

Hot water is drunk by many, but probably only for medicinal purposes. It should not be taken with food, but before or between meals, and it is apt to prove weakening in some cases. Those who find it useful as a laxative should take it as they find it best suits them, and probably a cupful morning and night would be very helpful to many. It is not, however, a natural drink and those who live a healthy life and are wise and temperate in their diet will probably never need it.

Iced drinks, which are so popular nowadays, should never be taken with food. The introduction of ice into the stomach, which is always at blood-heat, causes an immediate contraction of the glands and retards digestion considerably. Chronic indigestion, imperfect nutrition and gastric troubles are often due to over-indulgence in ice cream and iced drinks.

When we come to summarize what science has taught us with regard to what we should drink we find that, as in the matter of food, the golden rule consists in simplicity and moderation. After making due allowance for the increased thirst and need of its satisfaction, due to perspiration in hot weather, and under exertion, we still must acknowledge that a great many of us drink more than we need. Children contract this habit very early and it is very largely due to indulgence in candies, gum-chewing and other rich and undesirable foods. Extreme and continual thirst is a symptom of a disordered condition of the body and should be treated accordingly. To keep the desire to drink within reasonable limits is possible and

most advisable. It will often save us from the ill effects of drinking the first thing that comes our way if we will try to control this habit, and help and encourage the children to resist the fell temptation that lies in every water-but<sup>t</sup> or tap they see. There is one way, too, in which we can protect ourselves from bad drinking-water, name<sup>ly</sup>, by eating plenty of fruit. Children would be so much better in health if oranges and all other seasonable fruits were given them instead of sweets. No breakfast should be made without fruit, and it may be eaten to advantage with every meal and whenever thirsty. Milk, pure water and fruit are the only liquids children should have, and tea and coffee should never be given them, though cocoa would not be harmful.

There are no drinks to be compared with pure water and milk if we can get them, and the history of primitive times furnishes us with plenty of instances of people who lived to great ages and enjoyed a measure of physical vigor which to us weaklings of the 20th century is almost miraculous, on a diet of meat and bread washed down with water from wells which knew no contamination. Abraham and Sarah entertained angels with fresh bread, roast veal, butter and milk, but we would regard this as negligently fare for human beings of far less dignity than the messengers of the Most High. Elijah lived on two meals of bread and meal a day with no drink save that from the brook Cherith for a protracted time, and our Saviour disdained not the simple fare of a simple community when He ate of their fish and honey and bread and laid upon