

DIED SUDDENLY

OF HEART DISEASE.

How frequently does a head line similar to the above greet us in the newspapers. The rush, push and strenuousness of the American people has a strong tendency to lead up to valvular and other affections of the heart, attended by irregular action, palpitation, dizziness, smothered sensations and other distressing symptoms.

Three of the prominent ingredients of which Dr. Pierce's Golden Medical Discovery is made are recommended by some of the leading writers on *Materia Medica* for the cure of just such cases. Golden Seal root, for instance, is said by the UNITED STATES DISPENSARY, a standard authority, "to impart tone and increased power to the heart's action." Numerous other leading authorities represent Golden Seal as an unsurpassed tonic for the muscular system in general, and as the heart is almost wholly composed of muscular tissue, it naturally follows that it must be greatly strengthened by this superb, general tonic. But probably the most important ingredient of "Golden Medical Discovery," so far as its marvelous cures of valvular and other affections of the heart are concerned, is Stone root, or *Collinsonia Can.*, Prof. Wm. Paine, author of Paine's Epitomy of Medicine, says of it:

"I not long since had a patient who was so much oppressed with valvular disease of the heart that his friends were obliged to carry him up-stairs. He, however, gradually recovered under the influence of Collinsonia (medicinal principle extracted from Stone root, and is now attending to his business. Heretofore physicians knew of no remedy for the removal of so distressing and so dangerous a malady. With them it was all guess-work, and it fearfully warned the afflicted that death was near at hand. Collinsonia unquestionably affords relief in such cases, and in most instances effects a cure."

Stone root is also recommended by Drs. Hale and Ellingwood, of Chicago, for valvular and other diseases of the heart. The latter says: "It is a heart tonic of direct and permanent influence." "Golden Medical Discovery," not only cures serious heart affections, but is a most efficient general tonic and invigorator, strengthening the stomach, invigorating the liver, regulating the bowels and curing catarrhal affections in all parts of the system.

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Dragging Down Pains

are a symptom of the most serious trouble which can attack a woman, viz: falling of the womb. With this, generally, comes irregular and painful periods, weakening drains, backache, headache, nervousness, dizziness, irritability, tired feeling, etc. The cure is

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"I SUFFERED AWFUL PAIN in my womb and ovaries," writes Mrs. Naomi Bake, of Webster Grove, Mo., "also in my right and left sides, and my menses were very painful and irregular. Since taking Cardui I feel like a new woman and do not suffer as I did. It is the best medicine I ever took."

Origin of Words.

To Milan is owed the word "millinery," a milliner having been originally a Milanese, an importer of feminine finery from Milan, just as a "cordwainer," shoemaker, was a worker in "corduan," leather from Cordova. It is curious to note how many words have come from the geographical names of northern Italy. There is, for instance, "florin," the coin of Florence, and "pistol," from Pistoja.

Dr. Johnson said that the word "job" was "a low word now much in use, of which I cannot tell the etymology." It is supposed to be really identical with "gob," a mouthful or morsel. Peyp's records how "my lord" said to him, "I will do you all the good jobs I can," and Peyp's himself speaks of Tangier as "hitherto used as a job to do a kindness to some lord." But the simple monosyllabic ugliness of the word was too much for Johnson.

Many words of most august sound prove to be of quite commonplace ancestry when traced to their origins. "Finance" is really only "settling up." Literally it is just "ending" and was formerly used in that very simple sense in the English language. Then it came to signify settling up with a creditor and acquired the special sense of ransom.

The Interior of the Earth.

A frequent remark is that mankind dwells on a thin crust encircling a molten mass and that the journey of life is practically on a fire ball incased in a fragile shell that has cooled and that, as it cools further, contracts with earthquake shocks. Much virtue in rhetoric, if the purpose is to elevate the hair and induce cold thrills and gooseflesh. The internal fire of the earth is an inference and, in any large sense, historically harmless if true. Persons who worry over cosmic problems might also keep awake of nights over the palpable truth that the earth moves through space without any visible means of support. On the planet are the plain marks of epochs of ice as well as of intense heat. Scientists agree that glacial ages will come again, but geology teaches that they are gradual and of limited extent geographically. — St. Louis Globe-Democrat.

Microscopic Writing.

Thackeray could write the Lord's Prayer on a sixpence, which is the size of a dime, but it is now possible to write the prayer on a surface so small that one grain of sand would hide it completely. Microscopists sell copies of the Lord's Prayer written in a circle only the five-hundredth part of an inch in diameter. To read the prayer it is necessary to use a lens magnifying 500 times. Writing so incredibly small is accomplished by means of levers six feet long. These levers are so adjusted that the motion is gradually lessened as it travels along them till, when it reaches the delicate end, armed with a minute diamond pen that rests on a glass surface, it causes the pen to register on the glass writing so small as to be invisible. — New Orleans Times-Democrat.

A British Blunder.

There is an old story of the foreign office in connection with the small French colony of Chandernagore. This tiny possession is situated on the Hooghly, twenty-one miles from Calcutta. It extends two miles along the river and one and a half miles inland from it. During our wars with France the settlement was taken and added to our dependency, but when terms of peace were arranged our minister of foreign affairs, in total ignorance of its position and of the importance of its retention, agreed to its being restored to France. It turned out that he thought it was a small island in the West Indies and of no consequence! — Westminster Gazette.

Cinderella of the Canary Islands.

Hierros can hardly be called, although nominally entitled, one of the "fortunate isles." It is the Cinderella of the Canary group, and in its south-westerly isolation may be said to live on fog. But for the mists that drench its shores the little island would die of thirst, and no vegetables could be sent to market. Its western promontory, Debas, once enjoyed celebrity as the spot through which was drawn the first universal meridian.

Blessings of Work.

Thank God every morning when you get up that you have something to do that day which must be done, whether you like it or not. Being forced to work and forced to do your best will breed in you temperance, self control, diligence, strength of will, content and a hundred virtues which the idle will never know. — Charles Kingsley.

Business Education.

Nothing will stand you in better stead in the hard, cold, practical, everyday world than a good, sound business education. You will find that your success in trade, occupation or profession will depend as much on your general knowledge of men and affairs as on your technical training. — Success Magazine.

More Important.

Nell—May doesn't seem so quick to deny her age now as she used to be. Bell—No. She's got very stout lately. Nell—What has that got to do with it? Bell—It takes all her time now to deny her weight. — Philadelphia Ledger.

Olden Times.

"Why do you say olden times?" asked a little girl who had been listening to a Bible story. "Times are ever so much older now than they were in those days."

A man never shows his own character so plainly as by his manner of portraying another's. — Richter.

A ZULU BEAU BRUMMEL.

A Type of the People England Is Trying to Control in Africa.

The Zulus, who are now giving the British trouble in South Africa, are noted as warriors, and they are as strong as they are brave. Zululand is a part of the South African colony of Natal, and it is in this part of the dark continent that the battles with the rebellious natives have taken place. Not all the Zulus are in insurrection, however. Many are loyal to the British authorities, and among these education and civilization have progressed to a considerable extent. Young men



A ZULU BRAVE IN GALA ATTIRE.

of the Zulu race have graduated from British and American colleges, and one, Pixley Ka Isaka Seme, is now a student at Columbia university, where he recently won a prize for oratory. In an essay on "The Regeneration of Africa" he declared his belief that British control of the government was best for the progress of his race.

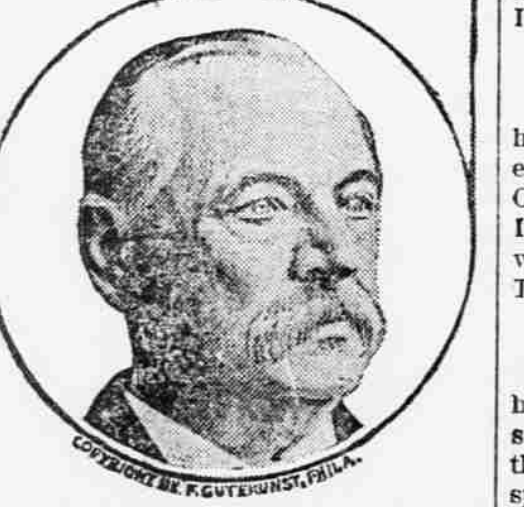
The wilder and more ignorant of the Zulus are, like most savage or semi-savage peoples, of a childlike simplicity of character in many respects. The young men are fond of displaying themselves in garb borrowed from civilization, but they do not always wear their attire in the fashion customary among whites. The accompanying picture of a Zulu Beau Brummel shows him with bare legs, but with other articles of apparel or decoration, which in his estimation evidently make up for this lack of covering. For instance, he wears a silk hat and a monocle, carries a cane and smokes a cigarette. He has done his best to carry out the white man's idea of being in style.

THE CLEVELANDS TODAY.

Our Only Living Ex-President and His Wife as Private Citizens.

Former President Grover Cleveland recently declared that under no circumstances whatever would he ever again accept a nomination for the high office he held as chief magistrate of the republic. Though he considers his public career closed, he does not deem that this precludes him from taking an interest in problems of current interest or from expressing his opinions upon the same upon proper occasions. He presided recently at the national conference of charities and corrections in Philadelphia and in his address before this assemblage discussed many subjects that are prominent in the mind of the public. He was also a speaker at the banquet of the Periodical Publishers' association at Atlantic City.

Mr. Cleveland is now in his seventieth year and, as the recent photograph



NEW PICTURES OF MR. AND MRS. GROVER CLEVELAND.

reproduced herewith shows, has lost some flesh. Mrs. Cleveland accompanied her husband on his Philadelphia trip and posed for the camera at the same time that he did. Time and grief over the loss of her daughter Ruth have given to her countenance a more serious expression than it had when she was mistress of the White House. The rearing and education of her remaining children closely occupy her attention.

Hippocratic Era in Medicine.

Richard Cole Newton declares that even in the early days of the Hippocratic era the art of surgery eschewed all forms of superstition and philosophical conjecture, attaining practical results by direct methods. At a very early age the profession of medicine was fully recognized in Greece and in many cases was generously rewarded. We read of swindlers and charlatans in those days too. Patent medicines were also sold. The Hippocratic oath, which for over twenty centuries has remained practically unchanged, is an evidence of the sagacity, the sense of professional honor and responsibility and the clear thinking of the Greeks. Hippocrates was born on the island of Cos in 460 B. C. A large collection of writings, evidently the work of many physicians, whose identity is unknown, has been ascribed to the pen of this leader. The Greeks were wonderfully brilliant in medical attainments, for they studied nature and her methods and shook themselves free from a monumental load of ignorance and superstition. The synchronous development of mind and body was the fundamental rule, both of health and education. — Medical Record.

The Discipline of Failure.

The best skating is always on thin ice—we like to feel it crack and yield under our feet. There is a deadly fascination in the thought of twenty or thirty feet of cold water beneath. Last year's mortality list cuts no ice with us. We must make our own experiments, while Dr. Experience screams himself hoarse from his bonfire on the bank. He has held many an inquest on this darkling shore of the river of time, and he will undoubtedly live to hold many another, but thus far we have not been the subjects, and when it comes to the mistakes of others we are all delighted to serve on the coroner's jury. It isn't well for us to be saved from too many blunders. We need the discipline of failure. It is better to fail than never to try, and the man who can contemplate the graveyard of his own hopes without bitterness will not always be ignored by the gods of success. — Meredith Nicholson in Reader.

Tree That Gives Light.

Among freaks of nature in trees there stands conspicuous one known as the Asiatic star tree. It is enormously tall, growing to a height of from sixty feet to eighty feet, while from the ground up to a distance of about forty feet the trunk is perfectly bare. From that point there spring a number of tangled limbs, which shoot out clusters of long, pointed leaves, and it is these, grouped together, that emit at night a clear, phosphorescent light. This gives the tree a spectral appearance and is very deceiving to travelers, who frequently mistake the glow for an illuminated window of a house. The light is not brilliant, but is of sufficient strength to allow of a newspaper being read by it. It does not flicker, but glows steadily from sunset to daybreak.

Men Who Walked on All Fours.

In the kingdom of Poland there was formerly a law according to which any person found guilty of slander was compelled to walk on all fours through the streets of the town where he lived accompanied by the beadle, as a sign that he was disgraced and unworthy of the name of man. At the next public festival the delinquent was forced to appear crawling upon hands and knees underneath the banquetting table and barking like a dog. Every guest was at liberty to give him as many kicks as he chose, and he who had been slandered most toward the end of the banquet throw a picked bone at the culprit, who, picking it up with his mouth, would leave the room on all fours.

No Peace For Discoverers.

It is remarkable how few of the discoverers and conquerors of the new world died in peace. Columbus died of a broken heart, Balboa was disgracefully beheaded, Cortes was dishonored, Sir Walter Raleigh was beheaded, Pizarro was murdered, Ojeda died in poverty and Henry Hudson was left to the mercy of the Indians along the bay which he discovered. — Detroit Free Press.

Don't Kill the Hawk.

Man has sinned more than any other animal in trifling with nature's balance. Clover crops and the killing of hawks are apparently unrelated, yet the hawks eat the field mice, the field mice prey on the immature bees, and the bees fertilize the clover blossoms. The death of a hawk means an over-increase of field mice and a consequent destruction of the bees. — Country Life in America.

A Charity Dance.

Awkward Spouse—I see our set is to have a grand charity ball. Did you ever dance for charity? Pretty Wife—Of course. Don't you remember how I used to take pity on you and dance with you when we first met? — London Telegraph.

His Wish.

They had just moved into a new house, and they stood surveying the situation. "I wish," she said, "that this carpet was velvet." "I don't," responded the husband unfeelingly. "I wish it was down."

Easy.

Maisie—Aren't you coming to my party? Daisy—How can I when I'm in half mourning? Maisie—Oh, well, come and stay half the evening. — Cleveland Leader.

Not to understand a treasure's worth till time has stolen away the slightest good is cause of half the poverty we feel and makes the world the wilderness it is. — Cowper.

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