



INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

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Facts about human body

- **Sneezes regularly exceed 100 mph.**
- **Women blink twice as many times as men do.**
The average person, man or woman, blinks about 13 times a minute.
- **A full bladder is roughly the size of a soft ball.**
The capacity of an adult human bladder is from 600 to 800 ml. But remember that the urge to urinate starts when the bladder contains about 100 to 200 ml.
- **Approximately 75% of human waste is made of water.**
- **Feet have 500,000 sweat glands and can produce more than 0,5 l of sweat a day.**



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- **Your teeth start growing 6 months before you are born**
- **Babies are always born with blue eyes.**
The color of your eyes depends on the genes you get from your parents, but at birth most babies appear to have blue eyes.
- **During your lifetime, you will produce enough saliva to fill 2 swimming pools.**
- **Earwax production is necessary for good ear health.**
It's actually a very important part of your ear's defense system. It protects the sensitive inner ear from bacteria.
- **A moderately severe sunburn damages blood vessels extensively.**
How much? Studies have shown that it can take four to fifteen months for them to return to their normal condition.

- **After eating too much, your hearing is less sharp.**
- **If saliva cannot dissolve something, you cannot taste it.**

In order to have a taste, chemicals from the food must be dissolved by saliva. If you don't believe it, try to dry off your tongue before tasting something.

- **Even small noises cause the pupils of the eyes to dilate.**

It is believed that this is why surgeons, watchmakers and others who perform delicate manual operations are so bothered by disturbing noise. The sound causes their pupils to change focus and blur their vision.

- **Everyone has a unique smell, except for identical twins.**

Newborns are able to recognize the smell of their mothers.

- **By the age of 60, most people will have lost about half of their taste buds.**

Many realize that they need to use more spices to be satisfied with the taste of a dish.

- **Humans are the only mammals that cannot swallow and breathe at the same time.**

The reason for this is that human larynx is unusually low in the throat compared to other animals. In turn, this allows our voices to resonate much more, which allows us to make a wide variety of sounds!

- **By 60 years of age, 60-percent of men and 40-percent of women will snore.**

- **Human body produces enough heat in 30 minutes to bring 2 l of water to a boil.**

Our bodies burn a big amount of calories keeping us at a steady 37 degrees.

- **Humans can be longer without food than sleep.**

An average human could survive a month to two months without food depending on their body fat etc. People without sleep, suffer from dramatical personality and psychological changes after only a few sleepless days.

The longest recorded time anyone has ever experienced without sleep is 11 days, at the end of which the person was awake, but stumbled over words, hallucinated and frequently forgot what he was doing.

- **Over 90% of diseases are caused or complicated by stress.**

Permanent work stress could also be increasing our chances of having a variety of serious medical conditions like depression, high blood pressure and heart disease.

- **A human head remains conscious for about 15 to 20 seconds after it has been cut off.**

There might be enough blood in the head to keep someone alive and conscious for a few seconds after the head has been separated from the body.

- **The colder the room you sleep in, the better the chances are that you'll have a bad dream.**
- **Your ears secrete more earwax when you are afraid than when you aren't.**
- **It is not possible to tickle yourself.**
The reason is that your brain predicts the tickle. Because it knows and can feel where the tickle is coming from.
- **The width of your arm span is equal to your height.**
While not exact down to the last millimeter, your armspan is a pretty good estimator of your height.
- **Humans are the only animals to produce emotional tears.**
In the animal world, humans are the only animals who cry because they've had a bad day, lost a loved one, or just don't feel good.

- **Right-handed people live, on average, nine years longer than left-handed people.**

It has nothing to do with genetics, but is mainly because of the fact that most of the machines and tools we use on a daily basis are designed for right handed. Which may be dangerous for lefties and results in many accidents and deaths each year.

- **Women burn fat more slowly than men by about 50 calories a day.**

Women, because of their reproductive role, need more body fat than men.

- **Humans, apes and koalas are the only ones with unique fingerprints.**

Studies on primates have suggested that even cloned individuals have unique fingerprints.

- **The groove between the nose and the upper lip has a name.**

It is called the philtrum. It hasn't been discovered what it is useful for yet. However, the ancient Greeks thought it to be one of the most erogenous places on the body



- **We are about 1 cm taller in the morning than in the evening.**
The cartilage between our bones gets compressed by standing, sitting and other activities.
- **There are more living organisms on the skin of a human being than the human population of the earth.**
- **If you could save all the times your eyes blink in a life time and use them all at once you would see blackness for 1.2 years.**