

A Glass of Water at Bedtime.

The human body, says a writer in *Hall's Journal of Health*, is constantly undergoing tissue change. Water has the power of increasing these tissue changes, which multiply the waste products; but at the same time they are renewed by its agency, giving rise to increased appetite, which in turn provides fresh nutriment. Persons but little accustomed to drink water are liable to have the waste products formed faster than they are moved. Any obstruction to the free working of natural laws at once produces disease.

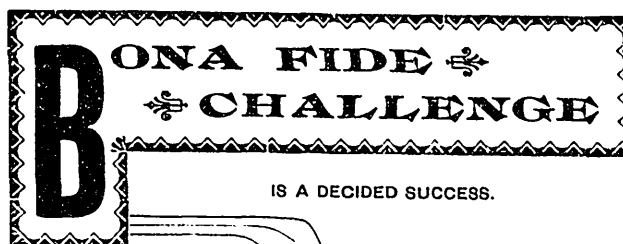
People accustomed to rise in the morning weak and languid will find the cause in the imperfect secretion of wastes, which many times may be remedied by drinking a full tumbler of water before retiring. This very materially assists in the process during the night, and leaves the tissues fresh and strong, ready for the active work of the day. Hot water is one of our best remedial agents. A hot bath on going to bed, even in the hot nights of summer, is a better reliver of insomnia than many drugs.

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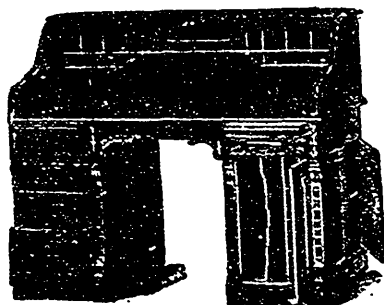
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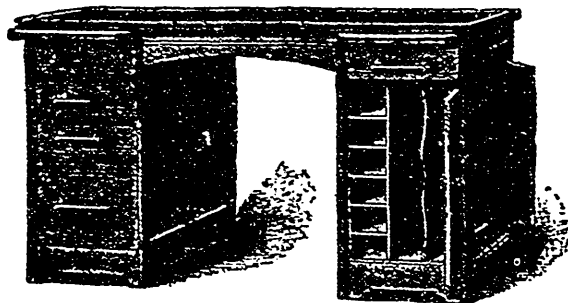
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