Contamination of water supplies is usually due to poor sanitation close to water sources, sewage disposal into the sources themselves, leakage of sewage into distribution systems or contamination with industrial or farm waste.

Even if a piped water supply is safe at its source, it is not always safe by the time it reaches the tap.

Intermittent tap water supplies should be regarded as particularly suspect.

Travellers on short trips to areas with water supplies of uncertain quality should avoid drinking tap water or untreated water from any other source.

It is best to keep to hot drinks, bottled or canned drinks of well-known brand names—international standards of water treatment are usually followed at bottling plants.

Carbonated drinks are acidic and slightly safer.

Make sure that all bottles are opened in your presence and that their rims are clean and dry.

Boiling is always a good way of treating water.

Some hotels supply boiled water on request, and this can be used for drinking or for brushing teeth.

Portable boiling elements that can boil small quantities of water are useful when the right voltage of electricity is available.

Refuse politely any cold drink from an unknown source.

Ice is only as safe as the water from which it is made, and should not be put in drinks unless it is known to be safe.

Drinks can be cooled by placing them on ice rather than adding ice to them.

Alcohol may be a medical disinfectant, but should not be relied upon to sterilize water.

Ethanol is more effective at a concentration of 50–70 per cent; below 20 per cent, its bactericidal action is negligible.

Spirits labeled 95 proof contain only about 47 percent alcohol.

Beware of methylated alcohol, which is very poisonous and should never be added to drinking water.

If no other safe water supply can be obtained, tap water that is too hot to touch can be left to cool and is generally safe to drink.

Those planning a trip to remote areas or intending to live in countries where drinking water is not readily available should know about the various possible methods for making water safe.

Piped water from an intermittent supply could be dangerous to health.

The author recommends that travellers on short trips should drink canned drinks of well-known brand names because international standards of water treatment are usually followed at bottling plants.

Ice in drinks could be dangerous to health because ice is only as safe as the water from which it is made.

You wouldn’t be safe if you added 95-proof alcohol to contaminated water because it cannot be relied on to sterilize water.

In the absence of other sources, tap water that is too hot to touch is generally safe to drink when it has been left to cool.

They blamed the situation at the factory on poor management.

People living near the nuclear reactor are afraid of radioactive contamination.

The action that the manager wanted to take was regarded as extremely unwise.

We visited some areas in the north of the country where people have still never seen a car or a television.

When you drive through that part of the country, all you can smell are the fumes from the dozens of chemical plants that operate there.

When you’re travelling abroad, always make sure that your passport and other documents are inspected in your presence, and not taken away to be looked at.

Some swimming pools supply fresh, clean towels for their customers.

‘Hot towels are available on request,’ said the notice outside the sauna.

He has stopped buying cigarettes for himself, but he never refuses the offer of a cigarette from someone else.

Taking travelers to remote parts of the world has become a major part of the modern travel industry.

There has been heavy rain today in various parts of the country.

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Always avoid intermittent tap water supplies.

Always avoid drinking untreated water from any source.

Always drink hot drinks or bottled or canned drinks of well-known brands.

Always ensure bottles are opened in front of you and that the rims are clean and dry.

Always boil water yourself or ask for boiled water.

Always refuse any cold drink from an unknown source.

Always avoid putting ice into drinks unless you know it is safe.

If you are planning to visit some of the remote regions of the country, there are a number of things you should know, and almost the first thing you will want to know is what the people are like.

You should be aware right from the start that they are rather reserved and more than a little wary of visitors.

They are even more wary of foreigners.

But in spite of that, they are very friendly, and if you give them time, they will treat you with a great deal of hospitality.

They lead simple lives, of course, but once they have befriended you, everything that they have is yours to share.

And what about accommodation?

Where can you stay?

Well, to begin with, there are no hotels and no guesthouses.

In such remote areas, the only accommodation available is with families, and this means, of course, sharing everything with them.

Sometimes this means even sharing their home with the animals.

There is one other possibility in some parts of the country, however, and that is to stay in a local monastery.

While this is not always possible, if you get the chance, don’t refuse it.

The monks are always extremely hospitable and ask for nothing in return for their kindness.

For most people, the things that they are most concerned about when travelling in remote areas are food and drink, especially the availability of fresh water.

Looking at food, first of all, there are, of course, no restaurants or cafés, so you will eat with guides or with families.

The diet is very good in that part of the country, and people eat lamb, beef, rabbit and other animals that they shoot, and they grow an incredibly large variety of vegetables.

They even grow corn and wheat in some parts, so that they can make their own bread.

As they are so remote, the people have developed some very special dishes of their own which all visitors enjoy.

The greatest worry of all travelers to remote places is quite simple: Is there fresh water, and can you drink it?

The answer to both questions here is ‘Yes’.

Yes, there is fresh water.

Most of it is from fast-running mountain streams, and it is very clean.

And yes, you can drink it, but you can boil it if you want to.

And anyway, since there is no hot running water from taps, you have to heat it to wash or bathe in.

You should avoid drinking tap water.

You should prefer well-known brand names of bottled drinks.

They should open all bottles in your presence.

You should request boiled water in hotels.

You should boil water before drinking it.

You shouldn’t drink tap water.

You shouldn’t accept bottles of water that haven’t been opened in your presence.

You shouldn’t put ice in drinks.

You shouldn’t rely on alcohol to sterilize water.

You shouldn’t add methylated alcohol to drinking water.

Travelers should avoid drinking tap water.

Methylated alcohol should never be added to drinking water.

Those planning a trip to remote areas should know about various methods.

Making water safe to drink is a matter of life or death.

The water has been piped across thousands of miles.

Some water supplies should be regarded as particularly suspect.

Bottled or canned drinks are usually safe.

Carbonated drinks are acidic.

Make sure that all bottles are opened in your presence.

Drinks can be cooled by placing them on ice.

Drinking tap water should be avoided.

Well-known brand names of bottled drinks should be preferred.

All bottles should be opened in your presence.

Boiled water should be requested in hotels.

Water should be boiled before drinking or being drunk.

Tap water shouldn’t be drunk.

Bottles of water that haven’t been opened in your presence shouldn’t be accepted.

Ice shouldn’t be put in drinks.

Alcohol shouldn’t be relied on to sterilize water.

Methylated alcohol shouldn’t be added to drinking water.

The word drinking here is a noun.

The phrase bottling plants here is a compound noun.

The phrase drinking water here is a compound noun.

The word planning here is a present participle.

The word making here is a noun.

The word planning here is again a present participle.

The word regarded here is a past participle.

The words bottled and canned here are adjectives.

The word carbonated here is an adjective.

The word opened here is a past participle.

The word cooled here is a past participle.

The word labeled here is a past participle.

Piped water could be contaminated, especially if it doesn’t flow continuously through the pipes.

Make sure that bottled drinks are opened in your presence, presumably to be assured that it was filled at a bottling plant.

You should avoid ice in drinks because you don’t know if it has been made with contaminated water.

You can’t use alcoholic drinks to sterilize water because the alcoholic content is rarely sufficiently concentrated to do the job.

Piped water may be safe at its source, but it isn’t always safe.

It isn’t advisable to drink tap water of uncertain quality.

Drinks can be cooled if you place them on ice.

Don’t rely on alcohol to sterilize water.

Make sure that all bottles are opened in front of you.

Don’t accept any cold drink from an unknown source.

You should not depend on alcohol to sterilize water.

Those planning a trip to faraway places should know about the various possible methods for making water safe.