

Q. What then is the secret of alimentary hygiene ?

A. Sobriety and temperance. We should take food not for pleasure, but through necessity, that is, to regain exactly what we have lost. Our nourishment should be at the same time sufficient and moderate ; made up of reparatory and combustible aliments in suitable proportion ; because the exclusive use of either necessarily brings trouble into the organism, and promptly undermines health.

DRINKS.

Q. What is meant by drinks ?

A. All liquids received into the stomach to repair the losses occasioned by fluid secretions, and to help the digestion of solid nourishment.

Q. What is preeminently natural drink ?

A. Water. As it constitutes the greater part of our bodily composition, we should drink it daily. It is water which renders the flesh soft and elastic. Without water it would be dry and hard, and could not fulfill its functions. Chemists inform us that water makes up three-fourths of our weight ; thus, in a child weighing 80 pounds, there are, it seems, 60 pounds of water.