

## Humans are water-saving apes? Homo sapiens' ability to run on less water may have driven our evolution

Our bodies are constantly losing water: when we sweat, go to the bathroom, even when we breathe. That water needs to be replenished to keep blood volume and other body fluids within normal ranges.

And yet, [research](#) published March 5 in the journal Current Biology shows that the human body uses 30% to 50% less water per day than our closest animal cousins. In other words, among primates, humans evolved to be the low-flow model.

An ancient shift in our body's ability to conserve water may have enabled our hunter-gatherer ancestors to venture farther from streams and watering holes in search of food, said lead author [Herman Pontzer](#), associate professor of evolutionary anthropology at Duke University.

"Even just being able to go a little bit longer without water would have been a big advantage as early humans started making a living in dry, savannah landscapes," Pontzer said.

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Our nasal passages help conserve water by cooling and condensing the water vapor from exhaled air... Having a nose that sticks out more may have helped early humans retain more moisture with each breath.

"There's still a mystery to solve, but clearly humans are saving water," Pontzer said. "Figuring out exactly how we do that is where we go next, and that's going to be really fun."

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