

The Benefits of Water

The Benefits of Water



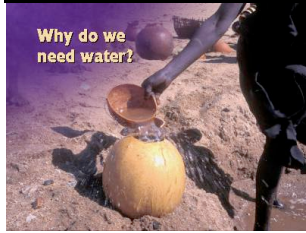
©CARE 1988/Rudolph Von Bernuth; ©Inter American Development Bank

Water is the most healthful drink. We can only live a few days without it. Even though we usually get enough to live, most people don't drink enough for their body to be able to work at its best. Today we want to talk about the many benefits of drinking water.



©CARE 1988/Rudolph Von Bernuth

Drinking water is very important. We can live many more days without eating than we can without drinking. Doctors say that more than half of our weight is from water!



©Malcolm Linton

Why do we need water?

Why do we need water?



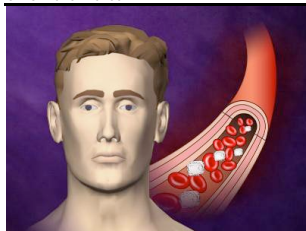
©Corel #335092

All living things need water to live. Plants will die if they don't get water. From the little ants to big elephants, nothing can live without drinking water.



©Life Art #3D104004

Water makes our brains work;

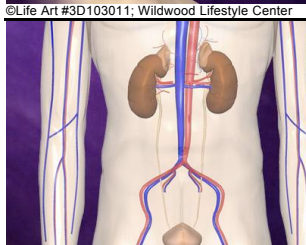


©Life Art #3D103011; Wildwood Lifestyle Center

it makes the mouth and the eyes wet;

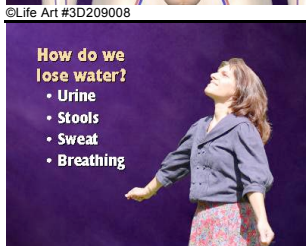


and it allows the blood to move in our veins. Water also cleans our blood from all the waste.



©Life Art #3D209008

It takes the dirty part of the blood to the kidneys and washes it out.



©Life Art #3D101003; Photodisc #40025;

How do we lose water?

- Urine
- Stools
- Sweat
- Breathing

Everyday our bodies lose water, even when we are sleeping. We lose water in the...

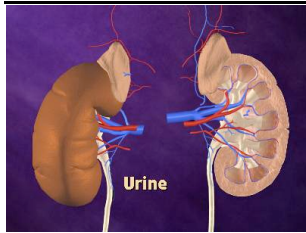
➡ Urine

➡ Stools

The Benefits of Water

Adventist Frontier Missions; Chris Brevig; Daniel White

- ☞ Sweat
- ☞ and Breathing



©Life Art #3D110005

Our blood needs to be cleaned all the time. The kidneys help to clean the blood; they work day and night doing this. The kidneys throw out the dirty part of the blood in the urine; this is how our blood is kept clean



©Wildwood Lifestyle Center

When we drink a lot of water, we help the kidneys to do their job. When we drink very little water, the kidneys have to work hard to keep the blood clean.



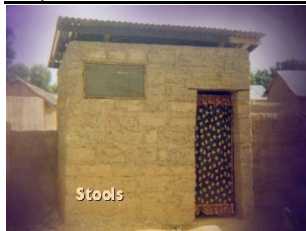
©Jerilyn Ah Sam

You may have seen that when you drink a lot of water, the urine is very clear, almost like water. This is good. It means that there is plenty of water to wash the waste out.



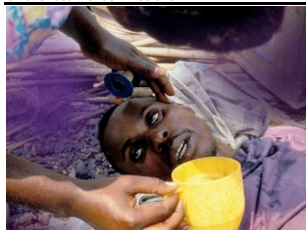
©Jerilyn Ah Sam

What happens when we don't drink enough water? The urine becomes very yellow, and it may even smell bad. This is one way the body warns us that we should have been drinking more water.



©Adventist Frontier Missions

Another way we lose water from our body is with the stools we pass. When people have diarrhoea, they lose a lot more water and can even die. That is why it is so important to drink a lot of water when you have diarrhoea.



©Malcolm Linton

Some people think that when they have diarrhoea they must stop drinking water so that the diarrhoea will stop. This is very wrong! The diarrhoea will continue even if you stop drinking. But if you don't drink enough water to put back what is lost, your body will not have enough fluid to make you well.



©Chris Brevig

Sweating is another way our bodies lose water. Especially when it is hot and people sweat a lot. Sweating helps the body to stay cool. It is actually good for us; it helps to clean the blood.

The Benefits of Water



©Daniel White

Have you ever counted how many times you breathe in one minute? Adults usually breathe 15 times in one minute and babies breathe much faster, even up to 40 times a minute.



©Daniel White

Just take your hand and cover your mouth with it. Then breathe out, blowing onto your hand. What happens? Your hand gets a little bit wet from the air that comes out of your lungs.



©Daniel White

Every time a person breathes out, a little bit of water is lost from the lungs. In one day, we breathe in and out thousands of times. Each day almost 1 cup of water is lost from the body, just from breathing.

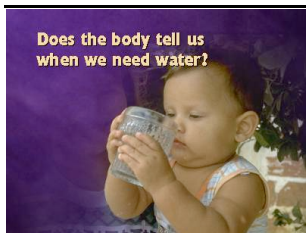
As you can see, there are many different ways in which we lose water from the body.



©BrandXpictures #bpx26082

What would happen to us if we never drank anything, to put back all the water that is lost? Our bodies would get drier and drier. After a few days the kidneys and other parts of the body would stop working and we would die.

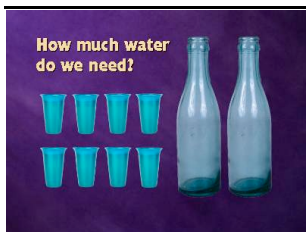
That's why we need to drink water! Not just once or twice a day, but all through the day.



©Inter American Development Bank

Does the body tell us when we need water?

Yes. When we get thirsty, our body is asking for water. It already has too little water then, so we should not wait until we're thirsty. We should make it a habit to drink even before we get thirsty.



©Hemera Technologies

How much water do we need?



An adult person should drink **at least 2 litres** (quarts) of water every day.



This is the same as 8 glasses.

The Benefits of Water



©Hemera Technologies

People living in hot countries sweat a lot. Because of this, they should drink much more water, up to 4 litres (quarts) a day—or 16 glasses.



©Hemera Technologies

When should we drink water?



©Wildwood Lifestyle Center

It is much better to drink water when there isn't too much food in the stomach. This means we should not drink with our meals. Why? Because water makes the food stay in the stomach for a very long time, and then the stomach gets tired and even sick.



©Wildwood Lifestyle Center

The best time to drink water is early in the morning and between meals.



Begin your day by drinking 2 glasses of water when you wake up.



After eating each meal—breakfast, lunch or supper—wait 2 hours and then drink two glasses.



©Adventist Digital Media, ©Hemera Technologies

Does it matter if we drink tea, coffee or soda drinks instead of water?

Yes! These drinks cannot take the place of drinking water

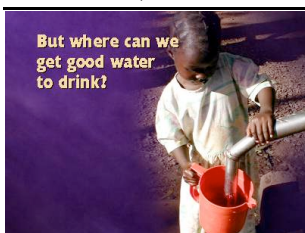
Tea and coffee are not good drinks for our bodies. They can damage our health and in time make us sick.



©Bernhard Heiser/asiaphoto.de

Soda drinks have a lot of sugar and chemicals that are bad for our health. They can rob the strength out of the bones and make them weaker (Like with osteoporosis).

Water is the best drink to have.



But where can we get good water to drink?

But where can we get good water to drink?

In some places, people can get good water from the taps at home but many people live in areas where it may be dangerous to drink water that comes out of the pipes.

The Benefits of Water

©Wildwood Lifestyle Center



©Panorama Productions

Water can cause many serious diseases if it is not clean. Diarrhoea is the most common disease spread by dirty water. Diarrhoea kills many people every year, and especially young children.

Many times the water can look clean, but it may be full of disease. The germs that cause diseases are so small that we can't see them just with our eyes.



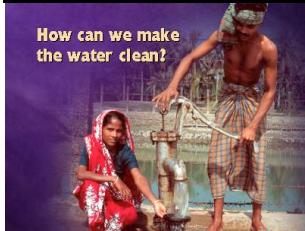
©Wildwood Lifestyle Center

Water from rivers or lakes can be full of disease too.



©Adventist Frontier Missions

When people and animals pass urine and faeces into the water diseases can pass on to other people.



©Panorama Productions

How can we make the water clean?

How can we make the water clean?

First, we must teach our friends and neighbours to keep the animals away from our water. Sometimes communities have to dig a trench and make a special place for animals to drink. You may need to put a fence around the place from where you get your drinking water.

We also need to teach people not to pass urine and faeces near the water.



©Wildwood Lifestyle Center

If your water is not safe, boil all the water you drink. You only need to boil water for 10 minutes to kill the germs that spread disease.



©Photodisc #2324

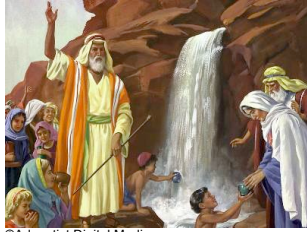
If you don't have enough money for gas or wood to make a fire, then you can use the sun to clean your water.

The Benefits of Water



©Jenilyn Ah Sam

To do this you will need glass or plastic bottles that you can see through. Fill them with water, close them and put them in the sun for a whole day. Even though the sun doesn't kill all the germs that can make you sick, most of them are killed, and the water becomes much safer to drink.¹



©Adventist Digital Media

The Bible tells us of many times when God provided His people with pure water as they travelled through the wilderness.



©CARE 1997/Findlay Muir

“He who has compassion on them will guide them and lead them beside springs of pure water.”
Isaiah 49:10

God still cares for us today, and wants to help us with all of our needs.



The Bible says, “*He who has compassion on them will guide them and lead them beside springs of {pure} water.*” (Isaiah 49:10)

Be sure you and your family have good clean water, and drink plenty of it every day. This will help keep your bodies strong and healthy, like God wants you to be.

¹ Werner, D. *Where There Is No doctor*, The Hesperian Foundation, 1999 p. 135