

strated, that all the liquid and solid parts of an animal, with some few exceptions, contain or consist of more than three-fourths of their weight of water: the importance of which element in the mere composition of our body is hence directly evident.

But if we would have a familiar illustration of its importance in the daily and hourly occurrences of life, let us in imagination accompany an individual of moderate rank and condition in society, from the time of his rising in the morning till the hour of sleep at night, in order to observe the utility of water in administering either directly or indirectly to his various wants and habits. How great is the comfort, to say nothing of the salubrity of the practice, which results to him from the application of water to the surface of the body, by means either of the bath or any simpler process! and, again, the change of the linen in which he is partially clothed is rendered equally comfortable and salutary, in consequence of its having been previously submitted to the process of washing. The infusion of coffee or of tea, which is probably an essential part of his earliest meal, could not have been prepared without water: neither could the flour of which his bread consists, have been kneaded; nor the food of his subsequent meal, the broths and most of the vegetables at least, have been rendered digestible, without the aid of the same fluid;