

is rapidly produced even by solutions, which are only weakly acidulated. Moreover, the Russian investigator—Palow—found that immediately after a complete and thorough washing out of the stomach with much water the degree of acidity is completely unaltered. Finally, Ruzika, by exact experiments on himself, showed that half a litre of water drunk during the mid-day meal did not hinder the nourishment derived from nutritive substances at all. On the contrary, if one reduces the fluidity of the food too greatly there is no complete contact between the ferments and the hydrochloric acid on the one hand and the food on the other, and the dissolution by the pepton is seriously delayed. Then, again, if we kept a dry diet too long, the effect on the albumenoids is left incomplete. The individual suffers seriously from loss of nourishment, fat and muscles are greatly reduced and the person rapidly grows thinner.

The quality of the drinking water is no less important than the quantity. What are the requirements which one should lay down for the quality of the water? In the first place by bacteriological examination it must be ascertained that the water is free from pathogenic microbes. Water which is impure, and which contains the germs of typhoid, cholera, or other infectious diseases may not be drunk without something being done, even the coli bacteria, which are present in the drinking water of many places in large quantities are not above suspicion. Fortunately, consumers are able, by boiling for 40 minutes, to sterilize any water sufficiently to make it potable. Any drinking water should be rejected which contains more than 100 germs in a cubic centimetre.

Other surface waters, too, are very frequently tainted. The growing over-population of Germany and its manufacturing industries work in this direction, especially the flushing drainage system, without filtering beds, is greatly responsible for the pollution of the rivers. It is very regrettable that so many parishes allow the solids to simply pass into the river instead of by a rational system employing same for agricultural purposes. In his treatise on "The necessity for keeping German waters clean," Bonne complains as to this: "The Germans," he says, "have a high degree of culture, but at the same time stand on the lowest step of uncivilization. Whilst they have dirigible airships and light and heat and motive power from electricity along with the telegraph and telephone, they still allow the whole of their waste to run into their rivers and lakes, instead of using it to cultivate their heaths and stretches of sand. Fish die in the poisoned water. But human beings wash in and drink it, although, even diluted and filtered several times, it still contains impurities of human origin and often was the cause of great epidemics of disease."