

HARD VS. SOFT - THE AGE-OLD DEBATE

By Carrie Bolton

In terms of tap water, there are pros and cons to “hard water” and “soft water” and you may wonder which one is healthier to drink and what your personal preference is at home.

“Hard water” is typically the most natural type of water that contains a high mineral content like magnesium and calcium. These minerals are not necessarily contaminants but are essentially beneficial to your health. It tastes good and is healthy for everyday drinking. However, it can cause build-up in old water mains and service lines, (especially galvanized pipe), reducing flow, velocity, and capacity. This can create havoc in your water system and can be hard on household appliances. Sometimes you may find a thin layer of film in sinks or dishware from soap and calcium forming a scum. Glasses may have spots from the mineral stains, and you’ll also notice a difference on your skin and hair. When you boil “hard water” it precipitates the calcium out of the solution, leaving softer water when it cools down.

“Soft water” on the other hand has had its minerals removed through ionization and contains sodium with less buildup. Rainwater is typically soft and becomes hard after filtering through the ground, picking up minerals along the way. The advantages of “soft water” are that it’s great for dissolving soaps and detergents and will make your clothes and dishes cleaner,

plus you’ll notice a difference with your hair and skin. It can also help to prolong the life of household appliances and lower energy bills. The disadvantages are that it’s hard to remove soap so you will use more water cleaning, which can be an added cost. “Soft water” can also taste salty and may not be suitable for drinking.

Both types of water offer different advantages and disadvantages, and water quality may vary. It usually comes down to personal preference and what you’re using the water for. 💧💧

References

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