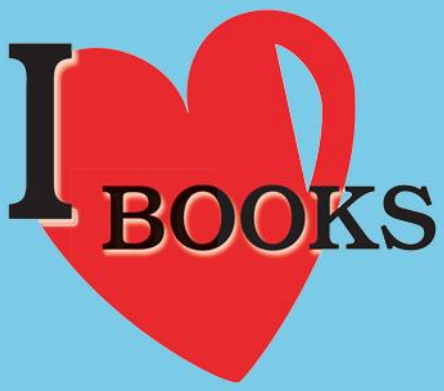


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Opening extract from

Truly Foul & Cheesy Body Jokes and Facts Book

Written by

John Townsend

Illustrated by

David Antram

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PAPER FROM SUSTAINABLE FORESTS

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John Townsend worked as a secondary school teacher before becoming a full-time writer. He specialises in illuminating and humorous information books for all ages.

Artist:
David Antram studied at Eastbourne College of Art and then worked in advertising for 15 years before becoming a full-time artist. He has illustrated many children's non-fiction books.

Truly Foul & Cheesy™ Body Jokes & Facts

This Truly Foul & Cheesy book belongs to:

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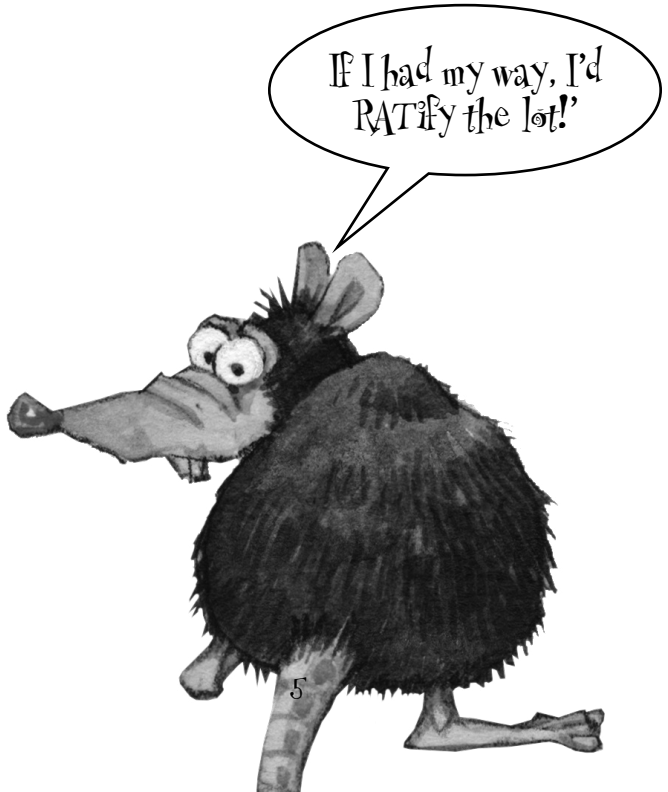
Introduction



Warning – reading this book might not make you LOL (laugh out loud) but it could make you GOL (groan out loud), feel sick out loud or SEL (scream even louder). If you're reading this in a library by a SILENCE sign… get ready to be thrown out for LOL-GOL-SEL!

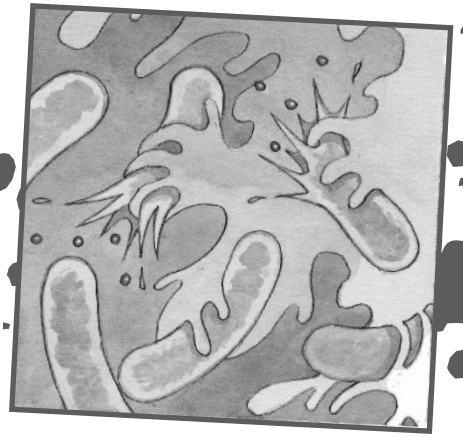
The author really hasn't made anything up in this book (apart from some daft limericks and jokes).

He checked out the foul facts as best he could and even double-checked the fouler bits to make absolutely sure – so please don't get too upset if you find out something different or meet a world famous mad scientist/historian/total genius who happens to know better.



Body Secrets

Your body is totally, amazingly, incredibly, mind-bogglingly, astoundingly **BRILLIANT** (most of the time). You're a miracle, a wonder of nature and a super machine full of surprises. You're also revolting. At least, sometimes your body can be disgusting, gross and **FOUL**. Only read on if you want to know yourself better... warts and all. You don't want to know all of this – but you won't be able to stop yourself finding out!

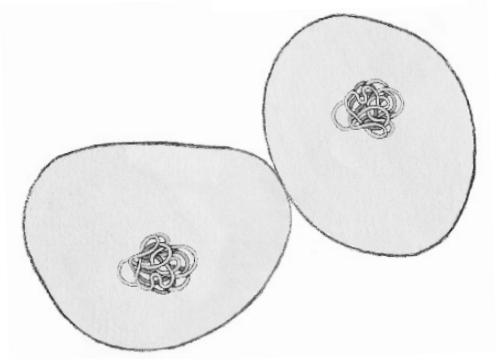


Body Boggling

Now here's the scary bit. You've got millions more cells than just your own. Only 1 in 10 of the cells in your body are human. So what are the other cells? They are made up of the incredible 90 trillion microbes that live on you or in you. They consist of bacteria, viruses and other micro-organisms. And it turns out that many of them play a vital role in keeping you healthy. You are crawling with life.



To start off, you might be horrified to know that in the time it's taken you to read this far, you have lost thousands of cells that make up your body and brain. Millions of your cells die every minute. But don't panic – your body is making new cells all the time. Your body is packed with cells – in fact, scientists estimate there are over 37 trillion cells in the human body (give or take the odd few million). In one tiny drop of blood you have 5 million red cells and 15,000 white cells. There are 50 billion fat cells in the average body, and 2 billion heart muscle cells. So if you want to know how many cells you've got exactly, you'd better start counting. By the time you finish, you'll have lost a few billion more and grown plenty of new ones. The dead cells fall off, get absorbed and recycled by other cells or are pooed out of the body – gone and forgotten.



Not all bacteria are healthy – like those in a limerick...

On a toe sat a little bacterium
With millions of friends – but none queried 'em...
So they multiplied quickly
Till the host became sickly
With infection, much pus and delirium.
(Just as well some antibiotics did the trick!)

And now for a joke about nasty body bacteria... Hmmm, maybe not – you might spread it.



A Cheesy Doctor Sketch

Patient: Doctor, you've got to help me. It's my foot.

Doctor: Your foot? What do you mean?

Patient: It's that thing on the end of my leg.

Doctor: That's your bottom. Everyone has a bottom at the top.

Patient: No – the other end. It's my foot on the bottom.

Doctor: You've got a foot on your bottom or a bottom on your foot?

Patient: No – down there on the floor – that foot, on the end of my leg.

Doctor: What's wrong with it?

Patient: It's foul and cheesy.

Doctor: Is it just the one foot?

Patient: No, I've got two of them. They're both on the end of my legs. One on each.

Doctor: Are they the same?

Patient: No. One's right and one's left. My right leg is shorter than my left.

Doctor: Is that a problem for you?

Patient: Not really. I live on a slope.

Doctor: You'd better take off your boot so I can take a look.

Patient: Even though I've got a short right leg, it's amazing how my body has adjusted. My left leg is longer to make up for it.

Doctor: I can't help noticing you've got jelly in one ear and custard in the other.

Patient: Can you speak up a bit? I'm a trifle deaf.

Doctor: And you've got a sponge finger up your nose. I can tell what's wrong with you immediately.

Patient: What is it, doctor?

Doctor: You're not eating properly. And now I can see your foot, I can tell you're not washing properly, either.

Patient: Washing? Why would I want to wash my left foot? I can't reach that one.

Doctor: But it's foul. It looks like foot rot – full of festering blue cheese.

Patient: Ah – so that's where my Stilton and pickled onion sandwich went. It fell in my boot.

Doctor: I think it's worse than that. It's full of bacteria.

Patient: No, that's ketchup. You can have a bite if you like.

Doctor: It stinks. I tell you, you've got foot rot.

Patient: I demand a second opinion.

Doctor: Certainly. You're bonkers as well.

Patient: So what are you writing on your pad?

Doctor: It's a prescription.

Patient: What for?

Doctor: A bath. Goodbye. Next!

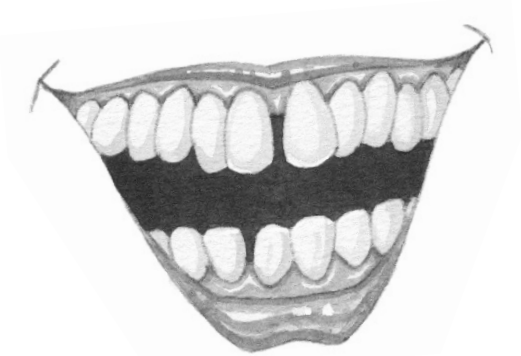
Why are some feet like the jokes in this book? They're as foul as foot rot and as cheesy as a cheddar factory!



More on Body Visitors

The average human foot contains 600 sweat glands per square centimetre – hundreds more than in the armpits. They ooze a lovely soup of salts, sugars and acids that provide a delicious feast for a colony of bacteria. In return for a free lunch, bacteria leave us with a cocktail of fatty acids that can give off that cheesy feet pong.

If you think your feet have lots of bacteria on them (millions between the toes and on the soles), your mouth is an action-packed bacteria theme park. Read on if you dare...



Bacteria in your mouth come in all shapes and sizes – with more of them than the whole world's human population. In fact, you've just swallowed a few million bacteria while reading this. Some types of bacteria live on your teeth, others prefer your gums and others love the little cracks in your tongue. They happily swim in your spit (saliva) and paddle in your dribble. And while on that subject – did you know your mouth churns out a couple of litres of saliva each day? (2 to 4 pints of the stuff). In a lifetime you'd fill a good sized swimming pool with your saliva. Quick tip – don't try to swim in it!

With all those fizzing, bubbling bacteria in your mouth, it's not surprising that tooth decay is common. It's caused by sticky deposits called plaque that coat gums and teeth. Plaque is made of bits of food, saliva and bacteria that dissolve the enamel coating on each tooth and can gnaw away to the inside. So get brushing.

Body Cells Limerick

All your brain's cells, your body's and your heart's
Renew in unseen fits and starts.
There's division, formation
And multiplication...
You're a wonderful sum of your parts!

Yet More Body Invaders

Unlike bacteria that are happy doing their own thing by themselves, a virus can only live inside one of your living cells. A virus takes over a cell and can cause disease by invading your body. There are many sorts of cold and flu viruses ready to invade, but your amazing immune system deals with millions of viruses and harmful bacteria each day. Your cells produce chemicals called antibodies that latch onto a virus and give it a good kicking.

Flu Jokes

I opened a window and in flew Enza (influenza).

Hmm – the jokes get better (but not much)

Did you know humans can catch bird flu as well as swine flu? For bird flu you need tweetment and for swine flu you need oinkment.

Someone once said that if scientists ever find a vaccination for influenza, pigs would fly. Sure enough, within a few days of a vaccine... swine flew (swine flu).

A woman walks into a doctor's surgery and sneezes, 'Doctor, I feel terribly sick.'
The doctor looks at her and asks, 'Flu?'
'No,' she says, 'I came here on the bus.'