

*getting water, getting there and getting old*  
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## Drinking

Drinking is an activity in which all people participate. It is something we have in common, something we share. Indeed, we share it with all animals.

At birth, we drink from instinct simply to satisfy our thirst and hunger. Doing this turns out, because of the way nature is, to be so pleasurable that we learn to drink (and eat) not simply to satisfy our thirst or hunger but for the associated pleasure. This is the basis of both culture and addiction.

## Walking

Walking comes later than drinking, but it too comes to all of us or at least to so many of us that we can generalize. People who cannot walk would walk the same way the rest of us do if they could.

When walking comes, when we first learn to do it, we do it for its own sake and not because it will get us somewhere. We can get places before we walk because we can crawl and we see people walking before we can walk so we know before we walk that walking is more efficient than crawling. Every child, it seems to me, would know this, though perhaps few children would be aware that they knew it.

So we know it is efficient to walk and we *walk* because it is efficient to walk; but we do not *learn* to walk because it is efficient to walk. When we learn to walk, when we make our first efforts to walk – and for all of us, walking is an effort at first – we make the effort to walk *not* because we are trying to get somewhere. Getting somewhere is not the first point of walking. Walking is the first point of walking.

## Ageing

Ageing is another activity people share and share with animals and when you get old, you drink not to satisfy your thirst and not for the associated pleasure but just to keep your kidneys functioning, and you walk, not to go anywhere, but just to walk, to keep your body moving.