ANATOMY FACT OF THE DAY

1. Where and why is the Pisiform so small?
2. What’s the difference between an antler and a horn?
3. How many neck vertebra do humans have? What about a giraffe.
4. You can't smell while you are asleep. ...
5. Your body is bioluminescent and glows in the dark, just like jellyfish. ...
6. Your cardiovascular system syncs to the music you listen to. ...
7. Your stomach lining blushes when your face does.
8. What does your tongue have in common with an octopus’ tentacle and an elephant’s trunk? All three are examples of a unique structure called the “muscular hydrostat,” a bundle of muscles that work without the assistance of bones. Like anything made mostly of water, the hydrostat has a constant volume, so when certain cells contract, the whole thing has to expand somewhere else. The result is a body part that is both strong and flexible. If your tongue were as big as an elephant’s trunk, it could uproot trees too.
9. This wee, horseshoe-shaped bone will never appear in the song by James Weldon Johnson, as it’s connected to...no bones at all, in a meaningful sense; its job is independent of the rest of the skeleton. Also known as the lingual bone, the hyoid bone sits atop the larynx, providing an anchor for the muscles on the floor of the mouth, the tongue. Don’t worry: you’re not likely to break this bone, unless someone starts choking you to death. At that point, you’ve got bigger problem.
10. No, that little indent under your nose isn’t there to make it difficult to apply lipstick in the dark, but it doesn’t serve any other purpose either. The indent, called the philtrum, is just a residual reminder of your time in the womb: in utero, the two sides of your face develop independent of one another, then join at the middle. When the two sides fail to fuse properly, the result is a cleft palate, which occurs in about 1 of every 750 births. Ancient Romans found the philtrum erotic, and named that lipstick-thwarting dip in the upper lip “Cupid’s Bow.” In fact, the word philtrum comes from a Greek term meaning “love potion.”
11. People love tossing around hair facts. That old wives tale about it growing after you’re dead? A fun fallacy. After you die, your hair and nails don’t continue growing, but the skin retreats as it dehydrates, causing that creepy illusion of ghoulish growth.
12. In truth, hair is a weird combination of living and dead. The living hair follicle pushes out the hair, which is made up of different kinds of non-living yet protective cells made of keratin — the same keratin that's on your top (dead) layer of skin, and in your nails. When your hair turns grey, it means your pigment cells are dying. Yet another hairy reminder of your own mortality.
13. Which grow faster – toe or finger – nails? Ever notice how your toenails grow more slowly than your fingernails? That’s because there’s an evolutionary correlation between the length of your “terminal phalanges” (the outer-most bones in your toes and finger-tips) and the rate at which your nails grow. The tips of your toes are shorter than your fingertips, so your toenails don't grow as fast. In the same way, the nail on your middle finger will grow faster than the nail on your pinky. The seemingly random correlation has to do with the lessening necessity of claws through human evolution. If your fingernails are thick and grow quickly, ask yourself the question: “Should I be digging more?”
14. For every pound of fat gained, you add seven miles of new blood vessels.
15. New tissue needs blood supply, so your vascular system expands to accommodate it. This also means your heart must work harder to pump blood through the new network, which may reduce oxygenation and nutrient replenishment in other tissues. Lose a pound? Your body will break down and reabsorb the unneeded blood vessels from the previous tissue.

## Muscle tissue is three times more efficient at burning calories than fat.

1. This is why possessing more muscle should be a training goal for most people. More muscle = more calories burned = less fat = being more fit looking. Simple goals and simple math.

## You are taller in the morning than in the evening.

1. When you crawl out of the sack in the morning you are at your tallest. On average, you are approximately [one half inch taller when you wake](https://skeptics.stackexchange.com/questions/9139/are-people-taller-in-the-morning-than-at-night) in the morning, thanks to excess fluid between within your spinal discs. While you are sleeping, these fluids replenish. During the day your body has to deal with the stress of standing, so the discs become compressed and the fluid seeps out. This results in you losing a small amount of extra height.

##  Your stomach manufactures a new lining every three days to avoid digesting itself.

1. As a part of the digestive process, your stomach secretes hydrochloric acid (HA). HA is a powerful corrosive compound also used to treat various metals. The HA your stomach secretes is also powerful, but mucous lining the stomach wall keeps it within the digestive system. As a result it breaks down the food you consume, but not your own stomach.

##  Your body produces enough heat in only thirty minutes to boil a half-gallon of water.

1. Your body is the epitome of a study on the [laws of thermodynamics](https://en.wikipedia.org/wiki/Laws_of_thermodynamics). You produce heat from all that is going on - exercise, metabolizing food, maintaining homeostasis – and as you sweat, exhale, excrete, and urinate (lovely thoughts, all of them).

## Human bone is as strong as granite, relative to supporting resistance.

1. Would you believe a matchbox-size chunk of bone can support 18,000 pounds? Compared to concrete, human bone is [four times greater in support strength](http://listverse.com/2008/06/10/top-15-amazing-facts-about-the-human-body/).

##  Your skin is an organ.

1. Just like the liver, heart, and kidneys, your [outer covering is an organ](https://www.yahoo.com/). An average man has enough skin on his body to cover approximately twenty square feet. For an average woman it is approximately seventeen square feet. Approximately 12% of your weight is from your skin. And, your skin replaces 45,000+ cells in only a few seconds. It's constantly growing new skin and shedding old skin.

## By the age of eighteen your brain stops growing.

1. From that age forward it [begins to lose](http://www.bestfunfacts.com/human_body.html) more than 1,000 brain cells every day. Only two percent of your body weight is occupied by your gray matter, but is uses up to 20% of your overall energy output (it needs carbohydrates). Your brain works continuously and never rests, even when you're asleep. Aside from producing REM dreams, your brain works overtime to replenish its ability to function normally during your daytime waking hours.

## There are more than 600 individual skeletal muscles and 206 bones in your body.

1. If all 600+ muscles contracted and pulled in the same direction, you could lift over twenty tons of resistance. Additionally, the adult skeleton is composed of 206 bones, but at birth an infant skeleton contains approximately 350 bones. Over time, some of the 350 bones fuse together and eventually grow to the 206 adult figure.
2.

## You need to consume a quart of water each day for four months to equate to the amount of blood your heart pumps in one hour.

1. Additionally, over a lifetime, at your normal (resting) heart rate you will have pumped enough blood to fill thirteen oil super tankers. To further expound on this fact, on average, your heart beats 40,000,000 times per year. Doing the math, over your lifetime (both men and women averaged), that results in 2,600,000,000 heartbeats (two billion, six hundred million). This does not even factor in your increased heartbeats due to your love of exercise.

### Are your feet plantigrade, digitigrade or unguligrade?

1. This thing about landing on the [front of the foot](http://www.dailymail.co.uk/sciencetech/article-1246642/Why-running-barefoot-better-body.html) - it is not immediately obvious why running barefoot should encourage this until your heel lands on a stone. Ouch! Somehow the ball and toes ameliorates the landing. BTW, for those interested check out [this link](http://www.marathonandbeyond.com/choices/clift.htm) which is an excellent treatise on barefoot running. (If you are not interested why are you reading this?)
2. The primary reason is that the ankle joint, the length of the foot and the calf muscle provides a suspension system - a springiness or cushioning. When running on difficult surfaces I consciously raise my ankles to increase this effect.  If I land on the heel there is very little cushioning (hence cushioned running shoes encourage landing on the heel).
3. The sole of the foot and the toes have an abundance of nerve endings so that I find my feet are almost caressing the ground, but more important is pain. The above suspension system spreads the impact over a fraction of a second of time, long enough to react to pain and adjust one's landing (hopefully) and thus avoid injury. At the same time my eyes are picking the best route through a difficult terrain, [Mowgli](http://antonalyptic.blogspot.ie/2016/06/take-care-how-you-walk.html)-style. Which the shod human is largely agnostic to.

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| https://4.bp.blogspot.com/-K0D4rMAJjhA/V4FRvw-iQKI/AAAAAAAAQSE/ZUhazDaDnvol3W9fJ8AhB6tF0ljI872HwCLcB/s320/hind%2Blimb%2Bhomology.jpg |
| [*plantigrade, digitigrade and unguligrade feet*](http://superoceras.blogspot.ie/2011/03/well-this-is-long-overdue.html) |

1. Few mammals have a heel in quite the same sense as shod humans do. A dog's paw is divided into pads which answer, I suppose, to toes and the 'ankle' joint is somewhere way up the leg. Our dog can happily run full pelt on our gravel drive. I suppose the stones find their way into the gaps between the pads (or toes for humans).
2. However it works, it works.  And it explains why we have toes.