

Grammar: Restrictive and Non-Restrictive Clauses

A. Language in context

Read the article.

Why does the author say that drinking eight glasses of water a day is not necessary?

Health fact? Or health fiction?

In today's column, we'll look at one of the more persistent health myths that our readers ask us about: "One must drink eight glasses of water a day." This popular misconception, which some people know as "Drink eight glasses of eight ounces each of water a day," actually has no scientific basis. In fact, doctors are some of the people who point to problems from drinking too much water.

So how much water should you drink? As a general rule, drink at those times when you feel thirst. However, be aware of special conditions (such as hot weather) that require a higher water intake. Athletes, who lose more water through perspiration, need to drink more water. For more details, check the source that is listed at the end of this article, where you can find further information.

B. Notice

Read the information.

Structure	Use	Example
Restrictive relative clause	Adds necessary information using the pronouns <i>that</i> , <i>when</i> , <i>where</i> , or <i>who</i> . There is no comma before the pronoun or after the relative clause.	<i>... one of the more persistent health myths (that) our readers ask us about...</i> <i>a) is if we must drink eight full glasses of water a day.</i>
Non-restrictive relative clause	Adds extra information, using the pronouns <i>which</i> , <i>when</i> , <i>where</i> , or	<i>This popular misconception, which some people know as "Drink eight glasses of eight</i>

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	<i>who</i> . Uses commas before and after the relative clause.	<i>ounces of water a day," actually has...</i> <i>b) no scientific basis.</i>
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In restrictive clauses, the pronoun can be omitted if it refers back to the object of the sentence:

The myths (that) our readers ask us about are common.

(myths = object, our readers = subject)

People that believe myths are often seen as gullible.

(people = subject, myths = object).