

- 1 The body of an adult human contains an incredible 100,000 km (60,000 miles) of blood vessels, and 13 billion nerve cells.
- 2 An adult has 206 bones. Nearly half of them are found in the hands and feet.
- 3 The adult human body has about 650 muscles. The smallest muscle is in the ear - only 1 millimetre long. It takes 60 muscles to frown, and only 13 muscles to smile - all the more reason to smile! We're going to listen to some words about the effect of smiling:
- 4 *"A smile costs nothing  
but gives much.  
It enriches those who receive it  
without making poorer those who give it.  
It takes but a moment,  
but the memory of it  
sometimes lasts forever.  
None is so rich or mighty  
that they can get along without it,  
and no-one is so poor  
that they cannot be made rich by it.*
- 5 *A smile creates happiness in the home,  
fosters goodwill in business,  
and is the countersign of friendship.  
It brings rest to the weary,  
cheerfulness to the discouraged,  
sunshine to the sad,  
and it is nature's best antidote  
in times of trouble.*
- 6 *Yet it cannot be bought, begged,  
borrowed or stolen,  
for it is something  
that is of no value to anyone  
unless it is given away.  
Some people are too tired  
to give you a smile.  
Give them one of yours,  
as no-one needs a smile so much  
as those who have no more to give."*

7 *Let us pray:*

**Lord, we give thanks  
for all who have brought  
life and happiness to us.  
Inspire us to give of ourselves joyfully  
and always look for the positive.  
Amen.**

This is an excerpt from the page of this date in  
*'Praying Each Day of the Year'*,  
a 3-volume book  
by Nicholas Hutchinson, FSC.

For details:

<http://www.matthew-james.co.uk/>

Could make use of a search engine  
to research this topic further.

This material is part of  
the prayer and education website  
of the De La Salle Brothers  
in Great Britain:

[www.prayingeachday.org](http://www.prayingeachday.org)