

New things we have learned!

HBS 2020

# You may yawn ...

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when you are anxious. When anxious, your body has a tendency to breathe abnormally. Yawning sends a signal to your brain that you are getting a full breath instead.

# The word muscle is latin.

The word “muscle” comes from a Latin term meaning “little mouse”, which is what the ancient Romans thought flexed bicep muscles resembled.

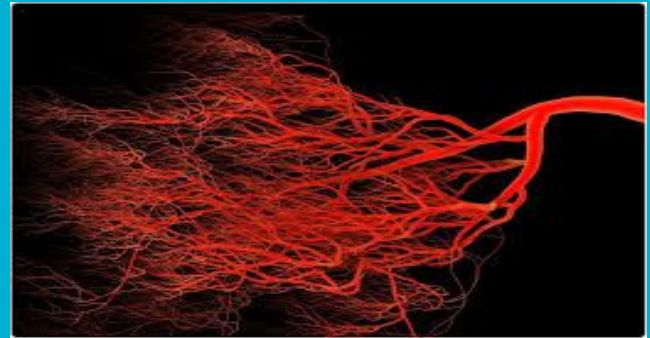


# The cardiovascular system is long.

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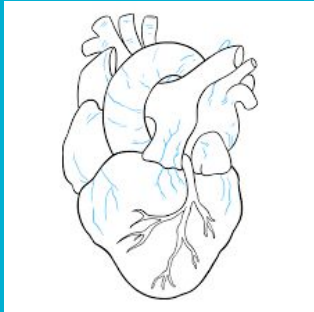
If all blood vessels within the human body were unfolded and laid out, they would be around 60,000 miles long.

For a size comparison, the blood vessels will be able to go around the globe twice!



# Your heart beats about 100,000 times/day.

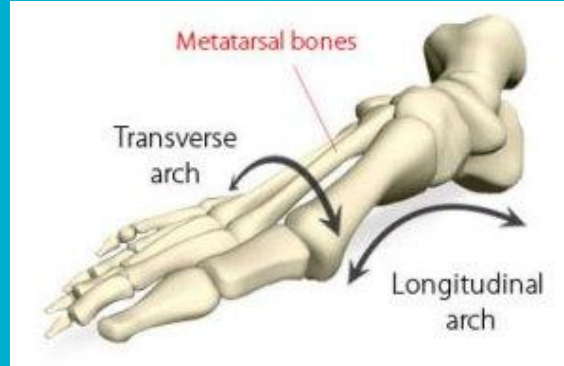
The heart pumps about 2,000 gallons of blood each day. Your heart muscle never rests. When you do “rest,” your heart beats at about 60-100 beats per minute. Over the course of a year, your heart beats about 42,048,000 times!



# Our stiff feet are key to human evolution.

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One of the lesser known arches in our feet is the transverse tarsal arch. It helps to stiffen our feet, allowing us to maintain our balance, walk, run, and jump. The evolution of this arch was one of the main things that allowed prehistoric human ancestors to become bipedal and distinguishes humans from other primates.



# Humans have a diving reflex.

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When in water, our bodies will naturally shut down some parts of the body in order to save energy for survival. The body does this by making the capillaries in the limbs and skin more narrow, redirecting blood away from the body's surface and towards the vital organs. Because of this change, more oxygen can be saved for the heart and brain.



# You're going to be taller in the morning.

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Measure yourself in the morning, then again at night. You're going to be taller in the morning because gravity will compress the cartilage between your bones over the course of the day.





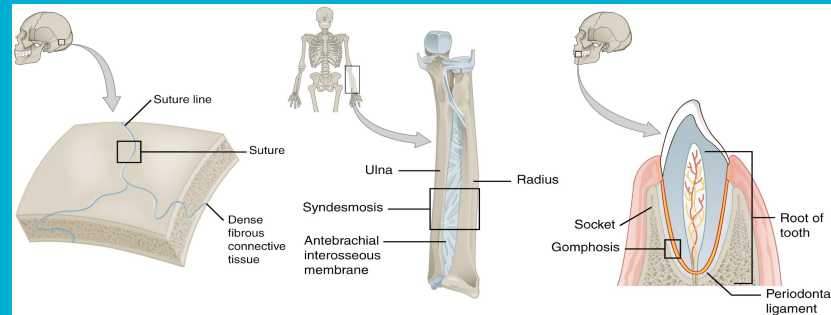
# Many dreams are bizarre because part of our brain shuts down.

When we are awake the frontal lobe of our brain controls how we make sense of the world. This shuts down during dreaming. Because of this, the dreaming brain puts together ideas that normally do not go together. This is why dreams can seem like a wild mix between fantasy and reality.



# There's more than one way to connect.

There are more than just synovial joints in our body. There are three different types of fibrous joints; sutures, which join all the bones in the skull except for the mandible; syndesmosis, which connect two parallel bones; and gomphosis, which anchors the root of a tooth into its bony socket.



# The fastest muscle in the body is...

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Ever wondered what truly is the fastest muscle in your body? Well it is the muscles in your eyes/eyelids. They are about 100 times stronger than they need to be, allowing both of your eyes to flick in the same direction in a single 50 millisecond movement.

