

Mrs. Wheelock
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"DRINKING." Prof. Edward B. Warman.

In speaking to you this morning on the subject of drinking, it is not my purpose to defend or to speak pro or con in regard to intoxicating drinks. Really I believe that any man of ordinary intelligence knows better than to put into his stomach that which steals away his brains, and therefore I shall choose for my subject this morning, the drinking of water in its various states; milk, cocoa, chocolate, tea and coffee, following the subject of drinking with a few remarks on the subject of INSULATION.

Let us first consider water. Water is the only thing in the world that will absolutely quench thirst. Any other liquid that will either slake or quench thirst must have water as its basis. And the question is raised, should we drink water as it comes from the hydrant. You can simply take your choice. Raw water is an aquarium; and boiled water is a grave yard. Mineral water is rheumatism and premature old age. Filtered water is a "gay deceiver." The only pure water is distilled water. Speaking of raw water being an aquarium, and boiled water as a grave yard, the only difference is, one way you get them alive and the other way you get them dead. I myself prefer them alive, because I think my stomach can take care of them alive better than when they are dead. I lived in Chicago for several years, and almost every morning you could read in the papers that in a certain district the water should be boiled as it was very impure. Now that went out from the health officer of Chicago. Now everyone knows, who knows anything at all, that boiled water is no purer than raw water. You have all that was in the raw water. When you boil the water, the only purity that was in it passes off in steam. You are retaining the debris, carcasses, merely, of the water.

Now there is another element before speaking of distilled water, and that is, your mind affecting that which you eat and drink. Fear is the greatest bug-bear in the world, and if you drink hydrant water and think that its impurity is hurting you, it surely will. If you drink hydrant water without fear or trembling, it will not hurt you if the system is in good condition. Not perfect, I mean, but aiming at it. And I purpose showing you that by the time we get through the subject of eating, it is not so much what goes into your stomach as what comes out of your system, is the great secret of health. Keep open the four great eliminating agencies of the body.

The drinking of raw water I have never found harmful. For eighteen years I drank it in Chicago as it came from the hydrant, not even filtered. In Los Angeles, I have for the past five years taken the water just as it came from the hydrant. Some people say there is mineral in it. Yes, there is mineral in all water until it is distilled. But supposing there is mineral in it, if you keep the system in proper condition, you can take care of a certain amount of mineral matter, but a certain amount of exercise is necessary to enable you to take care of it. Too much mineral is detrimental.

Speaking of mineral water, as I say, it will cause rheumatism because it retains the waste matter in the system, and premature old age. If necessary to drink mineral water, then there should be sufficient exercise to eliminate. Now you say, what about those people who pay large sums of money and go to those mineral springs. All mineral springs are alkaline. There is not a single acid spring in the world that is known as a curative agent. They are all alkaline. Now what is the result? As it is: they go there and drink the mineral water, and I can guarantee if they would do the same thing at home as they do there, they would be benefited just as much. Most people do not drink enough water, so when these people go to the springs, they have to drink great quantities of water, and also have to take a great deal of exercise. Then

almost all the foods that have starch in them are eliminated from their bill of fare. So the consequences are that the strict diet, the immense quantity of water and exercise are the things that do the work, and not the water itself.

In regard to filtered water. There may be some filters on the market, I know some, that filter the water. I said it was a "gay deceiver" because it clarifies and does not purify. The mineral in water cannot be removed by filtering. It is held in solution just the same as sugar is held in solution in tea. There is nothing to eliminate that mineral. Nevertheless, if you will look at the dirty water that is left, you will find that the filter has taken out a great deal of impurity, and therefore, the filter is good to that extent.

In regard to distilled water, I believe that when one has reached middle age, distilled water should be used almost wholly. I said I never violated a principle that I have inculcated publicly, so you might ask me if I use distilled water. But I am not violating the principle because I have not yet reached middle age. When I reach middle age, I shall drink distilled water or buttermilk, and on that I shall speak later. You understand that I say that the only pure water is distilled water. Distillation means purity. Of course, you may say, what about snow water. That is pure where it is, but not as it reaches you after coming down the mountains. There are certain springs and rivulets and everything of that kind that look perfectly pure, but are not pure. You get the perfect distillation of water in fruits exposed to the sun. You get perfect distillation in the juice of an apple. Some people say, I object to distilled water because it is so insipid. All the life seems to be taken out of it. This is true if it is distilled but once. The water should be distilled twice and then aerated, and when you get the oxygen back into it, you have the oxygen along with the purity.

BUTTERMILK.--I believe the daily drinking of buttermilk will postpone the approach of senile decay from 15 to 20 years. You understand it is the hardening of the blood vessels, and the accumulating of the calcareous matter around the joints that first begins to tell of old age. Now the drinking of distilled water, and the drinking of buttermilk will leave the veins and arteries free and supple, and keep the elasticity that they should, instead of hardening. Now many old people have to be careful in exercising for fear of rupturing a blood vessel because the walls of those veins and arteries have hardened. It is my belief that 365 days in the year, every person should take some kind of exercise that will bring into action every muscle and joint in the body, and such exercise that can be ~~continued~~ continued at 80, 90, and 100. In the drinking of buttermilk, you will ask how much. I do not believe you can drink too much. I would make a quart a day the minimum. I am looking forward to the day when I can get buttermilk fresh.

That reminds me of forty or fifty years ago, at least, I was quite a boy, and I was in correspondence with Mr. Wood of the Wood's Gymnasium of New York City. That man is still living, somewhere in the neighborhood of eighty, but I am not sure of his exact age. He appeared before the "Hundred Year Club" of New York City and read a paper on distilled water. At the close of his paper, he demonstrated the benefits of distilled water. He stood on a box about six inches or more from the floor and very easily put his hands on the floor without bending his knees. Now, he said, "I doubt if any of you can do that." I will tell you why I can do it. In the first place, I keep up my practice, and in the second place, I never drink anything but distilled water and all my food is cooked with distilled water, and I have all the suppleness and activity that I had many many years ago. You know an ounce of practice

is worth a pound of theory. You can talk a long time to a man about his spinal column, but if you can get hold of him for a minute, you can demonstrate to him what you cannot demonstrate to him in years in any other way.

Now in drinking water from the hydrant, drink it without fear and trembling, and with the proper amount of exercise to get rid of any impurity. In regard to the quantity of water; anywhere from eight to ten glasses a day. There are some people who talk about this exercising the heart too much. I cannot see the philosophy of that at all. In the first place over 70% of the human system is water. The average man contains about a half barrel of water (some of them that much beer). Now the system contains about 70% water, but it is in twenty or more forms, and that goes fluctuating through the system, through the tissues and accelerates the action of the skin and kidneys. Then 77.7% of the blood is water, so you can see how very essential water is. Some people talk about over taxing the kidneys. What are the kidneys? Nothing but sieves. You cannot overtax the kidneys with any kind of liquid that you drink unless it be loaded up with too much mineral. If you get too much mineral, then drink that much more water, so the mineral can pass off from the system in a liquid form, a watery form so to speak. If you have a metal sieve and were to pour pure clear water through it, the sieve would never be hurt, but if you were to pour some corrosive substance through it, then it would corrode or rust. So it is with the kidneys. Pure water can never overtax the kidneys, and the more there is of that mineral substance in the system or kidneys that can affect the tissues of the kidney, the more water you should drink. Now you see how the pure the distilled water, is useful in taking out, in washing out the mineral that is already in the body, and therefore you can cleanse the system by the use of pure water.

There is a great question in regard to drinking water at meals. I have just as good authority for saying drink water at your meals as I have for saying do not. I myself do not believe in it as a rule, but if you are actually thirsty, if the thirst is not perverted, if it is not appetite, then I believe in quenching that thirst with a sip of water; but as a rule, drink water before or after meals, and not during the meals. The best time to drink, as I said, is when you get up, and that helps in the distension of the blood veins and arteries. I do not believe in drinking hot water. As a sedative, it cools and soothes, but it is enervating. Cold water stimulates and is in-nervating. If you are troubled with indigestion, and you want relief that will be better than soda, if you will drink hot water after your meals, you will find the effect very helpful. And then taken as a remedial agent, and not as a habit, for just as soon as you take a thing as a habit, it loses its remedial effect.

In regard to milk. It is considered that milk is a perfect food. So it is for the young of the species that produces it, milk is a perfect food. Mother's milk is a perfect food for the child. Cow's milk is a perfect food for the calf, but cow's milk is not a perfect food for a human being. It is almost impossible to get pure milk. Pasteurized milk, if not raised to too high a temperature (if it does it coagulates the albumen) is better on the whole than raw milk. To feed sterilized milk to a child is to starve the child. I want to say in regard to milk, if anyone wants to take milk and be benefitted by it, it should be taken entirely alone. There are a number of people who are taking what they call a milk diet, who take nothing but milk, and in great quantities, and that of course, under the care of a physician. I wish to caution you if you take milk, drink it by itself, never at your meals, especially never drink milk when eating meat. You would be better off on the

whole without the milk at all.

In regard to chocolate and cocoa. There are three kinds, the plain, the sweetened, and the cocoa, which is sometimes called chocolate. The plain chocolate is about 50% fat. This is all retained in the chocolate, but there is no sugar added to the fat. In the sweetened chocolate you have about 50% of the fat taken out, so there is only 50% of that 50% that remains, and then a large quantity of sugar is added, sometimes with vanilla and cinnamon, whereas in the cocoa you have only 1/3 of the fat, and a considerable amount of sugar and powdered alder root, etc. For a growing child the cocoa is much better than the chocolate. The chocolate is too rich. If your stomach is strong and you can stand the chocolate, my advise is never take chocolate at a meal. Chocolate is a meal by itself, and if you are taking three meals a day and want to stop one of them, and fear you cannot get along without the three, I would advise you at luncheon to take a cup of chocolate. You will find that it is food, drink, and clothes to wear. It should be sipped carefully.

TEA--Tea is a stimulant. It is an intellectual drink. There is nothing harmful in the drinking of tea if properly made. But again I want to caution you against drinking tea at your meals. Tea taken by itself will benefit you, at the close of a meal it is all right. If it is taken at the same time with meat, it toughens the meat. If you want the good effect of tea, take it as the English, tea by itself at five o'clock. You make it detrimental if it steeps over three minutes; then you begin to get the tannin.

You understand of course that in chocolate there is bromine, in coffee, caffeine, and in tea there is theine. You take the drink on account of its stimulating effect. You will get the theine out of it inside of three minutes, and the minute you go beyond that, you get what the old woman wanted, body to her tea, and she gets so much body that it will float an egg. I know a woman who will not rise in the morning until she has her fourteen cups of tea; I wonder that she rises at all. And never forget this, Nature is unrelenting. When she passes the goods to you over the counter, at whatever time in life, she expects you to settle at the cashier's desk, and if you do not, or try to evade, she will double the account every time. Tea taken properly stimulates the brain (cerebrum) and there is no reaction to that stimulant. As I said, it is an intellectual drink, and if you steep it over three minutes, you should in no instance avoid putting milk in it, because when you go over the three minute limit, then you are getting the tannin. The lining of the stomach is largely albumen, and we know that tannin has an affinity for albumen, so if you put milk in tea, the tannin finds its affinity in the albumen of the milk, and it is so loyal after it has become wedded that it will pay no attention to the albumen in the lining of the stomach. Now this is just opposite to what I would say about coffee. You will find that harvesters and mountain climbers rely very much on cold tea properly steeped.

Now in regard to that drink that has a black eye all over the country, and that is coffee. I am an advocate of coffee. For nervousness, and nervous people, and I think that I can demonstrate to you that coffee properly taken is a nerve restorer instead of a nerve destroyer. I will cite you one case. A lady came to me in Milwaukee at the close of a public lecture on physical education in which I spoke of coffee, and said she wanted to corroborate that statement in regard to coffee. She said, I know what it has done for me. I was a nervous wreck. I went to nerve specialist after nerve specialist, Wier, Mitchell and others. Spent a great deal of time and money in New York, Philadelphia and other places, and finally went to London.

England, to a nerve specialist there. He said, You are from America, where there are so many nerve specialists of such fine order. I said yes, and that I had tried them without avail, and then asked him if he could help me? He said he could help me, and cure me, and that his perscription was so very plain that I would not take it perhaps, but I told him that I would do it. So he said he would put me on a very plain diet and black coffee. I said, Black Coffee? That is the very thing the other specialists have made me out out. I came back to this country a well woman." She was anything but a nervous wreck when I saw her.

Coffee, of course, has tannin, but that is next to the hull and you will not get the tannin if the coffee is not boiled. In good coffee you get the caffeine, the stimulant, and you will find that there is never any reactionary effect. But mark you, I say black coffee. Whenever it has hurt you it was because you put cream in it. Cream in coffee produces a leathery substance, that the stomach cannot digest and from time to time there will be attacks of biliousness. If you put cream in coffee, and after a little you can taste it, you can tell that the coffee is indigestible.

Years and years ago I used to take coffee with cream in it and I was subject to bilious attacks. The doctor would say, give up coffee, and I would give it up, if not in one way, then another, until I finally decided to try coffee without cream. Since then I have not had the slightest touch of biliousness. Every man must be a law unto himself, and if black coffee does not agree with him, then he should not drink it, but otherwise get the system in good condition and take the black coffee.

To prove that there is no reactionary effect of coffee, place the sphygmograph on the pulse, drink a glass of whiskey, or get some one else to do it who has no more sense, and watch the tracings as the heart beats, up and down, up and down, and bye and bye the stimulating effect has ceased, and as a result it goes as much below normal as it has gone above. But when you get up heart action with coffee, there is a stimulating up and down, up and down, and when the stimulating effect has ceased, the heart is back at normal. This is proof that coffee is not reactionary, and tea the same. A physician once told a friend that coffee was a slow poison, and the friend replied, "it surely must be, for I have been drinking it for eighty years." Do not drink coffee at all if you have to drink weak coffee. Weak coffee will give you indigestion. It will cause fermentation in the stomach. Black coffee will cure indigestion; it is an antiseptic. If you have a bilious headache, take black coffee and put in a spoonful of lemon juice. If you have a nervous headache, take a cup of tea with the lemon juice. The coffee cures the biliousness, and the tea the nervousness. My idea is to make this talk suggestive and set you in a line of thought for yourselves.

INSULATION

Insulation for health. By that I mean merely insulation from the earth, the conserving of your nerves and vital energy. I know one reason I am never tired is because I keep correct position so there is no undue pressure; and another reason is because I am correctly insulated so I never let my strength escape to the earth. The tendency of all electricity, as you understand, is toward the earth; that is a natural tendency; not upward, but downward. With human electricity it is the same. We generate electricity in the body from elements taken from the air, food, water, etc., and when these are taken into the system and undergo a certain change, we have generated a certain force that goes through the body. But the earth being negative, and the

human body positive, the negative reaches up to the positive and draws from the positive, just the same as every negative person draws from a positive, as the negative electricity of the earth meets the positive electricity in the clouds, etc., To prevent this drawing from the positive, this grounding of the electricity, one can insulate himself. A good way is, (and there are a good many ways) to wear silk hose, or rubber soles and heels, as rubber is a non-conductor. I am insulated by the rubber heels, and then between the soles of my shoes there is a thin rubber sole. A few years ago the people could but the in-soles. I do not mean the "magnetic" soles which are non-conductors of heat, but not non-conductors of electricity. All shoes do not fill the requirement for insulation, but I think that you will find that the Regal or Ralston will. But if your shoes are not such as to insulate the body, then you can wear silk hose. The silk is a non-conductor, but it is a non-conductor only so long as it remains dry. The men who go around and attend to the arc lights take along a board to stand on. Board is a poor conductor, yet sufficient when dry.

In some localities of course, the electricity is not very strong, but in mountainous regions it is very strong. In Missoula, Montana electrical men carry small stools on which to stand and the legs of those stools have small glass knobs on them, for glass is a non-conductor. It is one thing to earn your vital force, and another thing to conserve it.

In 1895 the Los Angeles Times recorded an incident, "Saved by Gum Shoes." It was the account of a man and a woman walking in the mountains, and being overtaken by a storm of wind and rain; the man raised the umbrella. The steel of the umbrella attracted the electrical charge from the clouds, and the current went down his body and was stopped at the feet because he was insulated and there was no ill effect. However he had encircled the lady's waist with his arm, and the current passed from him to her, but as she was insulated, did not hurt her except that she was badly scorched because of the attraction of an embankment along which she was walking, and she was not insulated to protect herself in that direction. Two linemen were working up in Portland, Oregon during the rainy season. They had a little booth from which they did their 'phoning. One of them was 'phoning, and although as he was standing there was a complete circuit formed, he experienced no shock for the floor upon which he was standing was a poor conductor. However, the other man standing on the wet ground touched him on the shoulder in a friendly manner, but just the moment the circuit was complete, the man standing on the wet ground was instantly killed.

But this is the point I want to impress upon you. Let me tell you where you will get the greatest strength. Along with your drinking, along with your eating, take magnetized air. People do not value the free things enough, the God given things, the free air and the sunshine. Sunshine will kill any germ that any Doctor can hatch up. So that idea FRESH AIR, and when I say fresh air, get it. Fill your lungs. Get your diaphragm to work. Get that deep full breath that comes from the diaphragmatic action, deep and full, and when you are breathing with deep full inhalations of sun magnetized air, then just get that thinking machinery right. Do not go along listlessly and think nothing of these great privileges. Just begin and breathe deeply, and then put the mind to work, and these two words will tide you over many and many a time, HEALTH and STRENGTH, HEALTH AND STRENGTH, and there will be within you HEALTH and STRENGTH, and then you will radiate health, radiate strength, until you make everyone better that you come in contact with. I believe health is just as contagious as disease, and I hope you all catch it before I get away.
