

Take a Navy Shower!

(G-RATED WEBSITE!)

There's no illustration because you really wouldn't want to see what I look like when taking a Navy shower!

A "Navy shower" is quick and uses very little water.

- Turn the shower on
- Get wet all over
- Turn the shower off
- Soap/shampoo all over
- Turn the shower on and rinse all over
- Turn the shower off - you're done!
- If you're in the Navy, dry on a hand towel

You'll use half as much water, or even less - handy when there isn't much water. Ships have an unlimited supply of water outside, but a very limited supply of fresh water for use on the ship. The "Navy Shower" conserves water.

One reason this works so well for the Navy is that the men have short hair. If you have long hair, I'm told the shower goes faster if you bend forward and rinse your hair in the running shower stream, then rinse your back, then rinse everything else.

If you have children, they can learn the "Navy Shower" better if you turn this into a game. Use a timer to increase the competition! This works with adults, too. It even works for a son who likes showers so much that we thought he was part amphibian.