

NEWS BRIEFLY TOLD

INTELLIGENCE HERE GATHERED COVERS WIDE AREA.

GREATER OR LESSER IMPORT

Includes What is Going On at Washington and in Other Sections of the Country.

WAR NEWS.

The British house of commons defeated William C. Anderson's motion to reject the military service bill by a vote of 431 to 39.

Two hundred Montenegrins from America lost their lives by the sinking of an Italian steamship which struck a mine in the Adriatic.

Turkish reserves numbering more than 1,000,000 will now be fully equipped and used by the central powers wherever needed, Lieutenant General Zekki Pasha declared.

Constantinople claims that considerable losses were suffered by the entente forces in their evacuation of the tip of the Gallipoli peninsula. Parties of the retreating troops were wiped out, the Turkish statement asserts.

Austria and Montenegro have arranged an armistice, which is construed as meaning that Montenegro is passing under Austrian control. It is not believed that King Nicholas will continue the unequal struggle.

Anglo-French troops from Gallipoli are being landed at Saloniki, according to Sofia dispatches, which estimate that 250,000 allied forces are now in Greece and that more than 300,000 will be concentrated there soon.

Two Italian steamers, the Brindisi and the Citta di Palermo, have been sunk in the Adriatic Sea. Half of the passengers on board the Brindisi were lost. The Brindisi was sunk January 6 and the Citta di Palermo January 8.

For the second time within 150 years, German soldiers are occupying the historic old horse artillery barracks at Dorchester, England, but the fortunes of war have made the present occupiers the enforced guests of the British government.

Careful use of bread and corn stocks is necessary, the German government announced, warning the people against food extravagances. The government abolished the distribution order of last August and re-established the original plan of distribution.

Italy received \$400,000,000 from the allies for signing the London treaty agreeing not to make a separate peace, the Swiss newspaper Neue Zeucher Zeitung declares. The paper also asserted that one clause of the treaty is directed against the Vatican.

Turkish forces estimated at more than 200,000 have been released for use in other theaters of war by the action of the allies in completely abandoning the Dardanelles campaign. They comprise the prize corps of the Turkish army, hard fighters, seasoned in fierce battles on Gallipoli.

GENERAL.

Trappers arriving in Duluth, Minn., with wolf hides for bounty report that hundreds of northern Minnesota deer are being slaughtered by wolves.

Directors of the Nashville, Chattanooga & St. Louis railway declared a semi-annual dividend of 3 per cent, payable February 2. The action was due to better business conditions.

The progressive party has decided to hold its national convention June 7 in Chicago, concurrently with the national convention of the republican party, in the hope that both may agree on the same candidate for president.

The American Red Cross has appropriated \$4,000 additional, making \$6,000 in all, especially for use in Europe in healing and obliterating facial wounds to soldiers and for instructing those blinded by wounds to read and write by modern methods.

Rt. Rev. Richard Seannell, Catholic bishop of the diocese of Omaha, died at his home in Omaha of pneumonia, following an attack of la grippe. He was 70 years old.

The River of Doubt, which was discovered by President Roosevelt, has been discovered by two Americans, George and Stephen Gaster of Berkeley, Cal., engineers for the Standard Oil Co., according to their story told in San Francisco upon their return from South America.

P. Elias Calles, military governor of Sonora, Mexico, has sent a column of approximately 5,000 cavalry into western Chihuahua to aid in running down the remaining Villa forces, according to an announcement.

The Panama government has obtained a loan of \$1,250,000 from a trust company in Chicago and three New York banks at 9%. The loan is to draw 5 per cent interest and is for twelve years. This loan will relieve the temporary financial difficulties of the national treasury.

One hundred and ninety-five thousand horses have been bought at the national stockyards at East St. Louis by the entente allies, it was announced.

Mathew A. Schmidt, convicted of murder in connection with the dynamiting of the Los Angeles Times building, five years ago, was sentenced to life imprisonment in San Quentin prison.

One student was killed and six others were injured in the annual bowl fight between the freshmen and sophomore classes of the University of Pennsylvania at Philadelphia, which was won by the first-year men.

Pennies were in such great demand during 1915 that the Denver mint coined over 22,000,000 of them. Where in former years it coined gold pieces almost exclusively, the mint did not make anything over 50-cent pieces.

More than 100,000 tons of granulated sugar have been bought in New York by Europe within the last month. Orders just placed total about 35,000 tons for January and February shipments at prices ranging 4.25 to 4.50 in bond.

Fifteen new flying machines will be delivered to the aeronautical station at Pensacola, Fla., within the next sixty days. Nine of the new airships are being built by a concern at Marblehead, Mass., and six by another firm at Hyde Park.

General Victoriano Huerta died at El Paso, Texas, while virtually a prisoner of the United States government, with which he nearly went to war when, as Mexico's last dictator, he refused to salute the American flag following the historic Tampa incident.

All employees of the American Smelting and Refining company of El Paso, Tex., in Chihuahua and Durango, Mexico, and the employees of the Alvarado Mining company of Parra have been ordered out of that country as the result of the recent American massacre.

SPORTING.

By a vote of 62 to 36 the faculty of the University of Wisconsin decided that baseball should be retained.

An offer of \$15,000 for a championship go between Freddie Welsh, lightweight title holder, and Charley White of Chicago, was made White's manager by Joe Golden, who represents San Antonio promoters.

Heine Wagner, who in his younger days was regarded as one of the greatest shortstops in major league baseball, has been given his unconditional release by the Boston Americans.

Clarence Eklund, the Canadian light-heavyweight, lasted eleven minutes with Joe Stecher at Waterloo, Ia. The Dodge wonder dumped Eklund three times in eleven minutes. The event was a handicap affair.

The proposed ten-round bout between Jess Willard, world's heavy-weight champion, and Frank Moran, which it was expected would take place in New York some time in March, probably will be postponed until Memorial day.

Johnny Kilbane, featherweight champion, knocked out Patsy Cline of New York in the second round in what was to have been a ten-round bout at Philadelphia. The result was a great surprise to the followers of the New York boxer.

Earl Caddock, the Anita, Ia., wrestler, and Youssif Hussane, who was dumped twice in nine minutes Thanksgiving day by Joe Stecher, have been matched by Dan Reardon for a bout in Council Bluffs on the night of February 4.

WASHINGTON.

Representative Sabath of Illinois introduced an inheritance tax bill to affect all estates above \$10,000. The net revenue, he estimates, would be \$50,000,000 annually.

President Wilson has named January 27 as Jewish relief day, and has issued a proclamation calling attention to the needs of Jewish people in Europe, as a result of the war.

A petition bearing 50,000 signatures asking congress to declare an embargo on munitions of war was submitted to the house foreign affairs committee by Representative Bennett of New York.

Congressman Lobeck having learned that the president had an open mind with reference to a successor to the late Justice Lamar of the supreme bench, presented to the attorney general the name of John J. Sullivan of Nebraska. Judge Sullivan as chief justice of Nebraska, has a most enviable record.

President Wilson approved Senator Tillman's bill providing for a government armor plant. Tillman told the president he thought his bill would pass the senate, but needed administration support in the house. The president promised this.

Secretary Lane announced the withdrawal of 583,000 acres of land from entry in Montana and North Dakota. Of this about 100,000 acres is open to entry. The remainder has been patented or is included in existing entries.

The department of justice at Washington directed the dismissal of indictments returned against twenty-three chief officers of the United Mine Workers of America at Pueblo, at the height of the Colorado coal strike in December, 1913.

The house passed the Ferris bill, which would throw open to fifty-year leases public lands containing more than three times as much water power as now is under development in the United States.

TO KEEP HANDS OFF

NO INTERVENING IN MEXICO, ADMINISTRATION DECIDES.

AMERICANS LEAVING COUNTRY

Three Hundred Are Still in Colonies Infested by Bandits; Feared They May Not Heed Warning.

Washington—General Carranza and the de facto government of Mexico are to be given full opportunity, without intervention from the United States, to run to earth the murderers of American citizens at Santa Ysabel and to demonstrate ability to restore order and protect foreign rights in the southern republic. This was the outstanding fact made public after a meeting of the cabinet, a conference between President Wilson and Chairman Stone of the senate foreign relations committee, and a day of stirring debate in the senate.

Measures to facilitate the removal of Americans from district where their lives might be endangered were discussed by department officials with Mr. Arredondo, who later advised General Carranza that every assistance be given such Americans and escorts provided to accompany them into cities, where strong garrisons are maintained. He went further than the State department suggested, recommending that in cases where foreigners objected to leaving, that they be forcibly removed to points of safety.

That large numbers of Americans are leaving northern Mexico was reported to the department, but it is estimated that not counting the members of a Mormon colony at Casas Grandes, there still are at other points, the control of which by Carranza is doubtful, more than 300. That the majority of these may remain, in spite of warnings, is feared.

Senator Stone after his conference with President Wilson, said intervention in Mexico at this time would be monstrous in the face of the fact that we had just recognized Carranza.

When Secretary Lansing was asked whether the United States government would protect its citizens under such circumstances he replied that it would do so to "the best of its ability," but that in such cases the government would not be obliged to "use force where people are indiscreet."

Would Pay for Omaha Riots.

Washington.—The payment of \$41,030 indemnity to Greece, Austria-Hungary and Turkey for damages sustained by their nationals during riots in South Omaha February 21, 1909, is urged in a special message sent to congress by President Wilson. The riots followed the shooting of Edward Lowry, policeman, by John Marraurides, a Greek. The president asks that congress appropriate and authorize the payment of the money "as an act of grace and without reference to the liability of the United States."

Of the sum proposed \$40,000 is to be paid Greece, \$800 to Austria-Hungary and \$230 to Turkey.

Secretary Lansing says in his report that approximately 1,200 Greeks were driven from the city during the riots and prior to the riots there had been a feeling of hostility to the Greek subjects residents of South Omaha, because of their lawlessness and their manner of living in unsanitary surroundings.

Will Have Biggest Guns.

Washington.—Main batteries of ten 16-inch guns each and a cruising radius of at least 10,000 miles are the general characteristics urged by the navy general board for the two new superdreadnoughts congress has been asked to authorize this year. It was learned that the board proposes that the ships should cost \$18,000,000 each, displace 36,000 tons and have the highest speed attainable without sacrificing armor, or fuel capacity. It would have them represent a 25 per cent increase in gun power and endurance over any American battleship afloat or authorized and carry the biggest guns ever placed aboard a fighting ship by any power.

25,000 Miners Given Raise.

Butte, Mont.—A voluntary wage increase of 25 cents a day was granted to 25,000 mine and smelting employees in Butte, Anaconda and Great Falls. The order for the increase in wages, which the notice states became effective January 1, was received from the New York office of the Anaconda Copper Co. The Butte and Superior Co., the W. A. Clark companies and other concerns, it is announced, have agreed to the increase.

To Counteract High Prices.

Berlin.—(Via London).—A great national organization for the purchase of all livestock offered for sale in Germany is foreshadowed by the Vossische Zeitung as a result of recent conferences among the various ministers at Berlin.

Two Victims Montana Men.

Butte, Mont.—Thomas W. Evans and C. R. Watson, two of the men killed by Mexican bandits, near Santa Ysabel, Chihuahua, formerly were employed in Montana.

Oil Tank in Chicago Explodes.

Chicago, Ill.—An oil tank partly filled with oil in the west side yards of the Chicago & Northwestern railroad, exploded the other day, killing four persons and injuring two. Only six persons were near the tank at the time of the explosion.

To Retry Haven Chiefs.

Washington.—Attorney General Gregory formally announced that the government would retry the five former New Haven directors over whom the federal grand jury disagreed.

CONDENSED NEWS

OF INTEREST TO ALL.

The new Presbyterian church at Wahoo was dedicated recently. The dates of the Cedar County Teachers' institute have been set for the week of August 21 at Hartington. Omaha's annual Automobile show will be held February 21 to 26. A big and successful show is anticipated.

Farmers of Scottsbluff county the past season harvested the enormous crop of 378,603 tons of sugar beets. The Ak-Sar-Ben organization of Omaha, cleared \$9,890.42 in 1915 above the expenses of the year's festivities.

President Wilson has nominated Frank M. Broome of Alliance, to be receiver of public moneys at Valentine.

The Grace Lutheran church of Hooper has purchased a lot and will build a beautiful new edifice in the near future.

Judge W. H. Westover of Chadron has filed as a non-partisan candidate for re-election to the office of judge of the Eleventh judicial district.

Levi E. Otto of Aurora, and one of the wealthiest men in Hamilton county, was found dead in his garage, where he had been asphyxiated by gas formed in working with his new automobile.

Deposits in the four national banks of Fremont at the close of business December 31, last, show an increase of \$565,157.66 over the same period a year ago, according to the reports of the four institutions.

A report from Adams is to the effect that the recent fires in that vicinity and at Firth are to be investigated by the state fire commissioner. Three fires have occurred in Firth since June.

Figures compiled by a Fremont newspaper in its annual review of the progress of Fremont during the year 1915 show that the total improvements, including residence and general, amounted to \$577,390.

Automobile pilgrims passing through Lincoln on the Omaha-Lincoln-Denver highway next summer will pass under a magnificent electrical arch to be erected in the Capital City, costing in the neighborhood of \$2,500.

Fire destroyed the D. M. Dean mill and electric power house at Valparaiso. The buildings were out of the district which could be reached with water from the mains and the desperate efforts of fire fighters were unavailing.

Roy R. Barnard, editor of the Loup Valley Queen of Callaway has turned over the reins to James C. Naylor and Harry B. Yates. Mr. Barnard has been in the newspaper business for twenty-two years, the last fourteen being spent in Callaway.

The annual meeting of the Nebraska Public Health association will be held in Omaha January 25 and 26. The meeting will be held for the purpose of discussing the questions which arise over the state in regard to the public health and to acquaint the officers with the new rules.

The first of the two annual meetings of the Nebraska Collegiate Press association will be held in Omaha, February 18. Anne M. Johnson, president of the organization and editor of the Bellevue college "Purple and Gold," announced in the January number of that paper.

The Monroe Independent Telephone Co. will absorb the Albion Independent February 1. The company has made application to raise rates and tax the upkeep to the patrons, who are up in arms about it. The Albion Commercial club is endeavoring to stop such proceedings.

County Assessor George Smith was the first to set the political ball rolling in Richardson county this year by asking a filing as a candidate in the coming primaries in April. He filed as a democratic candidate for supervisor in District No. 4, comprising Grant and Liberty townships.

A \$15,000 fire visited the town of Miller recently, completely destroying the M. E. Cruisberry general store. This is the second large fire which has visited Miller within comparatively short space of time. The entire north side of Main street was destroyed by a conflagration late last fall.

The first step to prepare for the sixth annual basketball tournament of the High Schools of the state was taken when Athletic Manager G. E. Reed of the state university sent invitations to every high school in the state to participate in the big tournament, which is to be held in Lincoln March 8, 9, 10 and 11.

Nebraska durum wheat, out of which the macaroni is made, has commenced to arrive on the Omaha market in fairly large quantities. Last year it sold at a premium over the same thing this year. Prices run 1 to 2 cents higher, it now selling around \$1.12 per bushel.

Otto Zuelow of Schuyler has filed an acceptance of a petition nominating him as a republican candidate for congress in the Third district.

With 3,351 names attached to it, the Madison county seat removal petition has been filed with the board of county commissioners at Madison. The petition asks the county commissioners to call an election to submit the matter of relocating the county seat to the voters. The petition contains 97 1/2 per cent of the number of voters who voted at the last general election in the county.

The annual meeting of the Gage County Crop Improvement association was held in Beatrice recently. O. H. Liebers, county farm demonstrator, has been re-engaged for the year.

Announcements have been made of a change in the name of the Commercial State bank at Long Pine to the American State bank and an increase in the capital stock from \$10,000 to \$25,000. The announcement states that the change in capital is made to meet the increasing needs of Long Pine and community.

The Elgin Community club is discussing the project of erecting a community building.

The Northwest Nebraska Press association will hold a meeting at Wayne January 28 and 29.

Five candidates have filed for the postoffice at Leigh and will submit to an election for the place.

The public school garden contest will be made a part of the regular work in the schools at Crawford.

H. E. Burkett of Hartington has announced his candidacy for the office of district judge on the non-partisan ticket.

The postoffice revenues at Columbus for the past year showed an increase of \$1,200, reaching a total of \$19,234.

Beatrice is interested in the matter of the organization of Boy Scouts. There are fifty juvenile troopers in the company.

The Democratic State Press association at its Lincoln meet and historical banquet decided to meet at Hastings in June.

Another mid-summer race meet is assured at Kearney. The dates for the holding of the meet have been set for July 3, 4 and 5.

A Columbus newspaper says that city made permanent improvements in business and residence districts, of more than \$100,000 last year.

Eddie Varner, of Adams, is the leading trap shot of the state in the official averages of the Interstate Trap Shooting association, just issued.

The Burlington has commenced cutting ice for use on the McCook, Sterling and Lincoln divisions at Curtis. Several hundred men are employed in the work.

At a meeting of the directors of the Dodge County Stock Show company it was decided that the annual exhibit be held at Hooper September 19, 20, 21 and 22, 1916.

E. L. Brush of Norfolk was chosen president of the Elkhorn Valley Medical association at its meeting in Fremont. It was voted to hold the next meeting in Norfolk next July.

Fire from a defective fuse destroyed the Christian church at North Platte, with a loss of \$4,500. A \$600 piano was ruined by smoke and water, as was also all the church furniture.

Representatives of the Nebraska Jewelers' association were in Grand Island recently making arrangements for their annual convention to be held in that city February 23 and 24.

Fifty-nine conventions were held in Omaha during 1915, according to records kept by the bureau of publicity. A total of 29,389 delegates from out-of-town were enrolled in these conventions.

Owing to the congested condition of Gering schools, the question of providing additional room for the balance of the present season and the building of a new school next year is being agitated.

February 21 to 25 are the dates set for the annual meeting of the Sunday School Workers of the Christian churches of Nebraska, at Hastings. It is expected that about 150 teachers for the purpose will attend.

A ladies' auxiliary to the United Spanish War Veterans, Harry E. Brown camp No. 11, has been formed at North Platte. This is the third such organization in the state and will be affiliated with the national organization.

Falling thirty feet from a windmill turning a complete somersault, striking his leg on a fence and finally ending up by bumping his head on the ground, is the experience of Harold Hughes at his farm ten miles northwest of Hastings. He suffered only slight injuries.

Since November 15 nothing has been heard of Roy Ackley, a farmer, ten miles northwest of Anselmo. Ackley left home that day, saying he was going to his brother's, a few miles away. A search has been made, but no trace of the missing man has been found.

The athletic board of the state university announces that Dr. E. J. Stewart, athletic director at the Oregon Agricultural school, had been selected as all-year athletic coach at Nebraska, and that Dick Rutherford will be his assistant. It also announced that Jumbo Stehm's resignation has been accepted, and will take effect at once.

Because the new dairy building at the state university farm, Lincoln, will be finished and occupied by January of next year, the Nebraska association of ice cream manufacturers at its meeting in Omaha decided to meet in Lincoln in 1917 so that delegates may have advantage of many matters of special interest to them.

Judge Corcoran of Hastings disallowed all heirship claims to the \$100,000 estate of John O'Connor, reclusive and alleged reformed gambler. He took under advisement the jurisdictional question of whether the state's suit to secure title to the estate was prematurely brought, since a suit over a will is pending in the supreme court on appeal from a verdict finding that the instrument was forged.

Architect J. C. Pedersen of Gering has been employed to draw the plans and superintend the construction of a new school building at Bridgeport, which will cost from \$20,000 to \$25,000.

Denmark defeated Germany for the tournament championship and side bet of \$500, 2 1/2 inches in 20 minutes. America defeated England, 6 feet in 12:24:15; Sweden defeated Bohemia, 9 inches in 20 minutes; Ireland defeated Italy 5 inches in 20 minutes in the international tug-of-war contest held in Omaha.

Less beer was brewed in Omaha during the year just closed than in the year previous by \$700,000, and more macaroni was manufactured in the same period by nearly \$375,000.

The Buffalo county delectatory meet will be held in Kearney in March, Superintendent C. O. Brown, of Ravenna, acting as president of the association. Preliminary announcements of the coming meeting have been sent forward by Superintendent Caviness. All schools of the county are eligible to entry in this contest.

IDEAS MADE PUBLIC

STATE MILITARY BOARD FAVORS GUARD DEVELOPMENT.

OPPOSES CONTINENTAL ARMY

Body Indorses Hall's Sentiments—Adopts Resolution Favoring Militia Maneuvers This Year.

Lincoln.—Favoring the development of the national guard in opposition to the plan of a continental army for national defense, the military board of the Nebraska national guard made public its recommendations on preparedness, after a lengthy conference. The recommendations follow:

A reasonable increase in the standing army.

An increase of regular army officers to be utilized in assisting national guard instructors.

The utilizing of the national guard in place of the continental army.

A rifle range to be constructed by each state for the use of the regular army, national guard, colleges and civilian rifle clubs.

Government owned munition factories to be prorated to the United States military districts, eastern, western, northern, southern and central.

Military instruction and training in all colleges and high schools.

The utilizing of government establishments, army posts, as schools of instruction for the national guard of states and territories.

The board unanimously indorses the sentiments of Adjutant General Hall in his letter to the newspapers. It also approved Senator Chamberlain's bill increasing the efficiency of organized militia.

A resolution was adopted favoring a joint camp for maneuvers this year to be held in Nebraska or some neighboring state, where the Nebraska national guard may assemble for instruction, together with the regular army troops or militia from other states, or both.

When joint camps are made the federal government allots funds liberally to help pay their cost.

State Banks Gain.

Deposits of banks under state supervision have increased \$20,889,818 during the past year—a record that is calling for great elation at state banking board headquarters. The report carrying this information was given out recently.

In the same period the number of state banks has increased from 760 to 803. The number of depositors in the same length of time has advanced from 362,000 to 381,000; loans have increased \$19,023,636, and the reserve \$4,143,545.

There has been an advance, too, in the amount of capital stock. The total is \$17,118,000 now, according to the report, or \$1,320,000 greater than a year ago.

Total deposits are now above the \$100,000,000 mark—quite a ways above, in fact, \$114,487,652.98, to be exact.

The aggregate resources of the 802 institutions are given at \$144,422,709—or slightly over \$100 for every man, woman and child in the state.

The guaranty fund, which is an alluring part of the report and which has proven a business get-up, has reached the mark of \$1,020,104.

Farmers can find solace in the report of the notation is made on it by the banking board officers that by the total amount of deposit approximately \$57,000,000 belongs to farmers of the state.

Genuchi Will Broken.

The state will not receive the 640 acres of land, most of which is located in Lancaster county, which was left by the will to the state orthopedic hospital by Charles Genuchi about a year ago. The will, which left nothing to the widow and children, was refused for probate by County Judge Risser and the district court sustained the action of the judge, declaring that the alleged will was not the last will of the testator. The estate is estimated to be worth about \$100,000.

Alleged Heirs' Claims Dismissed.

The attorney general's office believes the state's hardest fight to establish its claim to the \$100,000 estate of John O'Connor, Hastings reclusive, is over. "The decision of the Adams county district court dismissing the claims of the alleged heirs, we regard as a practical victory," the attorney general said.

Want to Use Rifle Range.

The Kearney Industrial School for Boys has written the adjutant general for permission to use the rifle range at Kearney. The school is preparing to organize a civilian drill corps, and under such an organization the government will furnish equipment.

Glandered Horses Killed.

Five horses were killed on account of glanders, belonging to E. J. Younkin of Mullen, out of a herd of about thirty, according to information received by the state veterinarian. The horses were killed after an examination by an inspector.

Relieved Pending Hearing.

Superintendent W. D. Guttry of the Norfolk insane asylum has been relieved of the management of that institution temporarily pending a hearing, at his request, which will be held February 2 at Norfolk.

Fire Loss Is Two Millions.

Fire loss in Nebraska last year amounted to nearly \$2,000,000, according to a report issued from the office of Fire Commissioner Ridgell, and a great deal of it was caused by carelessness. Commissioner Ridgell praises the work of the firemen of the towns of the state and says that extinguishing fires is not all the work they do. Prevention of fires is a part of their duties, and it is to their watchfulness along these lines that many serious conflagrations are prevented.

Hopes Women Will Adopt This Habit As Well As Men

Glass of hot water each morning helps us look and feel clean, sweet, fresh.

Happy, bright, alert—vigorous and vivacious—a good clear skin; a natural, rosy complexion and freedom from illness are assured only by clean, healthy blood. If only every woman and likewise every man could realize the wonders of drinking phosphated hot water each morning, what a gratifying change would take place.

Instead of the thousands of sickly, anaemic-looking men, women and girls with pasty or muddy complexions; instead of the multitudes of "nervous wrecks," "rundowns," "brain fags" and pessimists we should see a virile, optimistic throng of rosy-cheeked people everywhere.

An inside bath is had by drinking, each morning before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour fermentations and poisons, thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach.