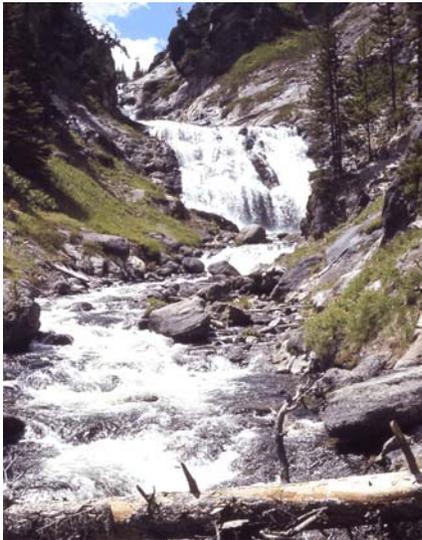


## WATER



Water is necessary to life, {RH/ J81889 par.1}

Water is the best liquid possible to cleanse the tissues.  
RH/ J291884

Drunk freely, it helps to supply the necessities of the system, and assists nature to resist disease. MH.237

If anything is needed to quench thirst, pure water drunk some little time before or after the meal is all that nature requires.--RH/ J291884.

Many make a mistake in drinking cold water with their meals. Taken with meals water diminishes the flow of the salivary glands; and the colder the water, the greater the injury to the stomach. {RH/ J291884 par.7}

Pure water to drink and fresh air to breathe invigorate the vital organs, purify *the blood*, and help nature in her task of overcoming the bad conditions of the system.--H. to L., Chap. 4, p. 55. {HL 187.1}

Fast for one or two meals, and drink only pure, soft water. The loss of a meal or two will enable the overburdened system to overcome slight indispositions; and even graver difficulties may sometimes be overcome by this simple process.-- H. R. {HL 226.2}

The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of *the blood*. {ML 139.2}

The bath is a soother of the nerves. It promotes general perspiration, quickens the circulation, overcomes obstructions in the system, and acts beneficially on the kidneys and urinary organs. Bathing helps the bowels, stomach, and liver, giving energy and new life to each. It also promotes digestion, and instead of the system being weakened, it is strengthened. Instead of increasing the liability of cold, a bath, properly taken, fortifies against cold, because the circulation is improved, and the uterine organs, which are more or less congested are relieved; for *the blood* is brought to the surface, and a more easy and regular flow of *the blood* through all the blood vessels is obtained.--  
TC, vol. 3, pp. 70, 71 (1871).

By bathing, the muscles become more flexible, the mind and body are alike invigorated, the intellect is clearer, and every faculty is livelier. {HR/ J11872 par. 18}

8 glasses per day - 30 minutes before or 1-2 hours after a meal.