

## Appendix 1: questionnaire

### Health effects of water ingested or applied to the body thermoneutral hot or cold

#### Instruction:

Tick ☒ in one appropriate box ☐ for part I or under appropriate answer for part II

#### Part I:

Which one is your main source of information concerning health effects of water when ingested or applied to the body at different temperatures?

- (a) Relations and friends ☐
- (b) Class work/ school textbooks/ guided internet googling ☐
- (c) Mass media and other written works ☐
- (d) Leisure time internet googling and Social Media ☐

#### Part II Section A

	Correct Statement	Wrong Statement
1. Pure water is a nutrient like protein, vitamin, minerals etc		
2. Water acts as a solvent and reaction medium in metabolic reactions but can also be a reactant.		
3. There is no other way the body can obtain water other than through foods and drinks ingestion.		
4. Frequent drinking of water plentifully is useful in weight control because water contains just little calories.		
5. More than half of our body weight is made up of water.		

#### Section B

1. The rule for minimum water consumption in sedentary healthy adult is 8 ounce glass of water, 8 X daily.		
2. Temporarily depriving the body of both food and water together as in dry fasting should be a periodic healthy practice that rejuvenates.		
3. An alcoholic steadily taking plenty of beer and no other food for days may be intoxicated with alcohol but cannot develop water intoxication because alcohol is diuretic.		
4. Appropriate time to drink plenty of water is first thing in the morning so as to flush out toxins, loosen the bowel and avoid disturbing digestion.		
5. Since the very young is particularly susceptible to dehydration, exclusive breast feeding is a risky practice for the baby in hot weather.		

### **Section C**

1. Inhalation of hot steam can be used to cure Upper Respiratory Throat Infection (URTI)	<b>Correct Statement</b>	<b>Wrong Statement</b>
2. Ice cold water drink is not recommendable at all because it causes common cold.		
3. Regular consumption of hot fluids can cause cancer of the oesophagus.		
4. Cold water drinking during meals disturbs digestion especially by causing fats to solidify.		
5. One should avoid ice cold fluids alternating with hot ones since these cracks and damages the teeth thereby resulting in dental pain.		

### **Section D**

1. Home application of water products hot or cold for health in dentistry is largely limited to hot saline mouth wash.		
2. Hot water shower/bath is recommended especially in the mornings to start the day with invigorating alertness.		
3. Bathing before meals is best since bathing after meals can interfere with digestion by diversion of blood circulation.		
4. For the sick, chilly water immersion or drinking can kill.		
5. Chilly water externally applied habitually produces many gratifying results some of which mechanisms science cannot explain.		