

PVBM Healthfirst

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THE BODY QUIZ

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You should be thoroughly acquainted with the body by now, after all, you live in one. But it is surprising how much we "know" about our bodies that is simply not true. And equally are the mysteries of the body that remain unsolved. To see some of the wonders of our material selves, take this short trip around the world of anatomy. You don't need a map or a pencil - just begin at #1 and follow the directions. Bon voyage!

- 1) If all of the blood vessels of your body were laid end to end, how far would they reach?
 - a. 80 miles, jump to #29.
 - b. 60,000 miles, jump to #18.
- 2) You nailed it! The middle finger holds the speed record. Generally, the longer the finger, the faster the nail growth (the average growth rate is 1.5" per year). Strangely enough, when you bite your nails, they grow 20% faster. Now go to #7.
- 3) People can talk without vibrating their vocal cords. T or F? True, go to #32. False, go to #17.
- 4) Wrong. Eyelashes (and eyebrow hairs too) only last a few months. See #9.
- 5) You are watching a scary movie on late night TV and you hear a bump in the attic. Suddenly you get goose bumps. How come?
 - a. You are trying to frighten away an intruder by making yourself look bigger. Go to #38.
 - b. The tiny blood vessels in your skin constrict, causing the skin to pucker. Go to #35.
- 6) How much saliva does your body produce in an average day?
 - a. A cup or so. Go to #36.
 - b. More than a quart. Go to #25.
- 7) The tonsils, long the object of surgical removal, have no known function.

True, go to #11.
False, go to #34.
- 8) Not quite. Try #20.
- 9) Way to go! The average head hair lasts between two and eight years - about ten times as long as an eyelash. Jump to #3.
- 10) Let's see. At birth, each ovary contains hundreds of thousands of immature eggs, many of which will degenerate before puberty. During the average woman's life, only about 400 will be released, and only two will be fertilized. That's a reserve of tens of thousand's of eggs. But this is nothing compared to the reserve of sperm in the testicles. See #21.
- 11) Incorrect. Go back to #7.
- 12) Home run! In general, people with dark eyes have faster reaction time than those with light colored eyes, apparently because the extra pigment in dark eyes speeds transmission of nerve impulses from the eye to the brain. Head over to #27.
- 13) Which organ has more reserve capacity?
 - a. The male testicle. Go to #21.

- b. The female ovary. Go to #10.
- 14) You misfired. Go to #3 1.
- 15) Most of us know that our hairs are constantly falling out and being replaced. Which type lasts longer?
- a. Hairs on your head. Go to #9.
- b. Eyelashes. Go to #4.
- 16) On which finger does the nail grow fastest?
- a. On the middle finger. Go to #2.
- b. On the pinkie. Go to #26.
- 17) Huh? See #32.
- 18) Correct - don't forget the body has trillions of cells, and each of them must have blood piped to it. Hop to # 1 5.
- 19) The purpose of fingerprints is:
- a. Easy and reliable identification. Go to #41.
- b. To improve your grip. Go to #24.
- 20) Right! Human bone has a compressive strength greater than reinforced concrete or marble. The secret is calcium (which is really a metal) compounded with phosphorous and oxygen into a concrete-like material. Go to #42.
- 21) Good choice! More than 300 million sperm are discharged during sexual intercourse. If a couple has intercourse eight times per month, that adds up to about to about 2.4 billion sperm for each egg released. Since only one sperm is needed to fertilize an egg, the reserve capacity is truly astonishing- about 2,399,999,999 sperm per month. Go to #44.
- 22) Heartbeats are triggered by signals from the brain and spinal cord.
- a. True. Go to # 14.
- b. False. Go to #3 1.
- 23) Which nationality tends to have less body odor?
- a. Swedish. Go to #28.
- b. Korean. Go to #33.
- 24) Yes, of course. The tiny corrugations on your fingers and palms greatly increase their surface area, providing extra friction. What's more, sweat secreted from glands at each ridge helps you to hang on to objects more firmly. Now go to #22.
- 25) Right. You need lots of saliva, because it has plenty of work to do. Without saliva you could talk or swallow only with great difficulty. Saliva also begins digesting your food by snipping starch molecules into sugars. Then, too, it helps heal mouth wounds-which may explain why when you bite your tongue it heals so fast. Now go to #13.
- 26) No. The little fingernail grows the slowest. See
- 27) Ounce for ounce, which is stronger?
- a. Human bone. Go to #20.
- b. Reinforced concrete. Go to 8.
- c. Marble. Go to #37.
- 28) Sorry Bjorn, check out #33.
- 29) You're way off. Go back and try #1 again.
- 30) Strictly speaking, you are right. But see #39.

- 31) Strange but true. The heart can beat completely on it's own, even after it is removed from the body. In fact, strips of heart muscle in a test tube-even individual cells-beat as long as they are surrounded by proper nutrients. Now go to #5.
- 32) Yes, we talk without vibrating our vocal cords all the time. It's called whispering. The mouth, teeth, lips, and tongue form the words from the faint sounds of breath from the windpipe. Go to #40.
- 33) Right. Koreans have fewer scent glands in their skin than any other group in the world. Go to # 19.
- 34) Precisely. As part of the lymphatic system, the tonsils help to protect the body from infection. (But sometimes they have to be removed because they are infected) Go to #23.
- 35) Nope. Your blood vessels do shrink when you're frightened. But it's not what causes goose bumps. Try #5 again.
- 36) Your mouth would be very dry if this were true. Go back to #6.
- 37) Wrong. Try #20.
- 38) Yes, indeed. Attached to every hair on your body is a tiny "erector muscle" that can jerk the hair to attention. A few million years ago, when our hairy ancestors were threatened by wild animals, their hairs probably stood up and made them look much bigger and more dangerous. Nowadays, most of us don't have that much hair, so it doesn't matter if it stands up. But the goose bumps still pop out, reminding us how things used to be. Go to #6.
- 39) Bullseye! Actually, everyone has a third "eye" buried in the center of the brain. Called the pineal gland, it is related to the third eye found in some frogs, fish, and lizards. Like a true eye, the pineal gland reacts to changes in light. But instead of transmitting images to the brain, it produces melatonin, a hormone that affects our moods and is associated with the onset of puberty. You are halfway through the quiz now, so hurry on over to #16.
- 40) Everything else being equal, a brown-eyed baseball player will have a higher batting average than a blue-eyed one. True. Go to # 12. Go to #43.
- 41) Fingerprints are superb for identification, as people may have recognized thousands of years ago when the Chinese began signing documents with fingerprints. But that is our purpose not nature's. Try 19 again.
- 42) Many people are born with three eyes.
True. Go to #39.
False. Go to #30.
- 43) Swing and a miss. Try #40 again.
- 44) CONGRATULATIONS! You made it!