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## Peeing in the Shower

Urinating, peeing, whizzing, or otherwise emptying your bladder onto the shower floor (or wall) is something 90% of people have done.<sup>i</sup> If it's any consolation, most people who admit peeing in the shower also say they don't do it every time they shower. We don't know about you, but that tidbit of information makes us feel a little better.

So, you ask, why do people get into the shower knowing they have to pee? Chances are they don't have the urge until after they're in the shower. All that flowing and splashing water triggers a programmed response in most people telling them to urinate. Remember that p-i-s-s, p-i-s-s, p-i-s-s sound your mom made to persuade you to pee when you were little? Same idea.

And what are the pros and cons of peeing in the shower? Supporters argue it conserves water by saving on toilet flushes. They say it saves time when you're in a hurry. Some even say that urinating on your feet cures Athlete's Foot. (This isn't true, by the way.) On the other side of the argument, detractors say peeing in the shower is a nasty, unsanitary, indolent act.

It turns out that urine from healthy kidneys is sterile in that it normally does not contain bacteria. Your urine can become infected with bacteria, though, if you have a urinary tract infection or if it picks up bacteria from your skin on the way out.

To-pee or not-to-pee; that is the question. Whichever your persuasion, here are a few dos and don'ts to consider when you find yourself faced with the decision.

### Peeing in the Shower Dos and Don'ts

1. Aim for the drain if you can't refrain.
2. Don't play with your pee: for example, trying to write your name on a steamed-up glass door.
3. Consider asking those with whom you share the shower what their feelings would be if they found out you peed in the shower. Remember, not everyone does it.
4. Wear flip-flops in communal showers. Chances are very good that someone is peeing in it.
5. Establish a schedule if you want to stop the habit: go to the bathroom and then take your shower. It's not hard to stop once you give it a little thought.

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<sup>i</sup> Statistic used with the permission of Mister Poll.