se Mendez was a Mexican Indian who killed himself in 1862 in an Jose Cal. At the time of his death Jose was 36 years of age. He had all his life been an exceedingly active man. Among the daring characters then residing in San Jose none could excel him as a rider of wild herses. He was also very ingenious, and could not only make the finest kinds of lariats, but

ould also use them in many original ways.

One day the daring rider came to grief By some means he was thrown from a wild mustang, and, being stunned and made helplers by the fall, he was dragged for some distance in the stirrups. When fin-ally rescued he was in a condition that would have been sure and almost instant death to any but a man of wondertul nerve

and tenacity of life.

Injured and helpless, he recovered suficiently to realize that he could never engage in active pursuits again, and he became very moody and despondent. A life in which he was precluded from daring riding on untrained mustangs had no charms for him, and in the midst of his sufferings from internal injuries he made fre quent threats of suicide. Once in speak-ing of the matter to an intimate friend, who tried to dissuade him from the idea, he said that when he killed himself it would be done in such a manner that no would ever have any trouble about him. It was thought at the time he intended to drown himself in the sea where his bear elf in the sea, where his body would

ever be recovered. Every morning for several weeks there-after Jose crawled away from the adobe but in which he and a number of others lived, and came back quite late every even-ing. On these trips he took a pick and shovel, and occasionally a piece of lumber, no one knew for what purpose. Some supposed that he was mining somewhere. this time he had grown so despondent as to be entirely uncommunicative, and no explanation of his conduct could be obtained from him. One evening, as was expected, the invalid did not return to the adobe, and the next day a search was made in the

Something like a mile from the adobe house the searching party found a small clearing in the grass and weeds. To the surprise of every one of the party' a rude board box about 3 feet wide and 6 feet long and about 18 inches in depth was fou living upside down in the middle of the open place. The box was immediately overturned, but nothing but a heap of loos earth was found under it. A closer exam ination revaled the fact that attached to the box were a number of pieces of lariat.

The explanation of all this was a mystery, and at first it was not connected with the disappearance of the Mexican.

An intimate friend of the missing man then made an explanation which was pre nounced entirely plausible and cleared the mystery. The man said that the Mexican, after sustaining his injury, had been entire ly dependent upon strangers for his support and sustenance, and he was determined, if possible, after he was dead not to give them ny more trouble. He, therefore, devised a scheme by which he could not only kill but also, at the same time, bury himself. How the thing was managed was easily enough determined by an inspection of the ground. The deceased had dug a grave, a rather shallow one, in which his skeleton was found some years later.

Alter the grave was dug, which required me time, owing to the feeble condition of the deceased, he placed the loose earth in a box that had been made for that purpose. This carth was packed in as solid as possible, by being wet and then allowed to dry sgain, so that when the box was carefully stood on its side with the earth toward the ground none of it fell out. Several lariats were then stretched across from the

upper side of the box, as it lay access the grave to stakes on the other side.

The box was then carefully balanced, so that any object that might fall on the larvats would cause it to fall over the grave and empty the earth it contained on top of the contained on the contained

would cause it to fall over the grave and empty the earth it contained on top of the body. In this manner the unfortunate man not only killed but also buried himself almost in the same instant of time.

So well satisfied were those who made the surpraing discovery that their theory was correct that they did not take the trouble to dig in order to ascertain that the body was underneath. The theory, however, was further strengthened by the finding of the pistol with which the shooting had been done in some loose earth near the edge of the grave. It had evidently dropped there from the suicide's hand after he fired the fatal abot. This fact convinced the searchers, and they returned without making further investigations, so that the desire of the unfortunate that no one should be troubled with burying him was realized Some years later the skeleton of Jose Mendez was accidently discovered and the theory of his friends fully corroborated.—Ex.

Dangerous Dick—Ye tol' me yer father kept a clothin' store before he died, an' now I find out he was hung for hoss stealin.' Arizona Abe (indignantly)—I never said he kept a clothin' store; I said he was in the clothes line when he died. That's what they hung him with. Understan'?





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SEWS WITHOUT HANDS. Wonderful Work of an Invalid | . Mas Paralyzed Limbs.

In a quiet little town of Sag Harbor, on the eastern end of Long Island, there lives a yourg woman who is perhaps the most remarkable invalid in the world. She earns her living with her tongue, for her hands and feet, her legs and arms, are paralyzed, as they have been indeed since the day she was born. She sews and embroiders, paints pictures, write letters and broiders, paints pictures, write letters and does other things with her tongue and teeth while her body is strapped in a chair. This wonderful young woman is Fanny W. Tunison. When Miss Tunison sews or embroiders it is here. numbers it is her tongue that takes the place of fingers. The cloth is placed before her on a tray, and is held down only by a little block of wood filled with lead so

that it weighs about four ounces. This has a small upright handle about an inch in length, projecting upward, which she takes hold of with her tongue or teeth in order to shift it around. The first thing she does is to thread her needle, and [this is one of her most won-derful feats. She picks the needle up with her tongue, sticks it upright in the cloth, then [picks up the thread, also with her tongue, bends [her head down over the needle and puts the thread through the eye. How she can do it is past compre-hension, for she cannot see the needle and superseatly has to raly mon the extreme

apparently has to rely upon the extreme delicacy of touch which her tongue possesses. The whole operation takes no more time than would be necessary for an expert needlewoman with skilled fingers and strong eyes to perform.

When the needle is threaded she draws the v orsted or silk through the eye until it is the required length, and cuts it off with a small pair of scissors. Like everything else, she picks these scissors up with her tongue and stands them on edge in the ordinary position for cutting, with one side resting on a little table before her. Then she slips her tongue between the two handles, keeping the upper one between the tongue and the upper teeth. Next she slips the scissors along the board to where the thread is lying. In an instant the thread is between their blades and is severed.

After the needle is threaded and the thread cut to the required length, a knot must be tied in one end. Miss Tunison picks up this loose end of thread, as before, with her tongue, and her lips close over it, having perhaps an inch inside her mouth. The observer has a fleeting impression of a series of rapid and complicated movements being made by the tongue behind the closeshut lips; then the lips part and the thread drops on the table, a neat knot tied in the

Everything being now in readiness Miss Tunison picks up the threaded needle as usnal with her tongue and inserts the point in the cloth at the exact spot she wishes, and, still with her tongue, passes it half way through. Then she moves her head to the edge of the piece of cloth and turns it over. Then she seizes the needle again with her tongue and draws it through to the full length of the thread. She does this over and over again, passing the needle in and out and making fancy embroidery statches with remarkable case.

Miss Tunison's tongue, through long and constant use, seems to have grown un usually large, long and muscular, and seems almost prehensile in its powers. In seems almost prehensile in its powers. In some of its movements it reminds one of the tongues of some four-footed animals, so much more intelligent and knowing does it seem than any human form. To the onlooker there seems imminent danger of the needle slipping back into the mouth and down the throat, but Miss Tunison says this has never happened and that she has never even injured her tongue in any war.

has never even injured her tongue in any way.

Miss Tunison writes about as rapidly as a ten-year-old school boy would, and quite as legibly. The touch of her pencil upon the paper is so light, yet so firm, that she uses no weight or isatening to hold down the small blocks of note paper she generally uses in her correspondence, and when she uses a single sheet instead the bit oweighted wood referred to is quite suffit cient to keep it still. In the same way that Miss Tunison cuts thread with her scissors, she is also able to cut paper or cloth. The scissors, of course, are kept very she is also able to cut paper or cloth. The scissors, of course, are kept very sharp. She learned to draw even before she did to write. Her room is nicely furnished and many specimens of her handiwork are scattered about. On the wall is a large drawing in colored crayons of Montauk lighthouse, which is one of the most ambitious of her artistic achievements.

Though her malady is a spinal one, which is absolutely incurable, Miss Tunison seems as happy and light-hearted a young woman as one would wish to see. Everybody in the village of Sag Harbor knows her, and all say that there are few well people that are as uniformly cheerful.—Utics Globe.

Suptelous.

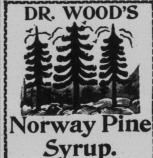
I was cured of Acute Bro LINIMENT. Bay of Islands. I was cured of Facial New LINIMENT. Springhill, N. S. nchitis by MINARD'S J. M. CAMPBELL. WM. DANIELS. GEORGE TINGLEY.

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REMEDIAL FOODS.

Articles Diet Which Are Said to Have Medical Value. Celery is invaluable as a food for those ing from any form of rheumatism liseases of the nerves, and nervou

dyspepsia.

Lettuce for those suffering from i

Watercress is a remedy for scurvy.

Peanuts for indigestion. They are especially recommended for corpulent diabetes. Peanutes are made into a wholesome and nutritious soup, are browned and and used as coffee, are eaten as a relish

and used as coffee, are eaten as a relish simply baked, or are prepared and served as salted almonds.

Onions are almost the best nervine known. No medicine is so useful in cases of nervous prostration, and there is nothing else that will so quickly-relieve and tone up a worn-out system. Onions are useful in all cases of coughs, colds, and influenced in community. Insomnia. influenza; in comsumption, insomnia, hydrophobia, scurvy, gravel, and kindred hydrophobis, scarry, graver, and liver complaints. Eaten every other day they soon have a clearing and whitening effect on the complexion. Spinach is useful to those with gravel.

Asparagus is used to induce perspiration.
Carrots for sufferers from asthma.
Turnips for nervous disorders and for

Raw beef proves of great benefit to persons of frail constitution, and to those suffering from consumption. It is chopped fine, seasoned with salt, and heated by placing it in a dish of hot water. It assi milates rapidly and affords the best nour

Eggs contain a large amount of nutriment in a compact, quickly available form.
Beaten up raw with sugar they are used to
clear and strengthen the voice. With
sugar and lemon juice the beaten white of eggs is to relieve hoarseness.

Honey is wholesome, strengthening, cleansing, healing, and nourishing.

Fresh ripe fruits are excellent for purifying the blood, and toning up the system. As specific remedies, oranges are aperient. Sour oranges are highly recommended for

Cranberries for erysipelas are used exernally as well as internally.

Lemons for fevers thirst in sickness, for iliousness, low fevers, rheumatism, coughs

Lemons for levers thrust a sickness, low fevers, rheumatism, coughs colds, liver complaint, &c.

Blackberries as a tonic. Useful in all forms of diarrh cal.

Tomatoes are a powerful aperient for the liver, a sovereign remedy for dyspepsia and indigestion. Tomatoes are invaluable in all conditions of the system in which the use of calomel is indicated.

Figs are aperient and wholesome. They are said to be valuable as food for those suffering from cancer; they are used externally as well as internally.

Apples are useful in nervous dyspepsia; they are nutritious, medicinal, and vitalizing; they aid digestion, clear the voice, correct the acidity of the stomach, and are valuable in rheumatism, insomnia, and liver troubles. An apple contains as much nutriment as a potato in a pleasanter and more wholesome form.

Grapes dissolve and dislodge gravel and calculi, and bring the stomach and bowels to a healthy condition.

Pie plant is wholesome and aperient; is excellent for rheumatic sufferers and useful for purnying the blood.

shought it was the Bottle.

In the neighborhood of Manchester there is a glue factory. A lady, who was often obliged to pass the factory in journeying to and from that city, always carried with her a bottle of lavender salts. One morning an old farmer took the seat directly opposite to her. As the train approached the factory the lady opened the bottle of salts. Soon the whole carriage was filled with the horrible odor of the glue. The old farmer stood it as long as he could, then leaned forward, and shouted. Madam, would ye mind puttin' the cork in that 'ere bottle,

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