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## Pure water unbeatable

Re: **Unsafe at any level — March 20**

Clearly, the biochemistry associated with fluoridation is complicated, the biological effects largely unknown. Even so, the proper decision on fluoridation seems simple enough.

Pure water is composed of molecules containing two atoms of hydrogen and one of oxygen. Anything else in the water supply — whether animal, vegetable or mineral — is an impurity.

Pure water is demonstrably beneficial. People in the world's "bastions of health and longevity" get pure water from mountain-top ice-caps formed by sublimation (water vapour that turns into a solid without going through the liquid phase avoids absorption of impurities from the atmosphere). The melt-water rushes down rocky streams and is consumed before dissolving impurities. The people who drink this pure water have good teeth and a remarkable absence of cancer, heart disease and other ailments compared to people of similar genetic stock who live in the lowlands and drink well-water.

No one should be drinking tap water anyway unless they have installed a high-quality in-house purification system that removes worrisome impurities, including fluorine, from the water. (I have no monetary interest in making this statement.)

*Arvo Ranni*

*Kitchener*

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