

Ten golden rules of health : No.4 explained : ...the value of drinking plenty of water / by Sir W. Arbuthnot Lane, Bart.

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TEN GOLDEN RULES OF HEALTH.

No. 4 EXPLAINED.

Sir William Arbuthnot Lane, Bart., whose statement in *The Daily Mail* on August 23 of ten golden rules for the maintenance of health aroused wide interest, deals in the article printed below with the fourth rule, which emphasises the value of drinking plenty of water.

By SIR W. ARBUTHNOT LANE, Bart.

Rule 4.—Drink at least six tumblers of water a day—two on rising, two on retiring, and others between meals. A moderate amount of alcohol, in the shape of beer or a light wine, with meals is desirable.

It is hardly necessary to stress the supreme part that water plays in the control of the passage of material through the gastro-intestinal tract, and in the flushing of the cells which compose every part of the body.

Part of the water is carried into the circulation, and the blood containing it going to the kidneys excretes by that means all such effete products as it has picked up on the way. The balance of the water acts simply mechanically, carrying on any thick and sticky material through the intestinal canal.

The water should be drunk on awaking, and at an interval of two hours after each meal, so as not to interfere with the digestion of the food by the gastric juice in the stomach.

The amount drunk on going to rest effects its cleansing purpose steadily and quietly during the long hours of the night.

Every tissue in the body being thoroughly drained and cleaned, the individual wakes up with a clear brain and healthy muscles, and is able to enjoy his daily task.