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The Kent News
CHESTERTOWN - SEPT. 1, 1888.

Water Before and at Meals.

Opinions differ as to the effect of the free ingestion of water at meal times, but the view generally received is that it dilutes the gastric juice and so retards digestion. Apart from the fact that a moderate delay in the process is by no means a disadvantage, as Sir William Roberts has shown, it is certain that the mere bulk of any fluid, that has been willing at 35 degs. F. but whether any such effect is in reality produced. When ingested during meals water may do good by washing out the digested food, and by exposing the undigested part more thoroughly to the action of the digestive ferments.

Pepsin is a catalytic body, and a given quantity will work almost indefinitely provided the peptones are removed as they are formed. The good effects from water drunk freely before meals have, however, been ascribed to its washing the saliva away from the mouth, which is secreted by the saliva during the intervals of repose, so retaining the whole saliva. The membrane thus cleansed is better condition to receive it into soluble compounds. Stasis of mucus is specially morning, when the gastric juice is the most, tending to keep the stomach at this period quite free from mucus. Hence the propriety of a glass of water on rising, and the cold compress. The cold compress in the morning before meals is a useful means of reflex stimulation of the blood, and facilitates the flow of saliva and the mucous glands, and the mucous glands, and the secretion of the stomach, which it promotes the alimentary morning meal. Observation shows that non-drinkers of water are constipated, "costive," and sluggish, as if they, as they only ought to a sluggish liver. *Medical Journal.*

SOCIETY DIGESTION, they think, there is no proper food for a night, so carry to supper "cold collation." Well, let us have a glass of water! "I'm nearly dead." "Just about the time the ice was delivered the chambermaids who was in the kitchen taking the cook's place, received a telegram calling her to the bedside of a sick relative, and had to hurry off. I forgot about the toast I had ordered." "Humph. Well, I'll go up stairs and lay down." "All the bedding was taken out in the yard this morning to air, and as the nurse is away for a week or two, I'm all in a muddle." "Well, I'm sorry, but there is no hotel for awhile. Such a time as I do have with servants. By the way, speaking of servants, the paper says a young man in Chicago had himself cowhided because a servant girl refused to marry him." "Well, to be refused by a girl who knows how to do her own housework is enough to make any man of some consequence."

A NEW NORSE has selected a number of Minnesota women. They want a law to compel a man to announce his intention within four weeks after paying the first visit to a girl. It goes without saying that the men will resist such a measure to the bitter end. It would break up their fun and make every weaver of trousers as afraid of a girl as he is now afraid of a mother of a girl who has a certain portion. In Minnesota there are more women than men, and when they want to get married they cannot afford to have their time wasted by trifters. They have a law for legalizing courtships that go on and on and never lead to the altar. It all goes to show that the world's West is strictly business region, and in love affairs it must either be branch of promise, marriage or divorce. Here in the effete East we will continue to worry along under the old customs, and as long as the pie and cut bills will be paid by the young lady's papa.

"You want a position in my store, do you, miss?" said the kind-hearted Chicago merchant. "You don't look as if you had much experience in selling goods. I have only one place vacant now. It is the soap department, in the basement, and the salary is only $12.25 a week. But my wife informed me this morning she needed another girl in the kitchen. I don't know like that, you see, but I think I can give you $4 a week there." "Do you think I look like that, sir?" "I'll take the anybody position, sir, was the haughty reply."

"I hate to make a complaint, Mr. Smith, but that lawn mower of yours is a terrible nuisance." "Lawn mower! I haven't any lawn mower!" "Haven't got any lawn mower? Well, that's good! As though I hadn't heard it night and morning ever since I moved here. There there goes the confounded thing again!" "But, my dear sir, that isn't a lawn mower. That's my son winding up his Waterbury."

"Be wy sure," he implored, "be wy sure, wy adored one, dear!" I have had my life insured for $10,000 in your favor," and he disorbited the pillery in the air. She pondered a moment, then replied, in hollow hysterics orbe to he, she said: "Before I give you an answer I would like to know the state of your health."

Advertisements of this class are, of course, strictly shut from this paper. Nevertheless, we cannot help but wonder how the people who patronize them are imposed and for many years.

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