

WATER DRINKING.

Soft water is by far the most preferable drink that a human being can use. As a general rule, the sense of thirst should be the guide both in sickness and health as to time of drinking and amount to be taken. If, however, the person is very thirsty, he should drink very slowly; or if he is very warm from exercise or artificial heat, he should not only drink very slowly, but should also drink very moderately. Ice-water, if drunk, should be taken very cautiously. Many persons induce serious diseases by drinking large quantities of ice-water when very warm from exercise. Drinks of all kinds should be abstained from at meals. Water drinking at proper times and in proper quantities subdues morbid cravings, cools the heat of fever, relieves internal congestions, allays inflammation, and aids in purifying the blood and in regulating the circulation. In all inflammatory and febrile diseases, cool water may be taken until the patient is satisfied. If the patient is strong and has a high fever, he may drink freely of cold water; but if weak, with low circulation, the water should not be cold, and should be taken in very small quantities at a time, yet it may be taken very often. If the patient is too weak to rise to drink, he

should suck the Avater through a straw or something similar. If the lips and tongue are cracked, as is often the case in typhoid fever, a wet cloth should be constantly applied to them.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 172-173 by M. G. Kellogg