

Questions and Answers

Is bottled water safer than water from public drinking supplies?

Unless you've been officially told otherwise, water from your tap is probably just as safe as bottled water -- and a lot less expensive.

What is "hard" water?

It's water high in minerals -- some of which are essential for health. However, laundry washed in hard water may not seem as clean. Water softeners may help, but because they add sodium, they should not be attached to water lines used for cooking or drinking.

Can home filters improve the taste of drinking water?

Some can, partly because they remove the chlorine added during treatment. (Another way to improve the taste is to refrigerate tap water in a clean container.) If you use filters, maintain them carefully - they can become breeding grounds for bacteria.