

**USE OF DISTILLED WATER.**

**DR. WOOD ATTRIBUTES FLEXIBILITY OF THE JOINTS TO ITS USE—AN UNBELIEVER.**

Physicians have long agreed on the important bearing which pure water has on health and longevity, but it has remained for a Brooklyn experimenter to demonstrate picturesquely its power to give flexibility and elasticity to stiff joints and muscles. For more than a year Dr. A. L. Wood, of Brooklyn, has used nothing, he declares, but distilled water for drinking and cooking purposes, and he is now able to perform feats of agility which many young men find impossible. At the age of sixty-two he is as spry

to allow a double distillation to get rid of the ammonia and other gases which pass off in the steam. The pure water which results is colorless and odorless."

Dr. Wood thinks that distilled water is the greatest fountain of youth that has ever been discovered. The Tribune, however, in presenting his views here, must not be considered as endorsing them. They are given for just what they are worth; and for the sole purpose of showing that there are two sides to the question. The Tribune prints herewith a letter received through the mails from a New-Yorker living in East Fifty-eighth street, Manhattan, who evidently thinks that such unusual flexibility as Dr. Wood displays may be attained at too great a cost. This letter, too, is given for just what it is worth:

To the Editor of The Tribune.  
Sir: In the last few weeks you have published articles giving the remarks of Dr. A. L. Wood in regard to pure water. One address was given before the Vegetarian Society and another was before the One Hundred Year Club. Dr. Wood

makes some interesting statements on the value of pure water, but ends up in each instance by stating that he owes his good health to the liberal use of distilled water. In view of the fact that the doctor is president and treasurer of the Brooklyn Turkish Bath Company, and a considerable part of his business is the sale of distilled water from the baths, we think it is possible that the good doctor's remarks may be slightly prejudiced, particularly as the Century Cyclopaedia says that "distilled water has lost its life in the effort to preserve its purity," and Professor Koppe, a German writer of note, has recently condemned distilled water as poisonous, for the reason that, by its greater solvent power, it attacks the protoplasm of the cells, weakens and destroys them.

A BELIEVER IN PURE WATER.  
New York, Feb. 6, 1902.

**THEIR MOTIVE.**

From The Cleveland Plain Dealer.  
"The strong minded women say no marriageable member of their sex should exchange her name for that of the man she marries."  
"Perhaps they think this leaves her in a less embarrassed position when she secures a divorce."

**TEA ROOMS POPULAR.**

**WHERE WOMEN SEEK REFRESHMENT WHEN WEARIED WITH SHOPPING.**

"And now for some tea," she said, as they pushed through the crowd which was trying to get into the department store where bargains were thick. "You'll like that better, poor boy."

"I hope so," said the man fervently, "it can't be any worse than what we've been through." You see, it was his first shopping expedition. They were engaged to be married, this man and woman, and she thought it wise to break him in, as he, still in the submissive stage, had not the courage to protest.

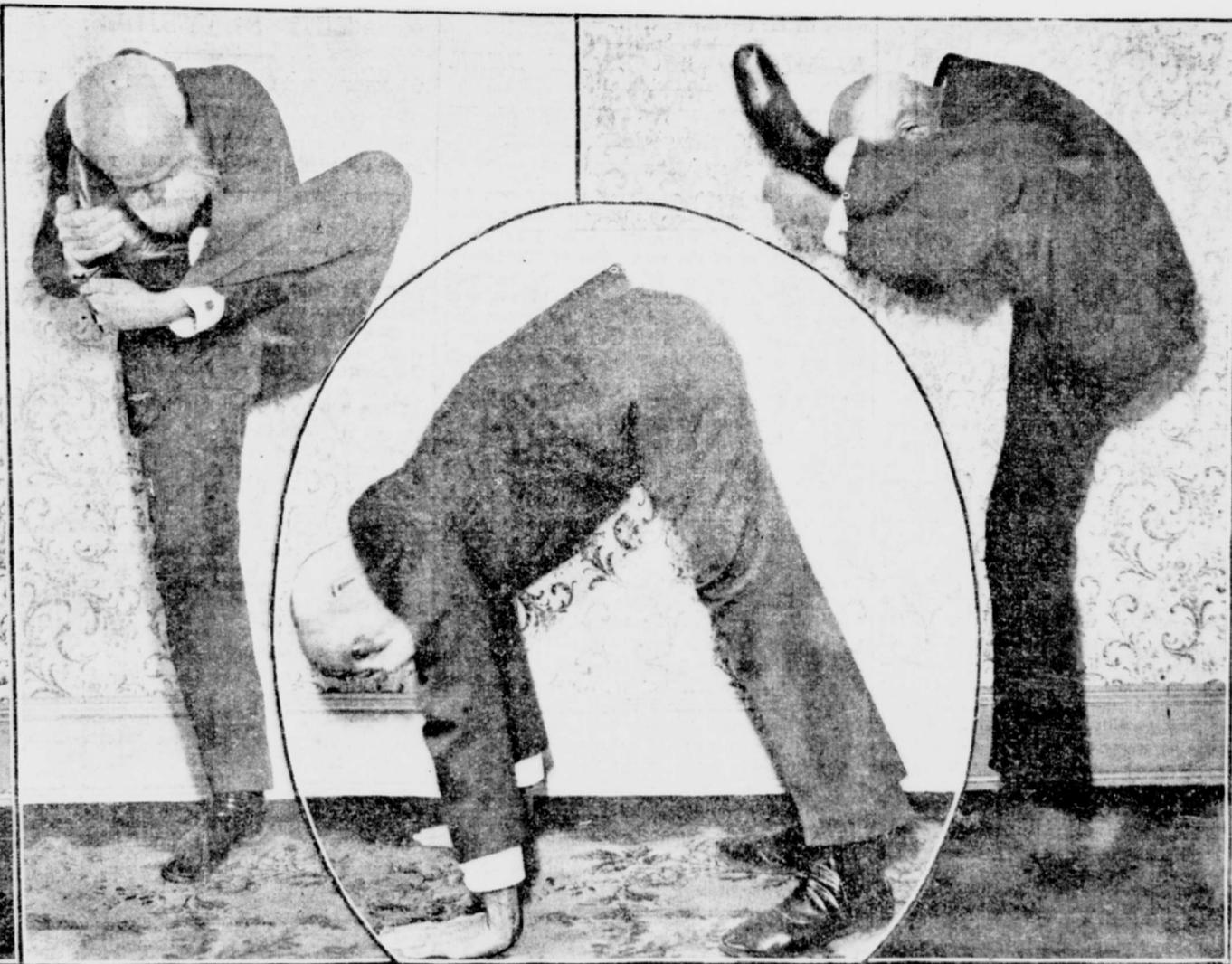
"But why tea?" he questioned, as they came together after being separated by a fleshy woman, who was in a hurry. "I think a high ball would be more fitting after the strenuous experience we've been through. You saved a

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**A BROOKLYN DOCTOR WHO SAYS DISTILLED WATER HAS GIVEN HIM GREAT FLEXIBILITY.**

HE SHOWS THAT HE COULD PUT HIS TOES IN HIS MOUTH IF HE WANTED TO.

WITH A LITTLE PRACTICE HE COULD WIND HIS LEG AROUND HIS NECK.



HE SHOWS HOW LIMBER HIS WRISTS ARE.

HE PLACES HIS PALMS FLAT ON THE FLOOR WITHOUT BENDING HIS KNEES.

as he was forty years ago, when he was a firmly knit young fellow. He has recently demonstrated his ability in this way before the Hundred Year Club, the Vegetarian Society and several other organizations.

He can stand with his feet together and without bending his knees stretch forward and downward until both hands touch the floor directly in front of his toes. Then he can close his hands and touch his fists to the floor. He can stand on a box six inches in height and still touch the floor. A few months ago he discovered that he could perform the common baby trick of putting the toes in the mouth. Dr. Wood can do this with ease. He can bend his wrist backward until the fingers are nearly parallel with the forearm.

"In the natural course of life," said Dr. Wood yesterday, in explaining the change which has come over his body, "the muscles with their tendons and ligaments that bind the bones together at the joints gradually contract and become stiff and inelastic. This comes from the gradual accumulation of lime and other mineral salts from the water we drink and from that which is used in the preparation of food. I have used distilled water for drinking for many years, but two years ago I determined to experiment upon myself. At that time my joints were no more flexible than those of the average man of my age. Since then I have made it a point to drink two or three quarts of distilled water every day and to use no other water for cooking purposes.

"If the use of this water did not make this change in me at my time of life, what has done it? I can see no other cause, and I firmly believe that it is the only one. There are various processes of distillation, and the best of them produce water more pure than that which comes from any spring. Many people think that boiled water and distilled water are the same. Nothing could be further from the truth. In boiling, the steam, the pure part, passes into the air and is lost, while all the impurities are left behind and condensed in the boiled water. In distillation the pure steam, being freed from the impurities of the water, is condensed into liquid form again, giving a pure and wholesome water. It is better



A TEA ROOM NEAR THE WALDORF-ASTORIA.