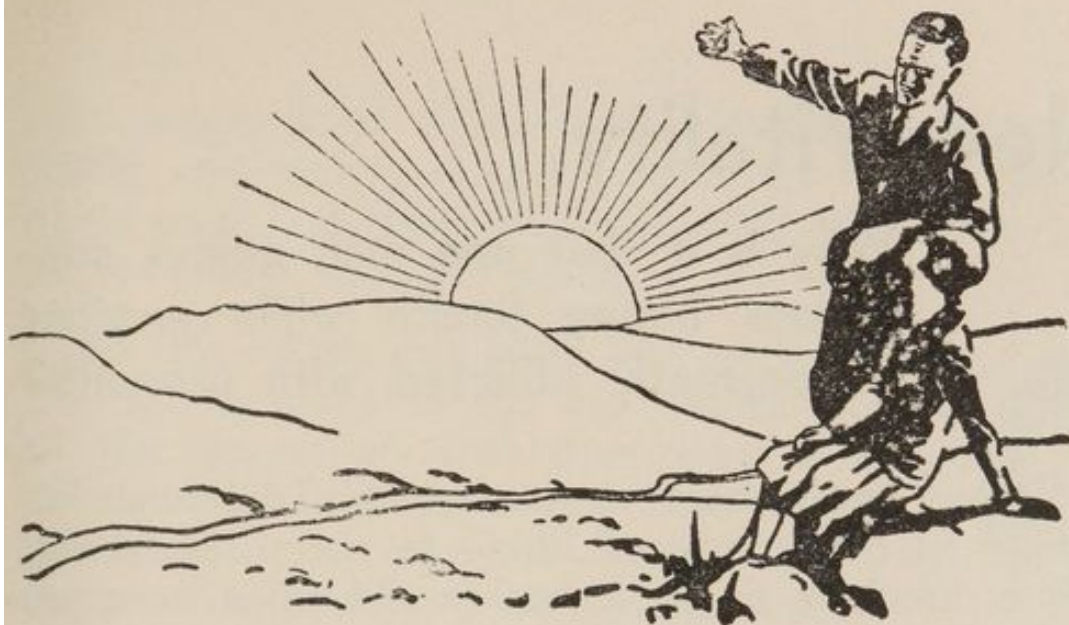


Gives New Health
and Vitality

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WHY should one go through life troubled by "half-health", by nervous dyspepsia, or become resigned to repeated illnesses, when stronger health and new vitality can be obtained? Science has not only advanced in mechanical matters, in aeroplanes and radio, and in ordinary physics and chemistry—but also in *bio*-chemistry and, indeed, in all things affecting health have we progressed of recent years. The ideal of a generation ago is now an established fact, and as the standard of living has risen so has the demand for greater health efficiency been met. To-day health *can* be increased and nervous power made magnificent and radiant. Many thousands of physicians have noted and tested the improvement in health obtained by means of the measures discussed in this booklet and have given these measures their full endorsement.

Glance through these few pages, pausing here and there where there is a special message for **you** — evidence of a means whereby your health may be increased and your zest for happiness improved.

New Vitality.

Why is it that one man enjoys continuous happy health while another is constantly afflicted with ill-health?

Nature everywhere shows us this difference in vitality in every type of life — in the plant world, just as much as in the animal world. But must we sit down and accept this difference in ourselves with meek resignation? The farmer whose crop threatens to be poor, the horse breeder who hopes

to breed a strong horse do not wait: they take steps to help Nature towards that perfection to which she is always striving. Science aids them to improve the condition of their crops; to breed stronger horses; and Science has done more — it has shown also how the health of the human being can be improved.

Obviously, the first question to be tackled was: What exactly constitutes vitality? After much patient research it was found that of all the things upon which health and vitality depend, of greatest importance is an adequate supply of proteids in our blood cells and phosphorus in our nerves. These two health constituents might be compared to the petrol and the ignition of a motor-car, the one giving the power, the other the spark.

Modern life — and the strain is getting greater every day — asks too much of the human ignition — the nervous system — and even those people who are under the impression that they live quietly do

"I was brought to such a pass that I was afraid to cross a street and kind people have seen me over as though I were a blind man, and this after long treatment by my doctor. At last, he said, 'You had better try Sanatogen'. Its effect has been wonderful and I am now practically myself again. I feel very grateful to you and, of course, to the doctor for advising me to take it." (Mr. O. D. Davis, London.)

"For three years I have suffered from Neurasthenia with its accompanying symptoms of palpitation, lack of energy, excruciating pain in the back of the head for days at a time, and utter incapability of clear thinking. After taking Sanatogen for only a short while I have more physical energy than I have known for months and feel a wonderful improvement in every way." (Miss E. W. Hall, Cricklewood, N.W.2.)

not escape from this strain. Radio, newspapers, traffic and noise, coupled with the worry about one's own and other people's difficulties, keep our nerves under constant stress.

All this on the one hand, and on the other the urgent necessity for the proper feeding of the nerves so that they may function efficiently. It always has been risky to under-feed the nervous system, but today, with the ever-increasing strain of modern life, it is absolutely *dangerous* to neglect this vital question of nerve nutrition.

Lack of care is bound to lead to trouble. It may become apparent in any of the hundreds of symptoms in which weak nerves demonstrate themselves: Neurasthenia, Stomach Trouble, Sleeplessness, Fatigue, Indecision, Lack of Energy and Vitality, Lack of Appetite, etc.

For every one of these symptoms there are, without doubt, drugs to give temporary help, but it is only logical to admit that the solution of the problem of maintaining nervous vitality lies in feeding the nerves *properly*, by giving them the special constituents necessary for them to absorb strength and energy.

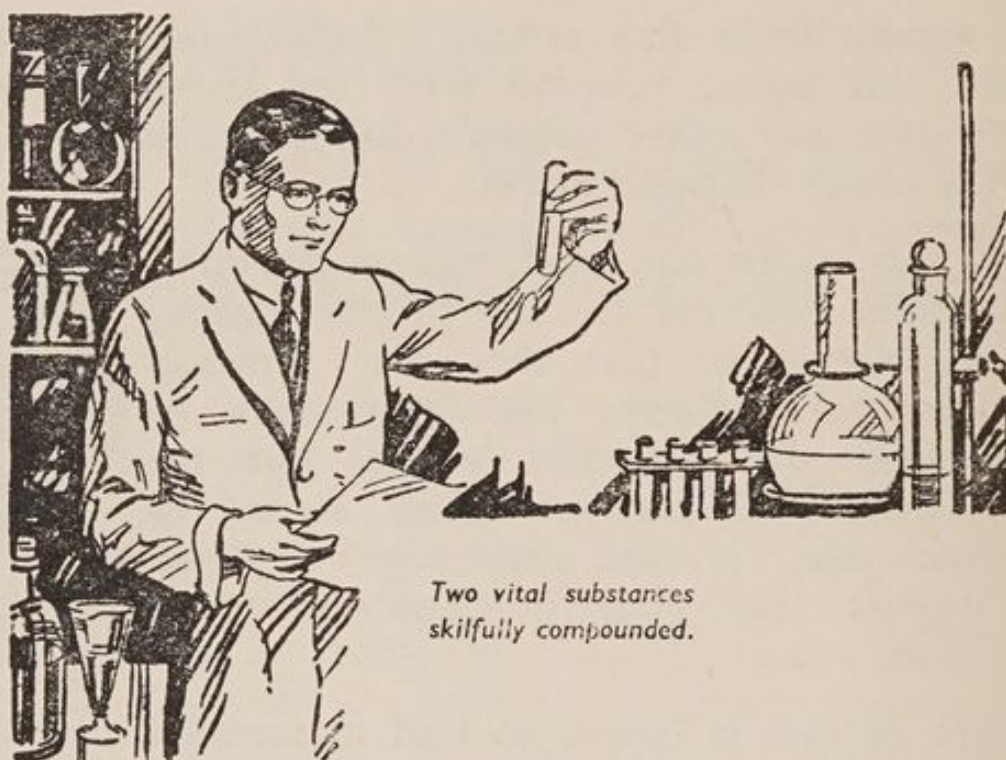
Just as a farmer, on finding the leaves of his plants hanging down limply, would never dream of binding them up, but would water the plants and feed them with those fertilisers which Science has taught him to use, so in man the trouble should be, and *can* be attacked at the root. There, and there only, can new health be built up.



"I cannot speak too highly of Sanatogen and its marvellous action in nerve trouble. I have terrible attacks of neuritis in my body and nothing has given me the relief I have obtained from Sanatogen." (Mrs. Morbey, Birmingham.)

"I was suffering from extreme nervous debility, acute indigestion and colitis when my doctor advised me to take Sanatogen. I have quite recovered now, and have not taken Sanatogen for about three weeks. I have had no return of any of the trouble from which I was suffering when I started taking it." (Miss M. Day, of Liverpool.)

"My little girl age 3½ years, who has always been of a nervous disposition, became much worse. I asked my doctor if there was anything I could get for her and he recommended Sanatogen. She is now a fine bonny child and only takes it once a day in cocoa for lunch and does not even know she takes it as it is quite tasteless." (Mrs. P. Linnett, Birkenhead.)



Vitality in powder form.

As the foregoing remarks have shown, our health depends mainly upon an adequate supply of the two vital constituents, *phosphorus* and *proteid*, and obviously, an increased supply of these substances is the best way to add health and vitality to a debilitated body. This fact was recognised many years ago.

In practice, however, it appeared that the body refused to take up readily these two substances, phosphorus and proteid, in any but organic form — *i.e.*, in the form in which they occur in natural foodstuffs and in the body itself. Unfortunately, the giving of a sufficiency of these two constituents in the natural form involves the partaking of a large quantity of other food factors. The sheer bulk alone is a serious difficulty, especially in the case of people whose digestive organs are weak, or whose mode of living demands that they shall not have a too-generous diet if they are not to

put on an accumulation of unwanted and devitalizing fat. Consequently, a new and as yet unknown combination of these two substances had to be found, and the search for this unknown combination took many years. At last, the compound sought by generations of scientists was discovered, wherein were combined the necessary cell-foods in a way in which the body could absorb them without any difficulty. This new compound was called "Sanatogen", which means "The Giver of Health".

It is a white powder and in it is hidden the great treasure of Health. Every spoonful means so much health, to be added to the health you already have, for the human body absorbs the health-giving elements as parched earth absorbs rain. In Sanatogen is embodied one of the greatest discoveries of mankind. Whether one is only run-down, nervous, or really ill, Sanatogen will add health, will improve the general condition of the body. And to *healthy* people, Sanatogen will give that extra amount of *reserve strength* which typifies the radiantly healthy man or woman who is able to enjoy life to the full, without those nasty periods of sluggishness and fatigue. Sanatogen is vitality in powder form.

Nerve cell magnified.



Strong Health instead of Nerve trouble.

Let us consider the effects of Sanatogen, the nerve food, in various types of nervous debility. The harm that results from imperfectly feeding nerve-tissues cannot be over-estimated. As a well-known scientist said: "A man's power of resistance lies not in the

"I find my physical energy as well as my brain power has benefited enormously since I have taken Sanatogen. Six years ago I abandoned lawn tennis as being too strenuous a game for a man of my years. While away, however, I was cajoled into playing again, and to my utter amazement found that I could play six sets straight off with but a minimum of fatigue."

(Mr. Ashley Sterne, the well-known writer.)



Sanatogen gives radiant energy and zest in life.

first place in his muscles, but in his nerves". A worn-out and badly repaired machine cannot function properly. Neither can a badly repaired nervous system. All sorts of disagreeable symptoms will gradually become apparent when the nervous system

is under-nourished. Some of these symptoms are:

Listlessness

Fatigue

Sleeplessness

Lack of Appetite

Loss of Memory

— and there are many others. One can safely say that in 90% of those instances in which we do not feel "up to the mark", a badly restored nervous system is at the bottom of the trouble. That feeling of indecision, for instance, is just as much a sign of "nerves" as is forgetfulness. The nerves form the connection between the body and the mind, and any trouble with the nerves may lead to serious results in body or mind.

Of course, it is quite common for little nervous setbacks to occur, which are soon overcome by the natural resistive powers of the body, but too much cannot be left to

"It gives me great pleasure to say how much I have benefited by your wonderful Sanatogen. Previous to taking it I had tried almost everything for my nerves and indigestion. I couldn't walk or giddiness and then a friend of mine told me about Sanatogen. I have taken it and I feel a different woman, and shall continue to keep a tin in the house." (Mrs. M. Jones, Chippenham.)

chance, for nervous troubles creep on so insidiously that often irreparable damage can be done before anyone — least of all the patient — realises it.

Never use that most misleading phrase, "It's only nerves". "Nerves" are a serious matter, not only because they can cause so many unpleasant symptoms, but also because they attack the will power. "Nerves" can break a man or woman physically and mentally. A woman suffering from "nerves" can soon become a burden to her household; a man who is heading for nervous trouble may also be heading for financial failure, whether he has a brilliant brain or not. For "nerves" break down character and the will to do.

All this because of a lack of a few elements in the body, you may say? Yes, medical science has lost much of its fear of microbes and other mysterious disease carriers and knows now that in a very great proportion of cases of ill-health the reason is simply a disturbed nervous "balance".

And Sanatogen? This wonderful combination of the two substances so vitally necessary to the nervous system? Many people have expressed their feeling after taking Sanatogen in these and similar words:

"When I take Sanatogen it is as if a new stream of life flows through my veins."

And that, in reality, is the plain truth. This liquid (Sanatogen is usually taken rubbed down in water or milk, etc.) is health: it contains the essential constituents of health, and the tired body and overwrought nerves seize greedily upon the new health and vitality thus brought to them.

There is only one "but" to Sanatogen. One cannot

"My husband has suffered with Indigestion badly off and on for years. In February last he had Influenza which left him in a very low state, with a return of his stomach trouble. He got so thin and looked so ill. He was recommended Sanatogen. He seemed to reap the benefit from it at the start by feeling much brighter and stronger. He seems a different sort of man and has put on several pounds in weight. He thinks it is wonderful stuff, and we thoroughly recommend it to all friends and workers." (Mrs. J. Thurlow, London, S.W.16.)

"Sanatogen effectually improves the digestive powers of the stomach, aids the nutrition of the whole organism, and restores to their usual activity those organs whose function it is to keep the blood at its normal standard." (The General Practitioner.)

build up new strength in a weakened body in a few days; time also counts. Give your body a few teaspoonfuls of this liquid strength twice or three times a day and keep this up *regularly* for a few weeks. Then the blood will have carried new supplies to the remotest organ; the vitality of all body-cells will have increased; the



*To tired people
Sanatogen gives back youthful vigour.*

nerves will be strengthened and all those symptoms — which are, after all, only branches from the same tree — will have disappeared.

Once again, you will get up in the morning feeling refreshed and happy; you will be ready for the day with all its work and trouble. Once more you will feel energetic and cheerful and after the day's work you will not be tired out. In short, you will enjoy life again.

Now, you will probably want—in such an important matter as health—to read the opinion of the medical world about Sanatogen.

What Physicians say about Sanatogen.

The fact that over 25,000 physicians have taken the trouble to sit down and express their high opinion of Sanatogen in writing is in itself sufficiently striking. Think of it — 25,000! A single physician may make an error in judgment, but it

is very difficult to suppose that 25,000 could be wrong.

The letters from these physicians would fill a library, but only a handful can be quoted in this little booklet. In those instances where the quotation is taken from an article published in some medical journal, this is mentioned so that not the slightest doubt can remain about the authenticity of these quotations.

Here, for instance, is the opinion of a physician, expressed in an article in "The Medical Times":

"Sanatogen has a marked restorative effect on the nervous system. Even when the nervous system is so grievously exhausted that the sufferer's condition is one of neurasthenia, Sanatogen is still able to exercise its beneficial sway over its depressing and often alarming symptoms."



"I had a very bad form of indigestion during a nervous breakdown. I was possessed with the terrible fear of every imaginary complaint possible. My doctor ordered me Sanatogen, and I am now able to attend to my household duties. I began to lose every scrap of interest in life and was in constant fear that my mentality was weakening. I had such dreadful pain and head noises, with sleeplessness, but with my doctor's encouragement and insistence that I should persevere with Sanatogen, I am a very much healthier woman to-day."
(Mrs. Theobald, St. Helens.)

And this is a quotation from an article in "The Medical Press and Circular":

"Sanatogen is readily absorbed by the stomach and has an immediate and remarkable effect, shown by a steady increase of muscular strength and energy. At the same time the colour is brought back to the patient's cheeks."

And Dr. C. W. Saleeby writes in his little book, "The Will to Do":

"Experiments with Sanatogen in health and observations upon it in disease have abundantly confirmed the expectations."

"It is with great pleasure that I recommend Sanatogen, having greatly benefited by its effects."
(Miss Olga Nethersole, Founder of the People's League of Health.)

That "tired feeling"

easily conquered with Sanatogen.

Most people suffer now and then from a sort of sluggishness or tiredness. A sign that they have overstrained their nerves slightly. No better way to overcome it than with Sanatogen. It has been explained how Sanatogen will tone up the whole body, how it will bring the necessary reserve strength and vitality to the nerve and body cells, how it will make you anew.

For further evidence, what better opinion than that of an author — a man who has to work under high pressure whenever he writes a new book. Such men as Mr. H. de Vere Stacpoole, Mr. E. Phillips Oppenheim, Mr. J. S. Fletcher, Mr. Gilbert Frankau, Mr. Max Pemberton, and many others use Sanatogen whenever they feel the strain of their work.

Mr. Coulson Kernahan, for instance, writes :

"Directly I feel myself getting below par, I call in the aid of Sanatogen and in a very short time — in my case the effect is almost immediately appreciable — I am completely myself again."

Besides these famous people, there are the millions whose names are not so well-known but who have similar troubles, and to whom restoration of health is equally as important. Here is the opinion of a lady, Mrs. O. H. S., who writes :

"In a half-hearted fashion I bought a tin of Sanatogen, but before getting to the end of it my spirit revived considerably and now I feel my happy self again. Sanatogen made a tremendous difference to my whole life."

For you, too, Sanatogen could make a tremendous difference. Give it a thorough trial and you will feel — like thousands of others before you — how Sanatogen reinvigorates you, how it revives your spirits and increases your vitality and joy of life.



"I take Sanatogen every evening."

"Some years ago I was advised by my medico to take Sanatogen. I found to my delight that the treatment proved completely successful, and it increased my energy considerably. I have now taken it for years and hope to continue. I always recommend it."

HARRY LAUDER



NORA SWINBURNE



"I've been taking Sanatogen now for some weeks and I must say I'm feeling much better in health, and have more energy, more vigour and strength to carry on my work. It's a really good tonic."

VITALITY / HAPPINESS!

HENRY LYTON



"The result of my taking Sanatogen is so marked that I believe half our company, numbering over sixty people, are taking it. Sanatogen makes life worth living."

ALICE DELYSIA



"I find Sanatogen to be a most excellent nerve tonic. The strain of constant rehearsals and performances is very considerable, and Sanatogen supplies that energy which is

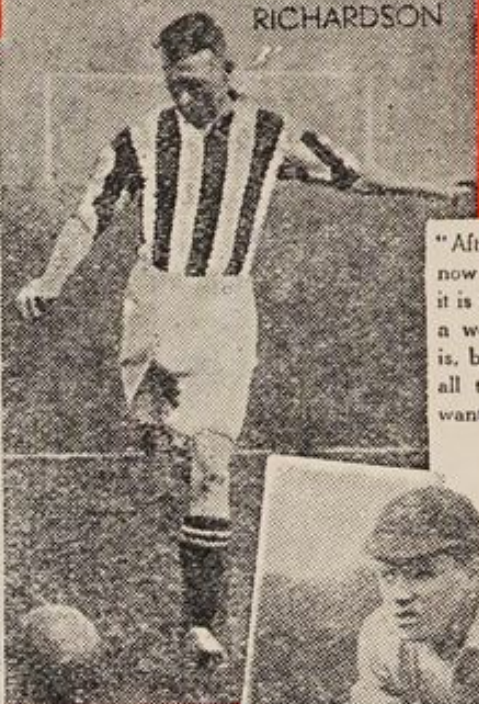
*Reconfortant
Sanatogen
Alice Delysia*

ELSIE
RANDOLPH



"I am quite convinced that it is entirely due to my continued use of Sanatogen that I am enjoying such good health and spirits in spite of the nervous strain that any new production entails."

W. G.
RICHARDSON



"After taking your Sanatogen now for a few weeks, I feel it is my duty to tell you what a wonderful tonic it really is, because it has done me all the good that I really wanted. I know for certain that it is the finest and best "pick-me-up" on sale to-day."

"I really must tell you how much I benefited by the use of Sanatogen during my cricketing career so far."

"One is always able to get complete mental and physical rest after its use, which you will understand means so much to every cricketer."



GEORGE DUCKWORTH

"I am glad to say that since giving your Sanatogen a good trial I am convinced that it is the best tonic I have ever taken, and I can say to all sportsmen who have had a heavy day and cannot get a good night's rest—'Try Sanatogen'."

GEORGE
ROBEY



*Best wishes
George Robey*

FRANK WOOLLEY



VIOLET
VANBRUGH

"I have escaped the 'flu and I really put that happy fact down to my having taken Sanatogen regularly."



"There is nothing like Sanatogen for maintaining one's vitality, and I have found it very beneficial."

All symptoms of nerve trouble are banished by Sanatogen.

Sleeplessness Lack of appetite Depression Indigestion
--

The symptoms of nerve-trouble are so many that it is impossible to discuss them all. In the one case, the main trouble is mental (lack of concentration, forgetfulness, depression, morbid thoughts, etc.): in the other case the trouble is more physical (weakness, lack of appetite, indigestion, headaches, anæmia, etc.) but all these symptoms disappear steadily and surely when Sanatogen is used for some time.

See what some Sanatogen users have to say about its effect on their health.

Here is a letter from Mr. E. L. Giddy, London, who writes :

"For the last twelve years or so I have suffered continually from "nerves" and periodic bouts of indigestion. In this time I have tried patent foods, medicines, liver-pills, and all manner of "cures" — none of which gave me more than temporary relief. Things came to a head about a month ago, when I was in such a state that I burst into tears for no reason at all, that I dared not cross a street alone or look anyone in the face, and that everything I ate gave me indigestion.

"I take Sanatogen for sleeplessness. It has a most marvellous effect on me like nothing else. I have tried all the various substitutes, but not one of them did me any good." (Lady George Loftus.)

"My nerves were in a terrible condition and my heart was bad; in fact, I had been bedridden for months, and had given up hopes of ever getting about again, but thanks to Sanatogen I am able to go about the house and also feel in better health than I have done for years." (Mrs. E. A. Fairclough, Burnley.)

"I must say before I took Sanatogen I was afraid to go to bed because I could not sleep one hour without waking. My nerves were so bad, but after only two days I felt a difference and now, after a course of three weeks, I am sure I can quite truthfully say I feel entirely new." (Miss L. Smith, Yorks.)

"I saw a well-known London physician who cut down my smokes considerably, told me alcohol was no good for me, gave me a Bromide to help me, and recommended me to take a course of Sanatogen. ("Great stuff, that Sanatogen", he said.)

"The change in three weeks is such that I cannot thank you enough. My courage and energy are restored, I can eat anything I like — in

"I found Sanatogen extremely useful in a very bad and persistent case of Anæmia of seven years' standing, which would not yield to any other treatment. The patient not only looks better, but said she felt better, and it was the only thing that did her any good." (A Nottingham Physician.)

"I took Sanatogen for Indigestion, following ulcers in the stomach, and always found instant relief and freedom from sickness. I asked my doctor what he thought of it, and told him it was doing me good, and he said it was a most valuable preparation." (Mr. N. Richards, West Wolverhampton.)

"There is abundant evidence of the value of Sanatogen as a restorative and food, more particularly in cases of general debility." (The Lancet.)

"I am pleased to be able to tell you that after a course of Sanatogen, lasting about a fortnight, my little boy, who was very ill with nervous symptoms and generally run-down, has completely recovered. I will recommend it to all my friends as occasion may require." (Mrs. James Edwards, Liverpool.)

reason — and my zest for life has come back in a way that has positively amazed me ; I have not felt so well since before the War. I feel as if I've been born again.

"The very least I can do is to offer you this letter of sincerest thanks and offer you also the right to do with it anything that may further the fame of your remarkable product. There must be others, who, like myself, have suffered needlessly for years."

And this is what another Sanatogen user writes :

"I may state that for some months I had been suffering from headache and nervous depression and general listlessness, which ended up with me one day suddenly collapsing whilst at work. I was under medical treatment for four weeks and then went to a convalescent home for a fortnight, and felt rather better, but two days after my return I again began to lose hope of getting well again, and as I had a family of four young children, and not a very large wage, it was a constant worry to me, so much so that I became very depressed. Then one day my wife was

told to try Sanatogen, so I bought a tin, and from the first a new feeling came over me, I felt more cheery and lost all the pain around my heart, the listlessness left me, I had sound sleep at night, and now I am back at work and feeling a new man, thanks to your wonderful cure.

"Many have asked me what cured me and I tell them all Sanatogen and I have recommended it to all who suffer like I did, or from any nervous complaint, for, as your booklet shows, it was a case of nervous breakdown that I had, and it was Sanatogen that made me well and strong again."

And here is the opinion of a man who suffered from gastric dyspepsia for three months and then started taking Sanatogen:

"After having gastric trouble and 'nerves' for three months, I decided to try Sanatogen and now, after taking Sanatogen for another three months, I am fully cured and able to work again. There is nothing like Sanatogen for bringing health and vigour to a run-down system."

Indeed, there is nothing like Sanatogen for bringing health and vigour to a run-down system. When you feel "not so well", when your energy is not what it was, when you feel over-tired, or when you are experiencing trouble of some kind, then start taking Sanatogen. It will give you new strength and gradually rebuild radiant health and vitality.



"Sanatogen is readily absorbed by the stomach, and has an immediate and remarkable effect shown by a steady increase of bodily weight and of muscular strength and energy." (The Medical Press and Circular.)

"My doctor advised me to try Sanatogen and I am glad I did. In those days I only weighed six stones, and, thanks to Sanatogen, I weigh nine stones now. I always keep Sanatogen in the house, for I find that taking one dose daily keeps you fit. I am not giving my nerves chance to go wrong like they did years ago. Therefore, I keep Sanatogen handy. It is a wonderful tonic and I always recommend it." (Mrs. E. Cockbain, 81, Catherine Street, Winton, Manchester.)

"My small daughter aged 5 years lost her appetite and became so weak and so painfully thin that I was alarmed. I tried everything and nothing gave any permanent improvement. Then I tried Sanatogen. It was miraculous. Her appetite came back at once, and gradually I saw her improving. Arms and legs filled out, the colour came into her cheeks, and she became full of life and danced and sang from morning till night." (Mrs. J. L. Hogarth, Northumberland.)



*Sanatogen will add
to your child's health
and happiness.*

Sanatogen a wonder- worker for children.*

The sensitive system of the child responds even quicker to Sanatogen than is the case in adults. And so many of them need Sanatogen, need it very badly. Many parents know that their child is willing enough at heart, but yet there are

unaccountable bouts of fatigue and outbursts of temper and irritability; difficulties at meal-times due to an over-capricious appetite; often, despite the utmost care, the child looks tired and ill, and at night-time there are troubled dreams and restless tossing instead of sound, refreshing slumber.



*Sanatogen will give your
child plenty of energy for
play and study.*

The strain of modern life taxes us all, though most of us are not aware of it unless we are engaged in hard and strenuous work, and

* A booklet entitled "Children's Ailments" can be obtained free of charge on application to Genatosan Ltd.

we are too apt to forget that the nerves of the child are more easily strained than those of the adult and that what are everyday occurrences to us may seem little less than shocks to the child.

If your child seems to be having trouble with its nerves, give it Sanatogen, and you, like the Health Officer to a New York School, will see that the effect

Good spirits and abounding vigour take the place of listlessness and irritability if Sanatogen is given regularly for a while.



will be like "a ray of sunshine". All those inexplicable difficulties will disappear, the child will become stronger and happier and much more resistant to infection. An important point too is the return of a healthy appetite. Sleep also becomes once more deep and tranquil.

Remember, too, that Sanatogen is absolutely harmless; it is a food, not a drug, and cannot possibly do harm even to the most delicate child. It *must* do good.

"After my day's toil (I am a gas meter inspector) I find that I have not used up all my energy at night by fully 50 per cent., whereas before taking Sanatogen I was completely fagged and fit for nothing. I can honestly say that Sanatogen has done me good in many ways and the chief ones are the digestive tract and nervous system." (Mr. J. E. Medcalf, Lytham.)

"My daughter who was only 10 months old was very ill with bronchitis whilst cutting her teeth, in fact the doctor did not think she would pull through. After struggling with her for a month he asked us to try Sanatogen. I tried half a teaspoonful in a little milk and water, every 4 hours. After the first dose we saw a change and she picked up wonderfully." (Mrs. M. Pighills, Bradford.)

"I have been giving my baby Sanatogen as she was very delicate and had been ill for five months with pneumonia, etc. She has only taken it for a month, but she is remarkably better and looks both fatter and stronger." (Mrs. A. Blackburn, Batley.)

"I am using Sanatogen for my boy aged 12. He is growing past his strength, he is very tall, and we have something to do to keep him well. Now I tried Sanatogen and it has worked wonders. He has got his colour back, his eyes are quite different, they were very heavy before. He is better altogether." (Mrs. Crossland, Bradford.)



Sanatogen enriches the blood, strengthens the nerves and assists all the body organs to function efficiently.

Beauty in women is largely a question of health.

They fill the waiting rooms of physicians all over the world, the women with tired faces who thought that matters of health would adjust themselves.

Now, tired and exhausted, they look what they feel. Their skin has lost its freshness, their eyes lost much of their sparkle, the corners of their mouths droop and their shoulders sag.

"I do feel I must write and let you know what Sanatogen has done for me. I am indeed a different woman to what I was twelve months ago. I did not realise then the state my nerves were in. Everyone says how I have improved. I have lost that awful self-consciousness which is an absolute misery to anyone. I have also gained half a stone in weight."
(Mrs. E. A., of Birkenhead.)

Usually these cases are called "anæmic" or "just nerves", and the very vagueness of these indications shows where the trouble lies. The symptoms are many and range from a constant tired feeling to headaches, jumpiness, an alarming feeling of fear without any recognisable justification for it, sleeplessness, stomach trouble, etc. At the

bottom of it all is the nervous system, sluggishness of the body-cells, devitalization of the blood.

Luckily, there is a remedy which was expressly made to conquer such conditions — Sanatogen. Though obviously it is best to commence the use of this giver of health and vitality before the condition becomes really serious, Sanatogen will, even in the worst circumstances, rebuild a good deal of what was lost. When started in time, of course, one may rest assured that all the former vitality, all the youthful health, will return, that the eyes will regain their sparkle, the skin will get back its colour.

In the past men have realised this more than women have done. It is, however, indisputable that the healthy woman in the forties can be much younger than the tired girl of twenty. And health can now be increased. Sanatogen will make you healthier and younger. Many a woman only at the beginning of a trial of Sanatogen has been pleased to hear her friends exclaim after but a few days: "How well you look!"

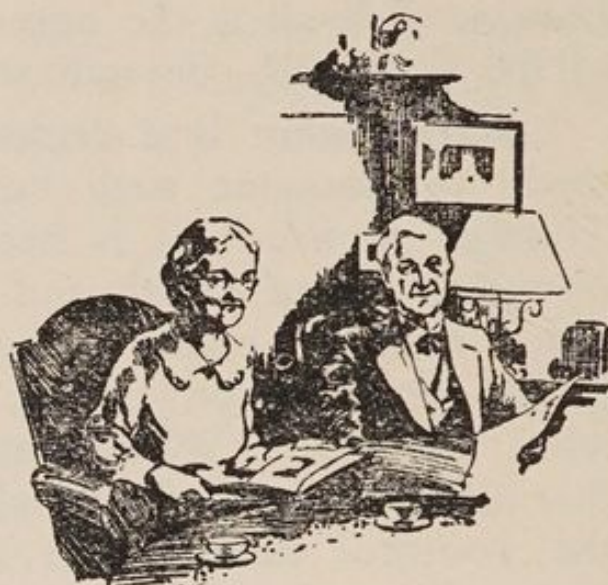
The whole body can be revitalized by Sanatogen; new health, new vigour will replace the former tired feeling and life will again be a joy instead of a burden.

"When 7 years old I was given up by the doctor. I was very ill indeed with rheumatic fever. I was just having his medicine and your famous Sanatogen. I was unconscious most of the time and was so weak I had to have Sanatogen in a baby's bottle. The doctor and everyone said it was a miracle when I recovered. Years after when my stomach got so upset that no food at all would stay down, my thoughts went back to Sanatogen. There and then I sent for a small tin and soon felt like a new being." (Miss F. Tattersall, Blackpool.)

Sanatogen for elderly people.

When life begins to slow down and the activity of the organs is diminished, Sanatogen may often meet a real necessity. Its action is gradual and fundamental, it tones up the system as nothing else does, and so staves off unpleasant symptoms of old age. Sanatogen keeps you young and enables you to engage in the activities of a much younger person with pleasure and without fatigue.

Sanatogen is a boon to elderly people – it is digested with ease and aids assimilation of the ordinary food.



See, for instance, what a retired physician writes about the results he obtained with Sanatogen :

Dr. F. S. M. . . ., M.R.C.S., L.S.A., writes :

“ I feel it a duty not merely to my own profession but also to the public generally to make the following absolutely unsolicited and voluntary statement. I am a retired medical practitioner, aged 84 years. A short time ago, on the suggestion of a medical colleague, I commenced taking Sanatogen as my years were beginning to tell somewhat on me. I adopted the suggestion with no great hope of tangible effects resulting, as other food-tonics had left me just where I was. But the regular taking of Sanatogen has, in a comparatively short time, infused new life and vigour into me. I find that my appetite has improved, my digestion is better, my capacity for work and exercise is greater, my sleep is sounder and more refreshing, and, to put it

shortly, I am better both physically and mentally than I was prior to taking Sanatogen. As I have not taken anything except this and have not altered my way of living in any manner, it is only logical to ascribe my all-round improvement to Sanatogen. My wife has also taken it daily for some time and has frequently said that she would not be without it.”

I want to tell you how thankful I am for the great benefit I feel after taking your wonderful preparation, Sanatogen. I feel a different being and shall recommend it to all I come across with nerve trouble. I have been troubled with weak nerves for years, also depression, but since taking Sanatogen life seems worth living. I shall be 70 years of age next March.”
Mrs. B., London,

Many people who used to be subject to periodical ill-health, and who now enjoy full health again, use the same words: "I would not be without Sanatogen".

A final word.

You have seen in this little booklet what Sanatogen has done for others and why its action is so remarkably beneficial. You have also read the opinion of physicians and users. Sanatogen does what it promises to do — increases health and well-being — and in this white powder is indeed hidden the greatest treasure of life — health.

There is a chemist's close at hand. Why not step along and get your first tin of Sanatogen to-day? Give Sanatogen a trial, to see what it can do for *your* health. **To the sick it means new hope, and to the fit it means increased energy and abounding vitality.**

Determine to take Sanatogen regularly twice a day for a few weeks, and at the end of that time you will be sure to feel a remarkable improvement in health, happiness and vitality.

SANATOGEN

IS SOLD BY ALL CHEMISTS

Prices from 2/3 to 10/9 per tin, and
a Family Size Glass jar at 19/9
containing $2\frac{1}{2}$ times the quantity in
the 10/9 tin

GENATOSAN Ltd. - LOUGHBOROUGH - LEICESTERSHIRE

TESTIMONIALS

"I have taken Sanatogen at odd times during the past eight or ten years. Whenever I have added strain or heavy rehearsals Sanatogen helps me over." (Marie Ney, the talented actress.)

"I've been taking Sanatogen now for some weeks, and I must say I'm feeling much better in health, and have more energy, more vigour and strength to carry on my work. It's a really good tonic, and I'm very grateful to you." (Nora Swinburne, the well-known actress.)

"When my doctors advised me to try Sanatogen, I did so, and found it increased my energy considerably. I have taken it for years and hope to continue." (Sir Harry Lauder, the famous comedian.)

"I am convinced that Sanatogen is an excellent food tonic especially for the nerves. It is also an aid to digestion and induces sound refreshing sleep. For brain workers, particularly, its use should prove of great value." (Silas K. Hocking, the well-known novelist.)

"I find Sanatogen to be a most excellent nerve tonic. The strain of constant rehearsals and performances is very considerable, and Sanatogen supplies that extra energy which is so necessary to members of my profession. In fact, I am so delighted with the results of a short course of the preparation that I have decided to take at least one dose every day in future." (Alice Delysia, the famous actress.)

"Personally I cannot speak too highly of the qualities of Sanatogen and the great benefit it is to those who are preparing for an expedition such as we undertook in tackling Mount Everest." (Colonel P. T. Etherton, member of Mount Everest Expedition.)

"I can't tell you what a boon Sanatogen has been to me. I am quite convinced that it is entirely due to its continued use that I am enjoying such good health and spirits, in spite of the nervous strain that any new production entails. Particularly after the recent film work I have been doing." (Elsie Randolph, the well-known stage and screen actress.)

"After taking Sanatogen now for a few weeks, I feel it is my duty to thank you and tell you what a wonderful tonic it really is, because it has done me all the good that I really wanted, and I know for certain that it is the finest and best "pick-me-up" that is on view today." (W. G. Richardson, one of the West Bromwich Albion forwards.)

"There is nothing like Sanatogen for maintaining one's vitality and I have found it very beneficial." (George Robey, the "Prime Minister of Mirth".)

"Sanatogen has been such a wonderful friend to me when I was tired out and feared having to give up my work for a time that I feel I must write and acknowledge my debt, and say how magical its effect on my health has been." (Violet Vanbrugh, the famous actress.)

"I feel it a duty to write and tell you of the wonderful benefit I have always obtained from taking a course of Sanatogen. I have been before the public nearly fifty years, and the strain on my nerves has been very considerable. The result of my taking Sanatogen is so marked, that I believe half our company, numbering over sixty people, are taking it." (Sir Henry Lytton, the renowned Gilbert and Sullivan actor.)

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