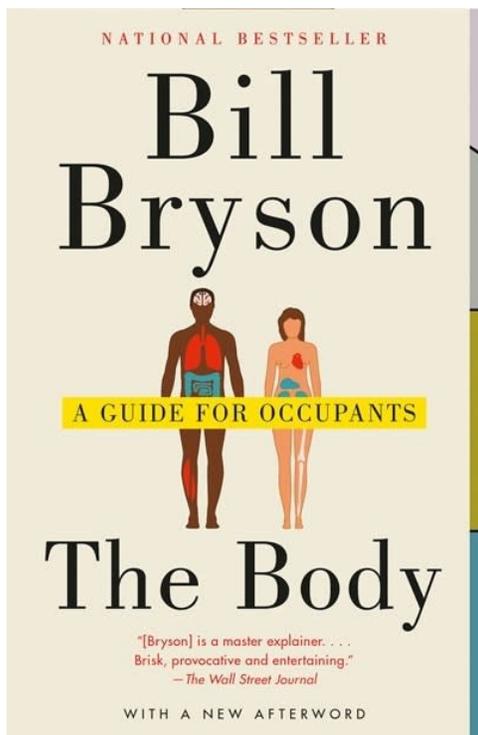


THE BODY: A GUIDE FOR OCCUPANTS



Book Summary:

Provides detailed instruction of the anatomy and physiology of human bodies.

Summary of Concerns:

This book contains sexual activities; sexual nudity; suicide commentary; mild/infrequent profanity; and violence.

Adult

By Bill Bryson

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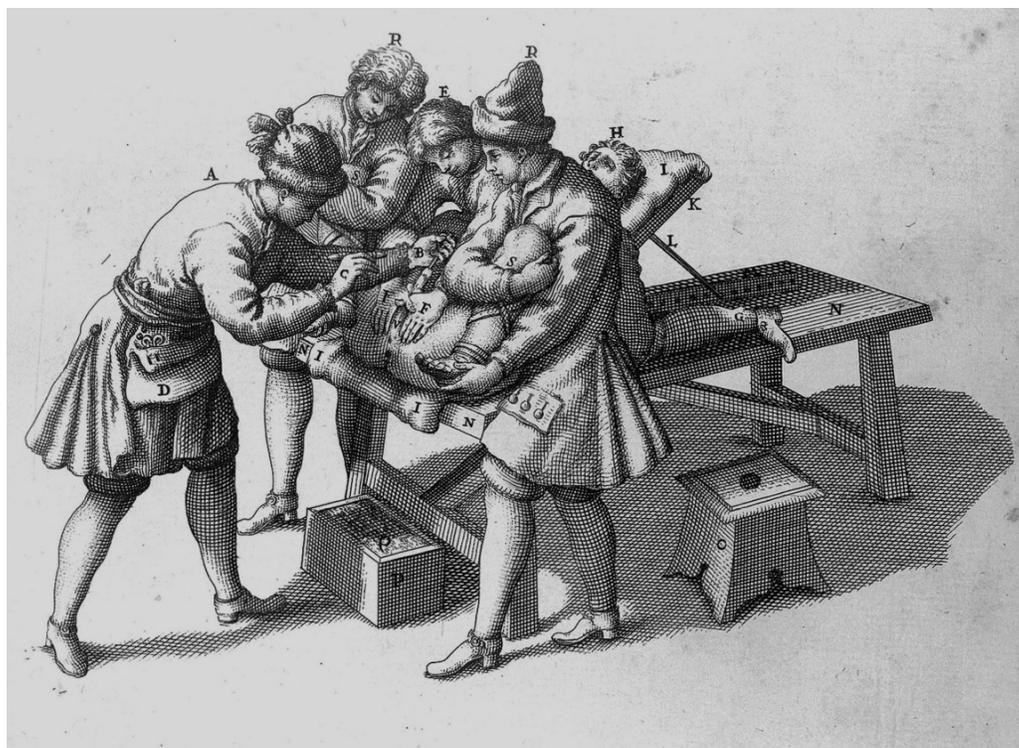
Minor Restricted
BookLooks Review Rating

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25	They detect light touch and are particularly abundant in our erogenous zones and other areas of heightened sensitivity: fingertips, lips, tongue, clitoris, penis, and so on.
45	Have sex and you and your partner will perforce exchange a lot of microbes and other organic material. Passionate kissing alone, according to one study, results in the transfer of up to one billion bacteria from one mouth to another, along with about 0.7 milligrams of protein, 0.45 milligrams of salt, 0.7 micrograms of fat, and 0.2 micrograms of “miscellaneous organic compounds” (that is, bits of food). But as soon as the party is over, the host microorganisms in both participants will begin a kind of giant sweeping-out process, and within only a day or so the microbial profile for both parties will be more or less fully restored to what it was before they locked tongues.
60	“This used to be the best place in St. Louis to score crack,” he says with a hint of ironic pride.
85	He operated on people with phobias, on drunks picked up off the street, on people convicted of homosexual acts—on anyone, in short, with almost any kind of perceived mental or social aberration.
99	Think how many messages you can send with a single arched eyebrow, from “I find that hard to believe” to “Watch your step” to “Care to have sex?”
149	All of this he achieved, but because of challenging economic conditions in Argentina, the hospital got into financial difficulties. Unable to see a way out, in 2000 he killed himself.
153	It transports hormones and other vital chemicals, carries off wastes, tracks down and kills pathogens, makes sure oxygen is directed to the parts of the body where it is most needed, signals our emotions (as when we blush from embarrassment or grow red with fury), helps to regulate body temperature, and even enables the complicated hydraulics of the male erection.
163	In fact, nitric oxide (not to be confused with nitrous oxide, or laughing gas) is one of our primary signaling molecules and has a central role in all kinds of processes—maintaining blood pressure, fighting infections, powering penile erections, and regulating blood flow, which is where Doctor comes in.
175	Endorphins are the same chemicals released when you eat or have sex.
182	In males, testosterone is produced mostly by the testes, with a little from the adrenal glands, and does three things: it makes a man fertile, it endows him with virile attributes like a deep voice and the need to shave, and it profoundly influences his behavior, giving him not only his sex drive but also a taste for risk and aggression. In women, testosterone is produced about half and half between the ovaries and the adrenal glands, but in much smaller amounts, and boosts libido, but mercifully leaves their common sense undisturbed. ...Testosterone levels in men fall by about 1 percent a year beginning in their forties, prompting many to take supplements in the hope of boosting their sex drive and energy levels. The evidence that it improves sexual performance or general virility is thin at best; there is much greater evidence that it can lead to an increased risk of heart attack or stroke.
194	Before we move on, Ben examines the wrist more closely for a moment. “You shouldn’t ever try to kill yourself by cutting your wrists, by the way,” he says. “All of those things going in are wrapped in a protective band called a fascial sheath, which makes it really hard to get to the arteries. Most people who cut their wrists fail to kill themselves, which

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	is no doubt a good thing.” He is briefly thoughtful. “It’s also really hard to kill yourself by jumping from a height,” he adds. “The legs become a kind of crumple zone. You can make a real mess of yourself, but you are very likely to survive. Killing yourself is actually difficult. We are designed not to die.”
237	In a typical experiment, Chinese prisoners were tied to stakes at staggered distances from a shrapnel bomb. The bomb was detonated and scientists then walked among them, carefully noting the nature and extent of the prisoners’ injuries and how long it took them to die. Other prisoners were shot with flamethrowers for similar purposes, or starved, frozen, or poisoned. Some, for unfathomable reasons, were dissected while still conscious. Most of the victims were captured Chinese soldiers, but Unit 731 also experimented on selected Allied prisoners of war to make sure that toxins and nerve agents had the same effects on Westerners as on Asians. When pregnant women or young children were needed for experiments, they were randomly snatched from the streets of Harbin. Nobody knows how many people died in Unit 731, but one estimate has put the number as high as 250,000.
314	Most men have erections during REM sleep. Women likewise experience increased blood flow to the genitals. No one knows why, but it seems not to be overtly associated with erotic impulses. Typically, a man will be erect for two hours or so a night.
331	In one study, the number of sexual partners women were prepared to recall increased by 30 percent when they thought they were hooked up to a lie detector. Remarkably, for a 1995 survey called the Social Organization of Sexuality: Sexual Practices in the United States, conducted jointly by the University of Chicago and the National Opinion Research Center, respondents were permitted to have someone else, usually a child or current sexual partner, present when they were interviewed, which is hardly likely to have resulted in fully candid responses. Indeed, it was shown afterward that the proportion of people answering that they had had sex with more than one person in the previous year fell from 17 percent to 5 percent when another person was present.
332	Because of the difficulties, the field of sex studies has a long history of providing dubious statistics. In his 1948 work, <i>Sexual Behavior in the Human Male</i> , Alfred Kinsey of Indiana University reported that nearly 40 percent of men had had a homosexual experience resulting in orgasm and that nearly a fifth of young men brought up on farms had had sex with livestock.
333	In fact, according to genuine studies, men of college age think about sex nineteen times a day, roughly once every waking hour, which is about the same frequency as they think about food. College women think about food more often than they think about sex, but they don’t think about either terribly often.
337	Consider the G spot. It is named for Ernst Gräfenberg, a German gynecologist and scientist who fled Nazi Germany for America and there developed the intrauterine contraceptive device, which was originally called the Gräfenberg ring. In 1944, he wrote an article for the <i>Western Journal of Surgery, Obstetrics and Gynecology</i> in which he identified an erogenous spot on the wall of the vagina. ...Thanks to it, the newly identified erogenous location became known as the Gräfenberg spot, subsequently shortened to G spot. But whether or not women actually possess a G spot is a matter of continuing, and sometimes heated, debate. Imagine the amount of research funding that would follow if someone were to suggest that males have an erogenous spot that they have not been fully utilizing. In 2001, the <i>American Journal of</i>

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	Obstetrics and Gynecology declared the G spot a “modern gynecologic myth,” but other studies have shown that a majority of women, in America at least, believe they have one.
339	Depending on the size of a man’s organ, the cervix is sometimes hit during sex, which some women find pleasurable and others find uncomfortable or painful.
341	Sperm appears to have enjoyed (if that is the word) more careful clinical study, almost certainly because of concerns about fertility. Authorities seem to be universally agreed that the average quantity of semen released at orgasm is 3 to 3.5 milliliters (about a teaspoonful), with an average spurt distance of seven to eight inches, though according to the British scientist and writer Desmond Morris a launch of three feet has been scientifically recorded. (He does not specify the circumstances.) The most interesting experiment involving sperm was almost certainly that undertaken by Robert Klark Graham (1906–97), a California businessman who made a fortune manufacturing shatterproof lenses for eyeglasses and then in 1980 founded the Repository for Germinal Choice, a sperm bank that promised to stock the sperm only of Nobel laureates and others of exceptional intellectual stature.
343	That’s why a male orgasm is such a vigorous endeavor. What seems to the man purely a burst of pleasure really is a kind of rocket launch. Once the sperm are expelled, it isn’t known whether they move about randomly until one strikes lucky or whether they are drawn to the waiting egg by some chemical signal.
345	he average ejaculation is about three milliliters, which means that a typical sex act produces enough sperm to repopulate a medium-sized country at the very least.
520	The photograph on this page depicts a man hammering an icepick into the corner of an individual’s eye as other men and women observe. The caption under the image reads: Walter Freeman, at work on one of the several thousand lobotomies he performed on patients across America during the mid-twentieth century. He used an ice pick to access his patient’s brains through their eye sockets. Note the lack of mask, gown, and gloves.
536	The illustration on this page depicts a man lying on an inclined table. His penis is exposed, and a man is placing a rod inside of his penis while several other individuals hold the man’s legs and pelvis. The caption under the image reads: A 107 illustration of a lithotomy, the procedure used for centuries to remove gallstones. <i>See Figure 1.</i>
570	The illustration on this page depicts a woman with her breasts exposed. A man has large forceps around the woman’s right breast. Another man is holding her right arm outward as other individuals observe. The caption under the image reads: Dutch drawing of a mastectomy, seventeenth-century style: the breast is removed with a “tenaculum helvetianum,” a type of forceps. Not the set of cautery irons smoldering in a pan on the left. <i>See Figure 2.</i>

Profanity	Count
Piss	1
Shit	1



A 1707 illustration of a lithotomy, the procedure used for centuries to remove gallstones.

Figure 1



Dutch drawing of a mastectomy, seventeenth-century style: the breast is removed with a “tenaculum helveticum,” a type of forceps. Note the set of cautery irons smoldering in a pan on the left.

Figure 2