April Showers [1]

Week of:
Apr 12, 2013

Shower water and bacteria? [2]

Alice,

My cousin’s biology teacher told her class that the water we shower in is not hot enough to actually kill bacteria but it promotes bacteria to grow through its warmth. He said it is best to take as cool a shower as one can stand. Is this true?

? Freaked about bacteria

Read more [2]

OK to reuse bath towels? [3]

Dear Alice,

Some of my family members insist on using the same towel for drying themselves perhaps 2 or more times before washing the towel. They claim that dirt and germs are washed off during bathing and that using the same towel and rehanging it to use several more times is not unhealthful…. I disagree and say the towel then becomes bacteria infested and when they re-use it to dry themselves that they are putting this bacteria on their bodies. Thanks for looking at this.

Read more [3]


Dear Alice,

Recently I have discovered if I change the settings on my shower head so the water pressure is harder and faster it works wonderfully as a tool for masturbation. My question is, is there any health risks for using water for self pleasure? My main concern is getting water in my vagina...could that cause issues? Thank you so much!
Are washcloths and other body scrubbbers bacteria factories? [5]

Alice,

My question is about the cleanliness of loofahs and other body scrubbbers. Since they usually hang out in the shower where there is constant warmth and moisture, wouldn't they grow bacteria? How often should they (scrubbers) be changed or how do you clean them? The reason I ask is that I am experiencing some hives, and the only thing I can think that is causing it might be the scrubber gloves in my shower.

Read more [5]


Dear Alice,

How many times a week should one bathe?

Read more [6]

All about athlete's foot [7]

(1) Dear Alice,

I have a common problem with a weird twist. I have athlete's foot, but only on one foot. I try to keep my shower clean, and if my shower was causing the problem, wouldn't my other foot have athlete's foot also? How do I get rid of it? I've tried over-the-counter medication and it seems to work, and then the AF returns. What is the best course of action to rid myself of the AF??

Thanks,

Itchy Foot

(2) Dear Alice,

I've been ridden with chronic athlete's foot for about ten years or so...I've finally gained control of the athlete's foot, but have not been able to overcome the fungus growth beneath the toenails. The "over the counter" athlete's foot creams, etc., don't seem to overcome this unsightly distortion of my toenails. Is there something available that I just don't know about? I've read of a drug available through physicians, but the literature indicates possible "side
effects." Can you help?

Sincerely,

"Horny-Toed"

Read more [7]