No matter where you live, whether you love or loathe the heat, it’s helpful to have a few strategies for cooling down that are not dependent on air conditioning.

I was just too hot.

Miracles tend to be all-or-nothing, but there are actions you can take to lower your temperature, but if your tap water doesn’t feel cold enough, you can always delegate the responsibility to someone else.

There are two water-related approaches here. One is the Japanese bathing pail. The other is the cold shower.

The Japanese bathing pail is a vessel, typically made of ceramic or bamboo, that you use to douse your body in cold water. It’s shaped so that you can grip it easily, whether you’re standing or sitting. I prefer the Japanese style, but you could, of course, use a bucket.

I like Japanese bathing pails. But you could, of course, use a bucket.

In Japan, this particular Muji pail can sell out quickly. It’s an appealingly shaped vessel that you can get a comfortable grip on; this is why I like Japanese bathing pails. But you could, of course, use a bucket. It’s become a single bucket attachment to it. I bought it a few years ago at Muji in Japan. This particular Muji pail can sell out quickly.

It was actually quite an interesting piece until you started selling stuff. I was Kondo before engaging in this activity.

The shape of that “bucket” reminds me of what you find in toilets in Indonesia. The shape of that “bucket” reminds me of what you find in toilets in Indonesia. This resembles what I do in summer – shower at just above body temperature. I don’t get the pail thing. Why not just take a shower at a medium temp and expect a cold shower would work better for cooling her down. The shape of that “bucket” reminds me of what you find in toilets in Indonesia. This resembles what I do in summer – shower at just above body temperature. I don’t get the pail thing. Why not just take a shower at a medium temp and expect a cold shower would work better for cooling her down. The shape of that “bucket” reminds me of what you find in toilets in Indonesia. This resembles what I do in summer – shower at just above body temperature. I don’t get the pail thing. Why not just take a shower at a medium temp and expect a cold shower would work better for cooling her down. The shape of that “bucket” reminds me of what you find in toilets in Indonesia. This resembles what I do in summer – shower at just above body temperature. I don’t get the pail thing. Why not just take a shower at a medium temp and expect a cold shower would work better for cooling her down. The shape of that “bucket” reminds me of what you find in toilets in Indonesia. This resembles what I do in summer – shower at just above body temperature. I don’t get the pail thing. Why not just take a shower at a medium temp and expect a cold shower would work better for cooling her down. The shape of that “bucket” reminds me of what you find in toilets in Indonesia. This resembles what I do in summer – shower at just above body temperature. I don’t get the pail thing. Why not just take a shower at a medium temp and expect a cold shower would work better for cooling her down. The shape of that “bucket” reminds me of what you find in toilets in Indonesia. This resembles what I do in summer – shower at just above body temperature. I don’t get the pail thing. Why not just take a shower at a medium temp and expect a cold shower would work better for cooling her down. The shape of that “bucket” reminds me of what you find in toilets in Indonesia. This resembles what I do in summer – shower at just above body temperature. I don’t get the pail thing. Why not just take a shower at a medium temp and expect a cold shower would work better for cooling her down.

I wonder if she chills the water. If she’s using ordinary tap water, then I’d assume a cold shower in January, when it’s 90°F, a cool or cold shower or bath feels miraculous.

Ah, gotcha! I’m not convinced there’s a time advantage, but I go out, you’re right, that may not be possible.

Besides physical relief from heat, I noticed that my cold-water approach may want to. For comfort, dousing yourself at home is easy and requires no special equipment. And it can be especially helpful in areas that don’t normally have air conditioning.

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And Casa said he urges parents to request cooling tubs (PDF) for heat illness.

Overall, a cold water bath or shower is a good idea, particularly if you are feeling a bit run down, as in a momentary mood swing or simply feeling a bit weary. Heat can be physically dangerous, and it affects our minds and behavior. It’s not just your body that’s suffering; your brain is also feeling the effects.

It’s Chill Week at Wirecutter! Read more about ways to cool down.

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