

WHY ARE HUMANS SO THIRSTY FOR WATER?

Man is one of the most water-dependent animals. The reason lies in our evolutionary history and can be summarized in a series of steps: development of a large brain greedy for energy, compensation by a reduction in muscle strength, evolution of endurance running as an alternative hunting strategy, loss of hair to achieve effective dissipation of heat by sweating – all leading to an increased need for water. How we acquired efficient sweating was reported in an earlier post, 'Evolution of sweating in humans'.

This well-told story can be found in a [Scientific American](https://www.scientificamerican.com/article/human-evolution-led-to-an-extreme-thirst-for-water/?utm_source=Nature+Briefing&utm_campaign=d62593c184-briefing-dy-20210617&utm_medium=email&utm_term=0_c9dfd39373-d62593c184-44083589) article: “Human Evolution Led to an Extreme Thirst for Water” (https://www.scientificamerican.com/article/human-evolution-led-to-an-extreme-thirst-for-water/?utm_source=Nature+Briefing&utm_campaign=d62593c184-briefing-dy-20210617&utm_medium=email&utm_term=0_c9dfd39373-d62593c184-44083589).