

**HEALTH NOTES**

**How to Drink Water.**

A beginning of kidney troubles in the fact that people, especially women, do not drink enough water. They pour down tumblerfuls of ice water as an accompaniment to a meal, but that is worse than no water, the chill preventing digestion, and indigestion being an indirect promoter of kidney disease. A tumbler of water sipped in the morning immediately on rising, another at night, are recommended by physicians. Try to drink as little water as possible with meals, but take a glassful half an hour to an hour before eating. This rule persisted in day after day, month after month, the complexion will improve, and the general health likewise. Water drunk with meals should be sipped, as well as taken sparingly.

Ice water ought never to be drunk with one's meals, and as little as possible between meals. One never knows what is being taken into the stomach in water filled with chipped ice. Better fill bottles with water and allow them to stand beside ice to chill until required. Tests which have been made show that one gill of ice water, which means an average tumblerful, poured hastily down the throat, reduces the temperature of the stomach from 100 degrees to 70, and it takes more than half an hour to recover the heat it has lost. Cold water, slowly sipped, will not be followed by such a result, cooling the system pleasantly in hot weather without chilling the glands of the stomach so that digestion cannot take place.

In some cases, where the hot water cure for indigestion is used with discretion, there is really much benefit from it. When hot water is taken to excess, often at such a temperature as to scald the tongue and palate in drinking it, instead of curing indigestion it will make it worse. The stomach does its work to best advantage when food neither very much above nor below the normal temperature of the human body is consigned to it. The scalding fluid, which after a while can be borne by the hot water habitue, is liable to almost parboil the tender gastric glands, treating them three or four times a day to a shock as unnatural as would be inflicted by the ice water douche.

There are certain tests of water which even the woman without the smallest knowledge of chemistry can make. She may pour a pint into a perfectly clean bottle, cork it securely, and allow it to stand five or six hours. Instantly on withdrawing the cork smell the contents; if it has an unpleasant odor, no matter how faint, beware; or fill a four-ounce bottle with water and into it drop a bit of alum the size of a coffee bean. Let it stand overnight. You may judge of the purity of the water by the sediment deposited at the bottom of the bottle in the morning. These simple tests, of course, do not detect all kinds of impurities.

The roomy country houses built a century ago which appeal to a searcher after a summer boarding place, unless modernized, are apt to be the very places which may have a deadly disease record. Our forefathers knew little about the laws of sanitation, and when laying out their homestead were apt to plan first the site of the house, then the barns and outhouses; last of all they dug a well in the spot most convenient to the kitchen door. Many a time it might be a spring on a side hill down which drained the sewage from the house and barns. If there was sickness in a home where the time-honored custom existed of throwing slops outdoors, no wonder contamination of the well followed, and another member of the family was stricken with disease. Of course Mother Earth acts as a filter, yet when one considers that for many feet beyond a stable the ground becomes actually stained with sewage, it is not hard to realize that if a well lay anywhere in such a vicinity the water would be a deadly draught. Vegetable decomposition in water may be unpleasant, but not dangerous; animal decomposition is drunk at the peril of one's life. The chief jeopardy is that frequently the most polluted water is clear as crystal, sweet and sparkling. Look well to the situation of a well where you plan to sojourn. If it is at a safe distance from the stables and outhouses, on a level with them, and is sheltered from outdoor contamination, it is fairly certain to contain healthy water. You can frequently guess at its safety by considering the vegetation about it. Patches of brilliant green grass or lousy weeds might indicate ground enriched by barn sewage. On level ground a well ought never to be nearer stables, pig-sties, outhouses or a dwelling than sixty feet; if on an incline, 200 feet. Wells should be covered always; if not it does not take long for them to accumulate decaying vegetable matter, dead and living reptiles, and all sorts of filth. The water above the filth may be of crystal clearness.

"I fancy hard drinks have more to answer for in a case of hardened arteries than hard water," says a physician. "I'll confess I would rather drink hard water than wash in it. The human body requires lime. We find it in meat, vegetables and many of our foods. If a child were to have its lime supply cut off by boiling the water, a process which precipitates lime, as every housewife knows who has tried to keep the inside of a tea kettle clean, it would grow up rickety of limb, pale, and without stamina. I should boil water for drinking which I knew to be impure, but not to get rid of the lime in it. Indeed, hard water is often prescribed for rickety children."—Good Housekeeping.

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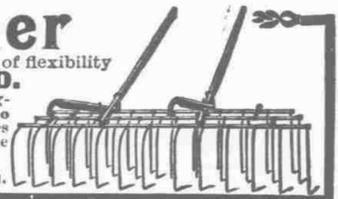
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