

Churn Slowly.

A little maid in the morning sun
Stood merrily singing and churning—
"Oh, how I wish this butter was done,
Then off to the fields I'd be turning!"
So she hurried the dasher up and down
Till the farmer called, with a half-made from
Churn slowly!

"Don't ply the dasher so fast, my dear,
It's not so good for the butter,
And will make your arms ache, too, I fear,
And put you all in a flutter—
For this is a rule, wherever we turn,
Don't be in a haste whenever you churn—
Churn slowly!"

If you'd see your butter come nice and sweet,
Don't churn with a nervous jerking,
But ply the dasher slowly and neat—
You'll hardly know that you're working;
And when the butter has come you'll say,
"Yes, this is surely the very best way!"
Churn slowly!"

Now, little folks, do you think that you
A lesson can find in butter?
Don't be in a haste, whatever you do,
Or get yourself in a flutter,
And while you stand at life's great churn,
Let the farmer's words to you return
"Churn slowly!"

HISTORY OF FENIANISM.

Where and by Whom the Organization
was Inaugurated.

An ex-member of the Fenian Directory has, in "Blackwood's Magazine," what he evidently considers a very reasonable article on Fenianism. The original body known as Fenian was raised by James O'Mahony and James Stephens. In September, 1848, the former raised a little band in Ireland, only to make a ludicrous failure in his attempt to gain justice for his countrymen. He and Stephens then met in Paris and decided to make the United States the base of their operations, and, if possible, to engage the Union in a war with Great Britain for the advancement of their ends. Stephens went to work in Ireland in 1857, but in less than a twelvemonth his proposed nucleus of the Republican Brotherhood had been scattered, arrested and sentenced. O'Mahony's work in this country was better done, and by 1860 he had organized 130 circles with an average of 400 men each. Among them were such men as Gen. Shields and Col. Corcoran. In 1865 Stephens, then in Dublin, assured the American party that Ireland was ripe for revolt. This period of boastfulness was also marked by banquets, picnics and other reckless expenditure of the vast sums so easily raised. But the end of such gaiety came quickly, when, in September of the same year, the British Government struck its first blow by seizing the *Irish People* newspaper, its staff and the staff of the Brotherhood. Soon after the American party, the true Fenian Brotherhood, deposed O'Mahony from his office as chief. The body now split into two factions, one clinging to O'Mahony and Stephens, and the other, called the senate party, electing William Roberts their President. In June, 1866, occurred the Fenian invasion of Canada, when 1,100 of them under Gen. O'Neil met the Queen's Own Regiment, of Toronto. This brought the crucial moment in the history of the Order. Forbidden action on American territory, there was nothing for the "professional" portion of the conspiracy but to fall in with Stephens' plan—"A fight for Ireland on Irish soil." But immediately such bitter contentions arose among themselves that there was not a secret of the society that they did not themselves parade for the information of an amused and wondering world. Stephens went so far as to publicly fix the day on which the "Sunburst," or Fenian banner, was to be unfurled on the green hills of Ireland. In January, 1867, they began to land at Queenstown, only to turn on those of their own number whose activity was too moderate. Later in the year American Fenianism attempted to land on Irish soil a small vessel with men and arms. The whole expeditionary force of 45 men was captured, and a few of them tried and condemned to various terms of imprisonment. With the fall of Stephens, the failure of all attempts against Canada and the hopeless cruise of the *Jackel* brig, terminated for a time most of the visible manifestations of Fenianism. Since the commencement of the Irish land agitation American Fenianism has vastly developed, having freed itself from the jealousies and bickerings which rent it to pieces after the failure of 1867. The organization may now be said to consist of but one solid body, in the hands of the Chicago convention—a delegated assembly liable to be summoned to meet together as occasion may arise or the necessities of the party demand. Last year there were reported 913 circles, having a nominal membership of nearly 250,000.

The British Volunteers.

Major Bond, of the Prince of Wales' Rifles, Montreal, who has just returned from England, where he participated in the Easter Monday volunteer review at Portsmouth, tells a reporter of the *Witness* the following: "I think they (the English volunteers) are much the same in physique as are some of our best corps; but they are better equipped in every sense. Each was provided with the new overcoat attachment, water bottles, haversacks and a day's rations—in fact with everything for a day's work. There was only one field battery on the ground, and among the finest sights of the day was the opening of the affair by the artists' corps—composed of artists—who commenced the skirmish. The forces were under command of Prince Edward of Saxe-Weimar. I think the finest regiment of the whole lot was the London Scottish; their physique was magnificent. The London Irish, 900 strong, came next, I think. They were well acquainted with some of the Canadians, having met them at Wimbledon. The force was uniformed in grey and dark green—the infantry and rifles were evenly divided. The London Irish wore black, with green facings. Many were dressed in grey, and I believe that was the most serviceable uniform on the field."

Truth is Mighty.

When Dr. Pierce, of Buffalo, N. Y., announced that his "Favorite Prescription" would positively cure the many diseases and weaknesses peculiar to women, some doubted, and continued to employ the harsh and caustic local treatment. But the mighty truth gradually became acknowledged. Thousands of ladies employed the "Favorite Prescription" and were speedily cured. By druggists.

A North Carolina lady has seventeen living children. That is an odd number.

ICE PERILS AT SEA.

Terrible Experiences Among the Icebergs.

SUPPOSED LOSS OF A STEAMER.

A telegram from St. Johns, Nfld., dated last (Thursday) night, says: The barquentine *Christabel* arrived to-day, having been 102 days on her passage from Alicante. She was firmly embedded in floe ice during sixty-three days, and her crew for several weeks were reduced to the most meagre allowance of food. When liberated from the ice, off Flaccatia Bay, on Monday last, there were three other British vessels (names not ascertained) firmly fastened in the ice pack, from eight to ten miles distant. They all showed signals of distress, and Captain Olsen thinks their crews are on the point of starvation. Off Cape Finisterre the *Christabel* passed a large barque, dimasted and abandoned, and when approaching the Newfoundland coast she came up with the schooner *Speed*, of Prince Edward Island, laden with molasses, also abandoned. A telegram to-day states that there are forty-three ships and barques and eight steamers caught in the ice in the Gulf of St. Lawrence, and visible from the highlands of Cape Ray.

The Allan mail steamer *Newfoundland* arrived last night from Halifax. Captain Mylius reports 350 icebergs on his passage to St. Johns. He anticipated dismal consequences to life and shipping property during the fog-laden months of June and July. It is now blowing a terrific gale from the south and there is a heavy Atlantic swell heaving before the storm.

Four steamships arrived last night from the sealing grounds, all having had poor luck. Captain Daws, of the Dundee whaler *Thetis*, picked up a water cask with other gear, on the Labrador coast, belonging to the Peterhead whaler *Alert* that sailed last autumn for the purpose of wintering in Cumberland Sound. The *Alert* is reported to be that the vessel had been crushed in the ice.

A Chapter on Gardens.

PARSNIP.

Sow as early as the ground will permit in deep loamy soil, in rows fifteen inches apart, and thin to six inches in the rows. To keep well in the ground over winter, draw a little earth over the tops. The Hollow-Crowned is the best.

PEAS.

Peas require good ground, enriched with well-rotted manure; fresh manure is injurious. They are usually grown in double drills (that is, two drills) eight inches apart. By doing so, one row of sticks will serve for two rows of peas. The space between the double drills will be about three feet or less, according to the height of the peas. Sow early sorts rather thick, and they will withstand dry weather and yield better than those sown thin. They may be soaked a few hours in warm water previous to sowing. The Improved Daniel Rourke and Alpha are among the first for earliness; for late the Champion of England is superior.

RADISH.

The radish must make a rapid growth to be fit for use. It will then be crisp and tender, and of mild flavor. If grown slowly it will be hard, fibrous and disagreeably pungent. As soon as the ground can be worked select a warm, sunny location, with a sandy soil, for out-door beds, and sow at intervals of ten or twelve days for a succession throughout the season. The winter radishes should be sown in July or August—about the time of turnip sowing. Sow half an inch deep in drills nine inches apart. The best early kinds of radishes are the long scarlet and French breakfast.

SQUASH.

The summer or bush varieties may be planted five feet apart; the fall and winter kinds eight or ten feet apart. Treatment same as cucumbers and melons. They thrive best in a rich, warm soil. The summer Crook-neck and White Bush are the favorite summer kinds; the Hubbard and Boston Marrow are the best for winter.

TURNIPS FOR GARDENS.

For early crops sow as early in spring as the ground can be worked, in drills, twelve inches apart, and thin to six or eight inches; and for general crops up to the middle of August. They succeed best in a light sandy or gravelly soil, abundantly enriched with manure. The red top and white top Strap Leaf are the best early turnips; for late the Yellow Globe and Golden Ball are good.

TOMATOES.

As soon as the danger of frost is passed, plant out three or four feet apart each way. It will hasten the swelling and ripening of the fruit at least a week or ten days, to cut off the vine a little beyond the clusters, and as often as it starts into growth to pinch out all the young shoots. The Acme is a fine, smooth early tomato. The Canada Victor Trophy (red) and Golden Trophy are excellent. For canning many prefer the Paragon and Hathaway's Excelsior.

No one will for a moment suppose that this is more than a concise and much abbreviated list. The whole space might have been profitably devoted to a single kind of vegetable, but this is sufficient for the general farmer's garden, and there are more vegetables here mentioned than will be found in the majority of them.

A Fatal Quarrel.

Yesterday as the steamship *H. C. Akely*, of Grand Haven, Captain Edward Stretch, was taking a cargo of coal for Chicago from the Lackawanna coal docks, Buffalo, two men, named John McDonald and Patrick Callaghan, more or less under the influence of whiskey, began a scuffle near the fore-hatch. Callaghan gave McDonald a shove, which sent him backward over the edge of the hatchway, down sixteen feet to the lower deck, where he struck on the top of his head, killing him instantly. Callaghan says the scuffle was only in sport, but several who witnessed it, including the captain, say it was rather too earnest to be in sport only. The dead man is about 35 years of age, light hair and moustache and blue eyes. He came on the boat at Malden or Amherstburg, Canada, last Monday. It is not known whether he is a single or married man. Callaghan was detained by the captain of the barge until the arrival of an officer, who took him to Station No. 1 to await the result of the coroner's inquest. Coroner Fowler has charge of the case.

The richest and most perfect varieties of oats are raised in Scotland. The weight of a bushel of American oats varies between 30 and 35 pounds; that of a bushel of Scotch oats between 40 and 50 pounds.

At a donkey show lately held in Winter Palace, Bournemouth, England, the animal which played a part in the Ober-Ammergau play was the centre of attraction.

DARE DEAD.

A Foolhardy Gymnast Meets with a Terrible Fate.

The New York Sun says: "On Monday last Prof. J. J. Dare was advertised to give an exhibition upon the tight rope at Flushing, L. I., during which he was to walk backward and forward blindfolded, tied from head to foot in a sack and with his feet in a cheese box. At 2 o'clock a large crowd had assembled, a long wire rope was extended across Bridge street from the Times office to Browne's feed store, opposite, and fastened around under the eaves of the building. A lever which tightened the rope was held in place by being caught under the edge of the roof. After going through the simple portion of the exhibition a handkerchief was tied around his head and he proceeded to walk across blindfolded. At this point the stick slipped, the rope slackened suddenly and he fell astride it. He rebounded and fell to the macadamized road, striking upon his head and left shoulder, and fracturing his skull. He was carried to Shaw's restaurant close by, where he raised his head twice or thrice, ejaculating 'Oh, my God!' and expired. He was afterward taken to the Fountain House, where he now lies. A telegram was sent to his wife and his aunt, Mrs. A. H. O'Dell, at 239 Ninth avenue. They arrived at 7 o'clock, and telegraphed to his father, the Rev. Dr. Seaman, editor of the *Norwich Sentinel*. The real name of the deceased was James Seaman. He was about 5 feet 6 inches high, spare but athletic, with dark eyes and moustache. He was 28 years of age, and had been engaged as a professional gymnast for about twelve years. He fell three months ago in Hollister, Cal., and was so badly hurt that he lay unconscious for ten days. He was employed in 1871 by Barnum, but has since been giving exhibitions on his own account." Dare has given a couple of performances in Hamilton, the rope being stretched across James street at the St. Nicholas Hotel.

Marriage and Long Life.

Dr. Stark has been compiling some statistics and life tables which are recommended as good reading to bachelors. The doctor shuts out from his table the children and begins his tables with the age of 20 years. He shows that the man who passes his life from that age as a married man is likely to live twice as long as if he lived in celibacy. He finds from a great mass of statistics that married men reach the age of 60 and seven-tenths years, and the unmarried only 40 and two-tenths. His figures are not so favorable for women, but notwithstanding all the dangers with which they meet, life is prolonged by marriage. If the doctor's figures are correct, marriage is about the best insurance company yet organized, from the fact that it gives every day dividends of happiness and adds over nineteen years to every investor's life.

See, Feel and Believe.

"Truth conquers," and Putnam's Painless Corn Extractor is the embodiment of truth. "Actions speak louder than words," and its action on corns of every description has been the means of extending its reputation far and wide. The explanation of its success is that it performs all that it claims to do, viz., to remove the worst corns in a few days without pain. Beware of imitations and substitutes. Sold by druggists everywhere.

The Methodist Church.

Bishop Moore at the Conference of the Methodist Episcopal Zion Church, Poughkeepsie, N. Y., stated that the prospects of colored Methodism were never brighter than now, with a membership of three millions scattered in nearly every State and Territory, Canada, Liberia and the West India Islands. There are twenty-two annual conferences, presided over by six bishops, and church property to the amount of \$16,000,000, and a recently established institution of learning in North Carolina.

SOMEBODY'S CHILD.

Somebody's child is dying—dying with the flush of hope on his young face, and somebody's mother thinking of the time when that dear face will be hidden where no ray of hope can brighten it—because there was no cure for consumption. Reader, if the child be your neighbor's, take this comforting word to the mother's heart before it is too late. Tell her that consumption is curable; that men are living to-day whom the physicians pronounced incurable, because one lung had been almost destroyed by the disease. Dr. Pierce's "Golden Medical Discovery" has cured hundreds; surpasses cod liver oil, hypophosphites and other medicines in curing this disease. Sold by druggists.

Celluloid as an Incendiary.

A Trojan, while dining at a city restaurant late last night, in lighting a cigar, set fire to the cord attached to his eye-glasses. The flame darted up, and in a moment the frame of the glasses was all ablaze. He dashed them to the floor quickly and saved his eyesight from injury. The secret of the mystery is that the frame of the glasses was made of celluloid, a preparation of gun-cotton and very inflammable.—*Troy Times*.

Cardinal McCloskey's new residence, in the rear of the new cathedral, New York City, is almost ready for occupancy, under the supervision of the eminent architect, Mr. James Renwick, who also was the architect of the cathedral. The most interesting feature about the house will be the cardinal's library, which extends through two stories, the upper ones giving it ceiling an unusual height. The large windows at either end are of stained glass and the ceiling is covered with fine tracery work. Its dimensions are 18 feet by 64. The cost, exclusive of the ground, is \$70,000.

At North Platte, Neb., the other day, while a little child of R. A. Douglas was playing in the yard, an eagle swooped down, and, fastening its talons in the baby's back, tried to soar aloft. The burden was too heavy, however, and when about four feet from the ground the eagle let go its hold, the child sustaining injuries in the fall that proved fatal. The father happened to be present, and, grasping his rifle, shot the eagle. The measurement from tip to tip of the eagle's wings is nine feet.

PROVINCIAL BOARD OF HEALTH.

The Question of Sites of Houses in Cities.

At the meeting of this Board yesterday in Toronto it was moved by Dr. Conover and seconded by Dr. Yeomans, that we would recommend the adoption by city or other municipal councils of a by-law to the following effect: "That no person shall construct any foundation of a new building on a site which has been previously filled up with garbage or any offensive or objectionable material which, by long exposure to sun and air, or by other means, has been rendered innocuous, and such site shall not be built upon until the same shall have been approved of by the City Engineer or Health Officer, after he has caused the immediate site intended to be covered by building or buildings to be opened up by a test drill or otherwise as far as the surface of virgin soil; and it found to be impure, to cause the same to be removed, substituting if necessary soil taken from an unexceptionable source."—Carried. The subject of establishing a vaccine establishment in Toronto was discussed, and a committee of several physicians was appointed to consider the matter and make the necessary arrangements. In the meantime the Secretary was authorized to procure a supply from Montreal. A suggestion by Dr. Mills, of Barrie, that in order to prevent the spread of contagious diseases all premises where such diseases have existed should be disinfected, was approved of. On motion the Board went into Committee of the Whole to consider the supplementary report regarding the water supply and sewerage of Barrie. The Board recommended that instead of taking the water from Sarnia Bay, as at present, the Corporation should extend a water pipe into Lake Huron, a distance of only two miles from the city. It was resolved to provide such sanitary literature as is required by the Board. The meeting adjourned.

Albany Beef.

Albany beef is the name given to the flesh of the short-nosed sturgeon which are caught in large numbers in the Hudson River. These fish are from two to five feet long, and the meat, although rather coarse in texture, affords a cheap and good substitute for more expensive food to very many. But there are many thousands who remember the sturgeon from a very different reason—its connection with the name of Dr. Dow's Sturgeon Oil Liniment, which is a radical cure for every form of rheumatism, weakness of joints, contraction of muscles, lame back, etc., and everything that can be reached by such means. It performs the most remarkable cures on those who use it, and suits all people, all sexes and all ages.

Whoever would be well must see that every organ of the body does its share of duty. Every one may insure this by taking an occasional dose of Dr. Wilson's Anti-bilious and Preserving Pills. Stomach, liver and bowels are all reached by the purifying power of these pills.

An Important Omission.

Sir L. Tilley in his return in reference to tall chimneys omitted to mention a very important industry, and one which has not only given employment to many hands, but has through the influence of the N. P. relieved thousands from physical suffering. We refer to that great remedy for corns, "Putnam's Painless Corn Extractor." Sure, safe and painless. Sir Leonard may exclaim, "Canada for Canadians," but we must emphatically exclaim, "Putnam's Painless Corn Extractor for corns." Sold everywhere.

The Presbyterian Synod of Kingston have passed the following resolution:

In view of the physical and moral effects of the use of alcohol, the attention of the Government be called to the importance of introducing some lessons on the subject into public school readers.

In the discussion, Principal Caven expressed disapproval of the introduction of a temperance manual into public schools, not because he did not sympathize with the temperance movement, but because of the crowded state of the school curriculum at present. Rev. J. Cameron and Rev. J. Smith stated their belief that the Ontario Government was taking steps in that direction, and stated that such a manual was already in use in the schools in England.

At Lambeth, the South London parish opposite to Westminster, three "lady guardians of the poor" have just been elected—Miss H. F. Lord, Miss C. M. Whitehead and Miss E. Muller, all of well-to-do families. Their majorities were about one thousand.

After a comparative study of national longevity a German statistician has reached the conclusion that Greece offers a better chance for long life than any other country and that extreme old age is more often attained in the Orient than in western Europe. Several instances of wonderful longevity are given, of which, perhaps, the most striking is recorded by the chief physician of the Greek army. He states that he was recently called to attend a priest who was born in 1758, ordained in 1797, and who had served one parish, the commune of St. Basil, for 81 years. He had never before been ill, and at the age of 120 cultivated his patch of ground with his own hands.

The Princess Beatrice alone remains unmarried of all the English royal family, and, strange to say, the Queen, who has always proved herself such a devoted adherent to matrimony, is declared by the intimates of the court circle to look upon the marriage of her youngest daughter as a thing impossible. For a certain time much whispering was going forward among the privileged about the desire expressed by the Grand Duke of Hesse to become the son-in-law of Her Majesty for the second time, but the opposition to the Deceased Wife's Sister Bill has put a natural end to the union. Meanwhile the Princess, who is in all things all that a gracious woman should be, pursues her task steadfastly and unrepiningly. Friend and companion of her mother, consoler of the immeasurable depth of woe by which the royal lady once bade fair to be submerged, she is pronounced no longer a charmer and soother of the Queen's existence, but actually to be the element necessary to its continuance.

The past is for wisdom, the present for action, but joy for the future.

LEFT TOWN.

The Short Lived Business Career of Chapman Brothers.

The neighborhood of North Bay street, Hamilton, was considerably surprised on Monday morning by the discovery that Chapman Bros. had packed up their tools in trade and absconded. The shop door was left unlocked, and the men coming to work as usual were also surprised. It appears that the brothers composing the firm arrived from the Old Country a few years since, and worked about for a short time as journeymen. Some eighteen months since they opened a tin shop, engaged seven or eight men and commenced the manufacture of cheap tinware for sale, to the "eight and ten cent stores." They are indebted to M. & L. Samuel Benjamin & Co., of Toronto, for about \$500, and to a leading local firm for a similar amount. The landlord seized for one month's rent, and various creditors whose joint claims amount to more than \$1,500 will have about \$75 to fight over. They seem to have had no capital to begin with beyond their tools and an unlimited amount of self-assurance.—*Journal of Commerce*.

Another Tichborne Claimant.

From San Francisco comes the despatch that Ferris alias Sir Roger Tichborne on Saturday met three persons formerly in the employ of the Tichborne family who recognized and acknowledged him as Roger Tichborne. Arrangements are being made for Tichborne to visit Father LeFebvre, his former spiritual adviser, now in Paris. The parties who, it is alleged, identified Ferris as Roger Tichborne are Charles Burden, page to Sir Edward Doughty, Tichborne's uncle and recent public administrator of Tuolumne County, a woman living in Alameda County who was in the employ of the Tichborne family twelve years, and a man formerly gardener for Henry Tichborne.

An Oil Strike.

A Buffalo telegram says: Clarentin is now said to be the coming oil town. The Jenerette well, Updegraff farm, near Shippenville, Clarion County, Pa., sixteen miles from Emlenton, struck sand on Wednesday and filled up 400 feet on the first bit, 800 on the second and flowed on the third bit. It is showing for 50 barrels. Vandergrift Bros. have nine wells on their lease, making an aggregate production of 200 barrels per day. Two of these wells, completed four months ago, started at 250 barrels and are now making about 17 inches in a 250 barrel tank. The other wells started at from 25 pipes to 100 barrels and have settled down accordingly.

Important to Travellers.

Special inducements are offered you by the Burlington route. It will pay you to read their advertisement to be found elsewhere in this issue.

The more people reflect on Professor Barff's discovery that by heating boracic acid with glycerine a compound is obtained which keeps food perfectly sound and sweet for months, the greater will be their conception of the revolutionary character of boroglyceride. The demand for refrigerators will suddenly cease. That, however, is one of the most trifling of the consequences of Prof. Barff's discovery. A sultry day will no longer be able to spoil "the harvest of the sea," and inland towns will for the first time be able to enjoy a constant supply of cheap fresh fish. The revolution will fall heaviest on farmers. If Devonshire cream can be delivered in Zanzibar as fresh as when it left the English dairy, the one great element which has hitherto favored the British agriculturist in his struggle against foreign competition will disappear. Prof. Barff may yet figure in history as the revolutionist who administered the coup de grace to the noient landed system of Britain.

A congress of French schoolboys has just been held, "in spite of all opposition" from parents, guardians and schoolmasters, "at Albi, a town near Toulouse. The number of delegates who assembled was twenty, and after two days' deliberations they decided on suggesting to the Minister of Public Instruction the substitution of two modern languages for the Latin and Greek hitherto included in the Lycee curriculum, the appointment of a committee of scholars to mediate with the masters, improvement of the food, suppression of the monopoly hitherto enjoyed by the concierges of supplying small luxuries at exorbitant prices, and, finally, the amnesty of some scholars recently expelled from Toulouse and Montpellier. Another meeting is to be held on August 21st, during the summer holidays, in order to consider the reply of the Minister, should he deign to answer the "manifesto."

According to the *New Remedies*, a root is found in the mountainous regions of California, Oregon, Utah and Montana which, if all that is stated of it is true, bids fair to become somewhat of a rival to quinine. The miners, who call it "Oregon Grape Root" (*Berberis Aquifolium*), use it in the form of a decoction for "mountain fever." It is reported by them to be effective in this form of malaria and to break up its recurrences.

A BANQUET has been given in Versailles in honor of M. de Lesseps, to celebrate his 77th birthday in his native town. Referring to the Suez Canal, he compared the opposition of the English to it to the aversion they are now showing to the Channel Tunnel, which he believes will one day become an accomplished fact. He then invited all present to the opening of the Panama Canal in 1888, which he feels convinced he will live to see.

Clergymen, Lawyers, Physicians, Bankers, Railway Managers and all classes of business men engaged in large operations, usually maintain the nervous system at concert pitch for protracted periods, owing to the intense activity of the mind necessary to great intellectual efforts or important commercial transactions. Here the organism does not get sufficient rest to restore the used up vital forces, and general prostration, sooner or later, must inevitably result. These over-worked brains will find Dr. WHEELER'S Compound Elixir of Phosphates and Calisaya of singular efficacy in sustaining them through extreme trials of mental toil by its action as a nerve tonic.