

## Sponge Baths Take Little Water!

(G-RATED WEBSITE!

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

Throughout the world, billions of people bathe without tubs or showers. **If there isn't much water, a "sponge bath" will keep you clean.** You can take a sponge bath with 2 to 3 quarts of water.

Hot water, a bucket or pan, a washcloth, towels, a comb - and **baking soda!** - are needed. The softer the water you use, the better a sponge bath works.

1. **Wash your hair.** Pour 2-3 cups of hot water (105° to 110°) in the bucket and add 2-3 TABLEspoons of baking soda (NOT baking powder). Get your hair completely wet, and comb the baking soda out. If your hair was dirty, the baking soda will be neutralized. So do it again! Leave your hair wet, and wrap it in a towel.

2. **Wash the rest of you.** For the bath, put one TEAspoon of baking soda in 2-3 cups of water. Dip a washcloth in the water, and wash all over. Rinse the washcloth out often.

3. **Rinse your hair.** To finish up, put 2-3 cups of hot water into the bucket, and put your head in again. Comb out the baking soda and remaining dirt. Dry off!

My Mom did sponge baths like this for me in winter, in a real log cabin, years ago. This takes just 8 to 12 cups, or 2 to 3 quarts, of hot water. Contrast that with a 5-minute shower with a 2-gallon per minute showerhead, or a tub bath that uses 20 or more gallons. **If you're heating your own water on a stove, sponge baths are definitely the way to go!**