



Human Body Trivia

- The smallest bone in the human body is the stapes, or stirrup bone, located in the middle ear. It is approximately .11 inches (.28 cm) long.
- The longest cells in the human body are the motor neurons. They can be up to 4.5 feet (1.37 meters) long and run from the lower spinal cord to the big toe.
- There are 206 bones in the adult human body and there are 300 in children (as they grow some of the bones fuse together).
- The human eye blinks an average of 4,200,000 times a year.
- It takes approximately 12 hours for food to entirely digest.
- Human jaw muscles can generate a force of 200 pounds (90.8 kilograms) on the molars.
- A sneeze can exceed the speed of 100 mph.
- A cough releases an explosive charge of air that moves at speeds up to 60 mph.
- An individual blood cell takes about 60 seconds to make a complete circuit of the body.
- Each square inch of human skin consists of twenty feet of blood vessels
- If it were removed from the body, the small intestine would stretch to a length of 22 feet.
- **It takes 17 muscles to smile --- 43 to frown.**
- Laughing lowers levels of stress hormones and strengthens the immune system. Six-year-olds laugh an average of 300 times a day. Adults only laugh 15 to 100 times a day.
- The human body has over 600 muscles, 40% of the body's weight.
- The human brain is about 85% water.
- The largest human organ is the skin, with a surface area of about 25 square feet.
- The left lung is smaller than the right lung to make room for the heart.
- The only bone in the human body not connected to another is the hyoid, a V-shaped bone located at the base of the tongue between the jaw and the voice box. Its function is to support the tongue and its muscles.
- There are 45 miles of nerves in the skin of a human being.
- There are 60,000 miles of blood vessels in the human body.
- Three-hundred-million cells die in the human body every minute.