Body

**If then your whole body is full of light,**

**with no part of it in darkness,**

**it will be as full of light as when a lamp gives you light with its rays.**

**(St. Luke 11:36)**

**Do you not know that your body is a temple**

**of the Holy Spirit within you,**

**which you have from God?**

**glorify God in your body.**

**(1 Corinthians 6:19,20)**

Your body is not a temple, it’s an amusement park. Enjoy the ride. (Anthony Bourdain)

**Being in command of all the forces in my body is a great test of leadership. (Ashleigh Brilliant, in Pot-Shots)**

**About a quarter of the blood your heart pumps in one minute goes to your kidneys. (L. M. Boyd)**

**Your brain has dibs on about a quarter of your body’s oxygen. (L. M. Boyd)**

**Little boy: “Hey, Frazz! Did you know there are more medical terms for the buttocks than for any other part of the body?” Frazz: “I did not.” Little boy: “And that Mr. Spaetzle won’t let us use hardly any of them?” Frazz: “Maybe if you actually used them in a medical context.” (Jef Mallett, in Frazz comic strip)**

**How the climate has shaped our bodies: Humans have fluctuated in size significantly over the past million years because of changes in the climate, a new study suggests. Researchers took measurements from more than 300 fossils from their Homo genus, the family to which modern-day humans – Homo sapiens – belong. They then calculated the regional climate experienced by each of these hominins when they were alive. Climate, and in particular temperature, was found to be the main driver of changes in body size: In cold, harsh climates body size was larger, while warmer climates were linked to smaller bodies. “Larger bodies can buffer individuals from cold temperatures. The larger you are, the smaller your surface compared to your volume, so you conserve heat more efficiently,” co-author Andrea Manica, from the University of Cambridge tells CNN.com. This relationship between climate and body mass can be seen in the animal kingdom. Polar bears in the Arctic, for example, weigh more than brown bears in warmer climates. And it applies broadly to modern humans: the average Dutch man is 6 feet tall, whereas the average Indian man is 5-foot-5. The researchers found no association between temperature and brain size. Because humans evolve over many generations, the researchers say, it will take thousands of years for our bodies to change in response to global warming on its current course. Even then, the changes will be small, about 2 pounds per 3.6 degrees of warming. Manica says, “We’re not going to shrink tomorrow.” *(The Week magazine, July 30, 2021)***

**The human body is its own best apothecary. The most successful prescriptions are those filled by the body itself. (Norman Cousins, in Unity magazine)**

**Our fungal inhabitants: Scientists are only beginning to understand how the trillions of bacteria that live in us and on us help regulate our mental and physical health. But they know even less about the fungi that also colonize humans. Researchers recently set out to map our fungi, and discovered that our feet harbor more than 100 types of fungi, 80 of which live on our heels alone. Our head and trunk, by contrast, are dominated by a single genus of fungus called Malassezia, which can cause dandruff. On average, two to 32 types of fungi reside on other areas of the body, including the hands, elbows, thighs, and groin. Most of that fungi is harmless and may even protect us from invading microbes that can cause diseases or fungal infections like athlete’s foot. The feet are probably fungal utopias because they’re cooler than the rest of the body and often marinate in sweat, study author Julie Segre tells the Los Angeles Times. “There is something about toenails that fungi just love,” she says. (The Week magazine, June 14, 2013)**

**God designed the human machine to run on Himself. He Himself is the fuel our spirits were designed to burn, or the food our spirits were designed to feed on. There isn't any other. (C. S. Lewis)**

Man asks his doctor: “I don’t mind you putting my body in the shop, Doctor, but what about a loaner?” (J. C. Duffy, in The Fusco Brothers comic strip)

If ironed, your lungs could cover a tennis court. (L. M. Boyd)

After 30, a body has a mind of its own. (Bette Midler)

The mineral your body has the most of – if normal – is calcium. (L. M. Boyd)

Modesty is the conscience of the body. (Honore de Balzac, French author)

**I'm the only inhabitant of my body, but sometimes it seems very crowded in here. (Ashleigh Brilliant, in Pot-Shots)**

**We live not alone but chained to a creature of a different kingdom: our body. (Marcel Proust)**

**The body provides something for the spirit to look after and use. (Alan Turing, mathematician)**

**Our bodies are our gardens, to which our wills are gardeners. (William Shakespeare)**

**The shoulder is the only joint in the human body that can rotate 360 degrees. (L. M. Boyd)**

**Some medicos say they assume a patient’s small intestine may be as much as four times as long as the patient is tall. (L. M. Boyd)**

**If you could get your body temperature down to a comfortable 86 degrees F., you’d live 200 years. That’s what the medical researchers think. (L. M. Boyd)**

**Woman: “My body is a temple.” Man: “No problem … I’m willing to convert.” (J. C. Duffy, in The Fusco Brothers comic strip)**

**Frank says to his lawyer: “I thought if I willed my body to my HMO, it might give them incentive to take better care of it.” (Bob Thaves, in Frank & Ernest comic strip)**

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