Spectra of H$_2$O and D$_2$O adsorbed on sublimated films of NaCl have been compared to spectra of H$_2$O(gas) and D$_2$O(gas). The comparisons show that for both adsorbates, the stretching bands red-shift upon adsorption while the bending bands blue-shift. Explanations of these shifts led to the derivation of a probable mode of adsorption.