

Some curious facts about water:

Water comprise about 60 to 70% of body weight in human (10 to 20 gallons). Water weighs 8.34 pounds per gallon.

Some of the water we need is in the foods we eat. Meat is 50% water.

Vegetables are 90 - 95% water, Grains are 33% water. So the next time you eat a hamburger remember that it is over 50% water.

Regular intake of water can help alleviate some common ailments, such as:

- Aching joints
- Constipation
- Minor obesity
- Jet Lag (dehydration)
- Dry skin

Here are some of the duties of water which directly impact our life-supporting functions:

- Aids in digestion of proteins and carbohydrates
- Cushions and lubricates joints and vital organs
- Protective layer around brain, eyes and spinal cord
- Aids in breathing and circulation
- Carries nutrients and oxygen to the cells
- Flushes toxins out of systems
- Regulates body temperatures
- Removes waste

Water is nature's very own youth builder. You will be surprised at how fast your energy returns and your body improves if you drink sufficient amounts of water.

Water Conservation

The Water Facts of Life

There is the same amount of water on Earth as there was when the Earth was formed. The water from your faucet could contain molecules that dinosaurs drank.

Water is composed of two elements, Hydrogen and Oxygen.  $2 \text{ Hydrogen} + 1 \text{ Oxygen} = \text{H}_2\text{O}$ .

Nearly 97% of the world's water is salty or otherwise undrinkable.

Another 2% is locked in ice caps and glaciers. That leaves just 1% for all of humanity's needs - all its agricultural, residential, manufacturing, community, and personal needs.

Water regulates the Earth's temperature. It also regulates the temperature of the human body, carries nutrients and oxygen to cells, cushions joints, protects organs and tissues, and removes wastes.

75% of the human brain is water and 75% of a living tree is water.

A person can live about a month without food, but only about a week without water.

Water is part of a deeply interconnected system. What we pour on the ground ends up in our water, and what we spew into the sky ends up in our water.

The average total home water use for each person in the U.S. is about 50 gallons a day.

The average cost for water supplied to a home in the U.S. is about \$2.00 for 1,000 gallons, which equals about 5 gallons for a penny.

Water expands by 9% when it freezes. Frozen water (ice) is lighter than water, which is why ice floats in water.

Water Myths & Realities

Myth:

We shouldn't have to think about drinking water.

Reality:

We can no longer take our drinking water for granted. Public participation is vital to protecting our water resources, building adequate treatment plants, improving water delivery, analyzing costs versus risks, and enacting appropriate legislation.

Myth:

Once you use water, it's gone.

Reality:

After water is used, it's recycled innumerable times. Some water is recycled for use within a week, other water may not be used again for years. Water is resilient and responds well to treatment. However, using water and abusing water by contaminating lakes, streams, and wells with toxic chemicals are two different things. To keep our drinking water safe, we need not only appropriate treatment, but also appropriate source protection.

Myth:

There are more pollutants in drinking water today than there were 25 years ago.

Reality:

Not necessarily. Twenty-five years ago, we did not have the technology to know what was in our drinking water. Today, we have sophisticated testing instruments that enable us to know more about our water than ever before. The drinking water community is continually improving treatment processes as it learns more each year.

Myth:

Using home water treatment devices will make tap water safer or healthier to drink.

Reality:

Some people use home water filters to improve the taste, smell, or appearance of their tap water, but it does not necessarily make the water safer or healthier to drink. Additionally, all home treatment devices require regular maintenance. If the maintenance is not preformed properly, water quality problems may result.

Myth:

Bottled water is safer than tap water.

Reality:

Not necessarily. Unlike tap water, the quality of finished bottled water is not government-monitored. Studies have shown that microbes may grow in the bottles while on grocers' shelves. You don't need to buy bottled water for safety reasons if your tap water meets all federal and state drinking water standards. If you want water with a different taste, you can buy bottled water, but it cost up to 1,000 times more than tap water. Of course, in emergencies, bottled water can be a vital source of drinking water for people without water.

Myth:

"New" water is better than treated water.

Reality:

There is very little water on Earth that is new. Most of our water has been touched by some type of human or animal activity. Even in remote wilderness areas, studies have found bacteria contaminating water. Therefore, it's always best to drink water that you know has been treated. Before drinking water from a stream, boil it for one minute at sea level or three minutes at higher elevations. This will completely kill all bacteria, viruses, and germs.

Myth:

If lead is in your water, it is the utility's fault.

Reality:

The most common source of lead in drinking water is the plumbing in your home. Your plumbing may have lead pipes or lead solder in the connections. Lead is a contaminant that is particularly harmful to pregnant women and young children. If you are concerned about lead in your water, contact your local health authorities to find out how you can have your water tested by a certified laboratory. If tests reveal that the lead content of your water is above 15 parts per billion, you should reduce your exposure to it. Since warm water absorbs more lead than cold water, when you cook, always start with cold water. Because water standing in pipes tends to absorb lead, clear the pipes before drinking by letting your tap run until the water is cold. Catch the running water and use it to water your plants.