

Every fact of living existence, the Law of Vital Adjustment, the evidence contained in ancient scriptures, all prove without an exception that modern man is the product of Descending Evolution—Devolution. The scanty evidence that has survived from the remote past, shows that modern man has slowly descended through the five stages

1. Breatharianism
2. Liquidarianism
3. Fruitarianism
4. Vegetarianism
5. Carnivorism<sup>60</sup>

We have discussed the significance of all of these nutritional stages in relationship to the development of humans except one: liquidarianism.

Again, water comes from air. If in the beginning we can assume that the air was pure, we must also assume that the water was pure. Its significance to the human organism is by far the least understood concept of modern civilization.

Water is all-important in the body, as a general solvent permeating all cells and tissues. All the body's chemical reactions take place in aqueous solution, and waste products are removed from the body in water, as urine and sweat. We need a constant intake to maintain water balance. Water is present in the diet, not only in drinks, but in all but the very driest of foods. You are 60% water.<sup>61</sup>

J. Walter Reeves, M.D., of Los Angeles, points out that water enters into the structure of the human body and has many functions. Muscle tissue is about 75 percent, brain tissue about 80 percent, blood about 80–85 percent, bone about 25 percent, and fat about 20 percent water.

Water also serves as a lubricant between surfaces of body organs and as a solvent for an infinite variety of substances in the body. It is also a powerful ionizing agent and by virtue of this property controls the distribution of fluids and solutes within and without the cell membrane. Water is also the vehicle which transports food materials, internal

secretions, and waste products from their sources to the point where they are disposed of by the cells. Most of the water in the body keeps moving all the time.

Water is the vehicle for the active agent in the digestive juices. It is excreted by the sweat glands and by the kidneys, which in twenty-four hours filter out 15 to 25 gallons of fluid, but all of the water except about 1 to 1½ quarts is reabsorbed. Water also contributes to fermentation in the body. . . . Water is also essential to some of the special senses. Substances to be tasted must be in solution. Sound waves are transmitted by water to the organ of Corti in the cochlea. The aqueous humor of the eyeball is essential to sight. Water is also the medium for regulating body temperature. The billions of cells in our body are surrounded by water and live an aquatic life. Like the water jacket of an automobile engine, this water absorbs the heat of oxidation from the cells and prevents their self-destruction. Approximately one-half of the body water is within the cells. Free water lies between the cells. The third place where water is found is in the blood vessels, in the plasma, and in certain serous cavities of the body. To maintain the normal amount of body water, a person needs from three to five quarts of water daily, at least 1½ quarts of which should be taken as water while the rest may come from foods or from manufacture in the body.<sup>62</sup>

The best authorities agree that the normal amount of fluids that should be taken by the average person is about two quarts every twenty-four hours. Think of that, you people who have been taking but a pint a day, or less! No wonder you are not healthy. How could you be, flying in the face of Nature in this manner. You must get back to Nature's normal conditions, if you would be healthy. You should begin by increasing your daily amount of fluids, adding a little each week, until you reach the normal amount.

Do not gulp down large quantities at a time, but drink small quantities a number of times during the day. You will find it an excellent habit to get into, drinking a cupful of cold water the first thing after arising in the morning, and another just before retiring at night. Then drink a number of times during the day. You will soon get back to the