

NO WONDER YOU'RE TIRED!

Busy little machine – the human body.

You pay little attention to it; you take it for granted. But it Keeps functioning and its day's work is startling! Someone has figured out the following accomplishments for a human body in 24 hours:

Your heart beats 103,689 times;
Your blood travels 168,000 miles;
You breathe 23, 240 times;
You turn in your sleep 25 to 35 times;
You eat 3 ½ lbs. Of food;
You speak 48,000 words;
You exercise 7,000,000 brain cells.

Notice that last item – exercising seven million brain cells. You think that would be a terrific load on your brain, but listen to this; “There are something like nine billion brain cells, so your brain is using less than one-tenth of a percent of its potentiality.

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Motivation & Fatigue

Many specialists contend our energy matches our interest. And life can usually be just as boring as a person lets it become. Renewed energy always awaits the person who sincerely tries to fight boredom.

Lack of energy is not only a matter of muscles – the nervous system also plays a very important role. You have probably had the experience of feeling bushed, yet suddenly – motivated by some unexpected pleasure or emergency – you were able to summon instant energy. Researchers tell us this because the sensation of fatigue appears to be countered by the stimulation from the brain called the “reticular formation”. This message center becomes less responsive, as does the whole nervous system, when the messages it receives are monotonous. However, if given a fresh, now, and exciting stimulus, it springs alive. Specifically, the impulses to overcome monotony move forward to the frontal cortex; then motivation takes over and removes the burden from the reticular area.

Thus, Dr. James R. Harris, a Philadelphia psychiatrist, says motivation is the antidote of fatigue, both emotional and physical. “Persons who like what they are doing seldom lack the energy for it.”