

# Mark Abercrombie

September 14, 2025

**Kathy & Mark**

**Abercrombie**







**My 7 Grandchildren**

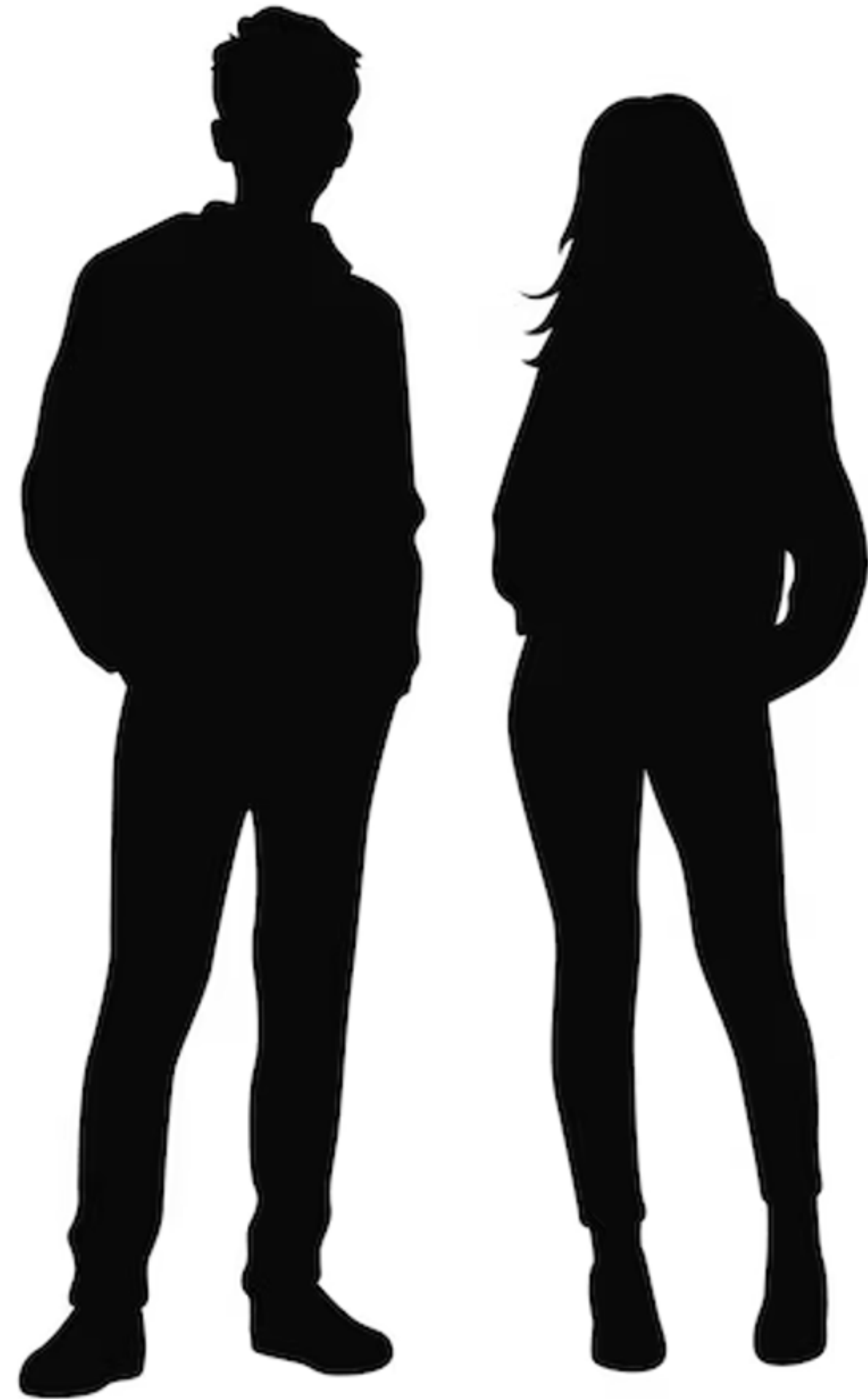


# Genesis 1:1-31





# Our Human Bodies Work







# THE SKELETON

## The body's framework

The skeleton consists of 206 bones which, in the majority of cases, are connected by joints. The skeleton supports the weight of the body, allows it to move and protects the internal organs. Traditionally, a distinction is made between the cephalic skeleton (skull), the axial skeleton (thoracic cage, spinal column and sternum) and the appendicular skeleton (limbs).

### THE THORACIC CAGE

Consisting of the vertebral column at the back, the ribs on the sides and the sternum to the front. It protects the heart, the lungs and part of the liver and the spleen.

### THE BONES OF THE UPPER LIMBS

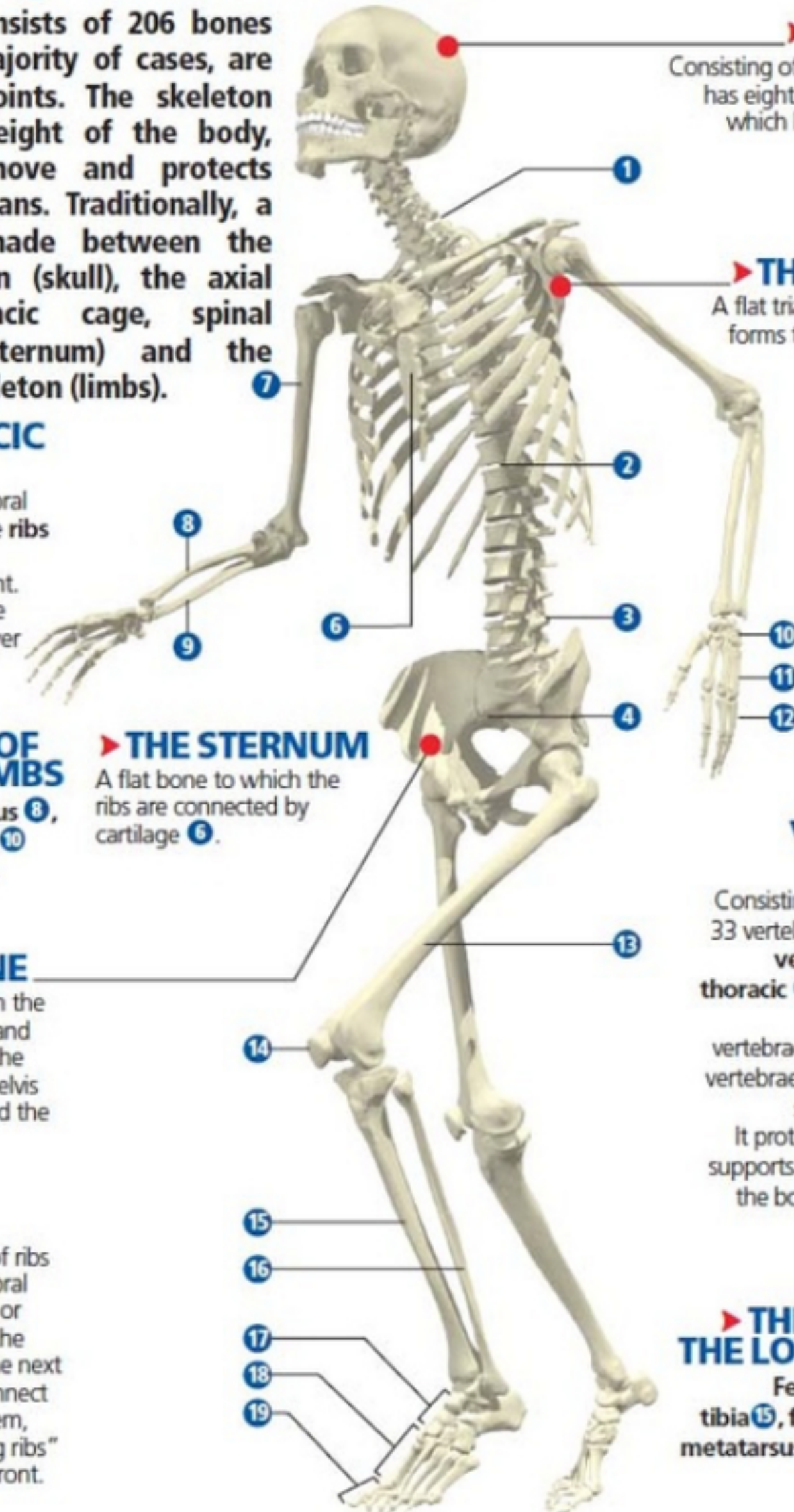
The humerus 7, radius 8, ulna 9, carpal bones 10, metacarpal bones 11, and phalanges 12.

### THE HIP BONE

The two hip bones form the pelvis with the sacrum and the coccyx. Located at the base of the torso, the pelvis protects the genitals and the urinary organs.

### THE RIBS

There are twelve pairs of ribs connected to the vertebral column. The first seven or "true ribs" connect to the sternum at the front, the next three or "false ribs" connect to the rib just above them, the last two or "floating ribs" do not connect to the front.



### THE SKULL

Consisting of the cranium which has eight bones and the face which has fourteen bones.

### THE SCAPULA

A flat triangular bone which forms the posterior part of the shoulder.

### THE STERNUM

A flat bone to which the ribs are connected by cartilage 6.

### THE VERTEBRAL COLUMN

Consisting of approximately 33 vertebrae: seven cervical vertebrae 1, twelve thoracic 2, five lumbar 3, five sacral (fused vertebrae 4) and coccygeal vertebrae (between four and six fused vertebrae). It protects the spinal cord, supports the skull, maintains the body erect and allows the torso to bend.

### THE BONES OF THE LOWER LIMBS

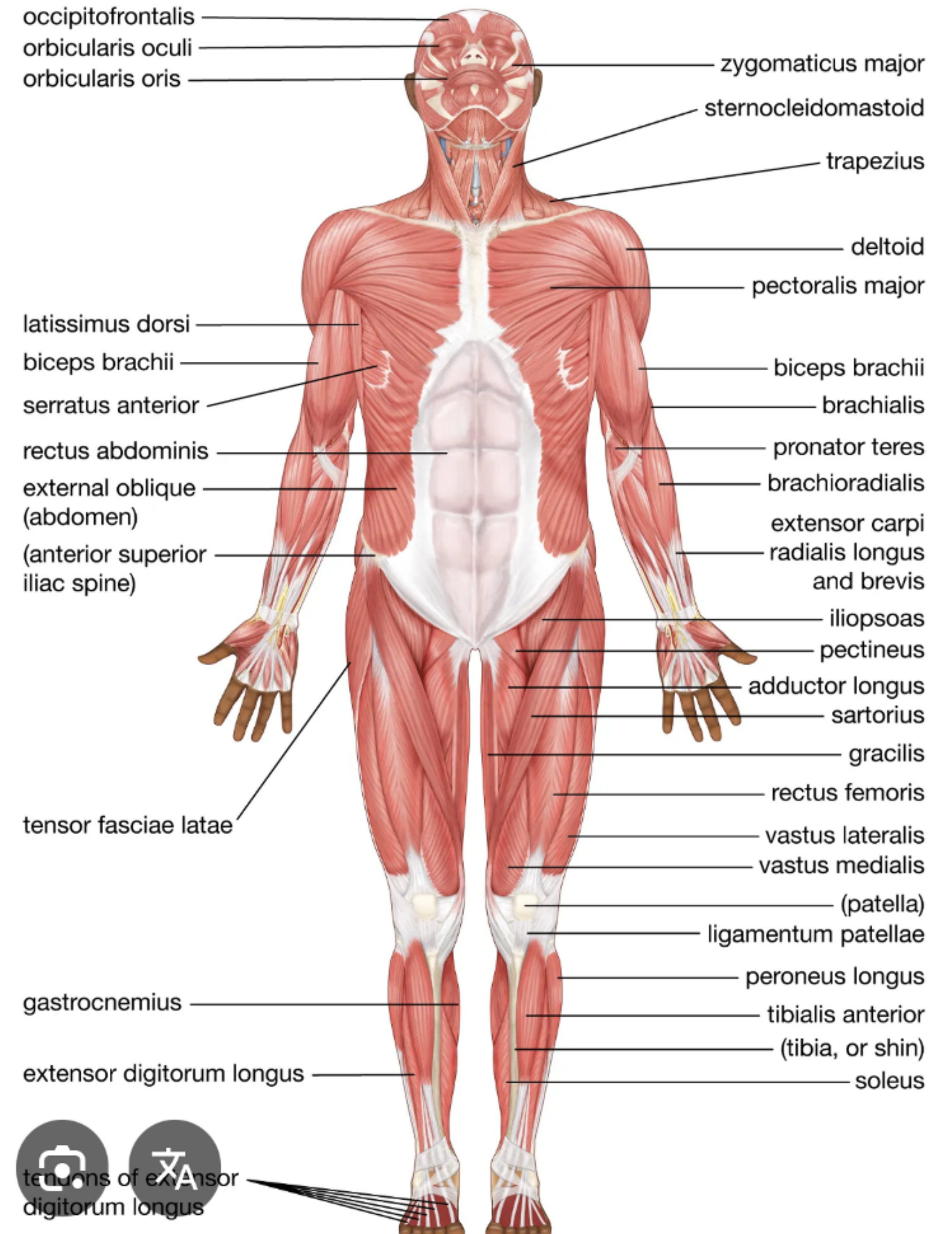
Femur 13, patella 14, tibia 15, fibula 16, tarsus 17, metatarsus 18, phalanges 19.

# Total = 206 Bones



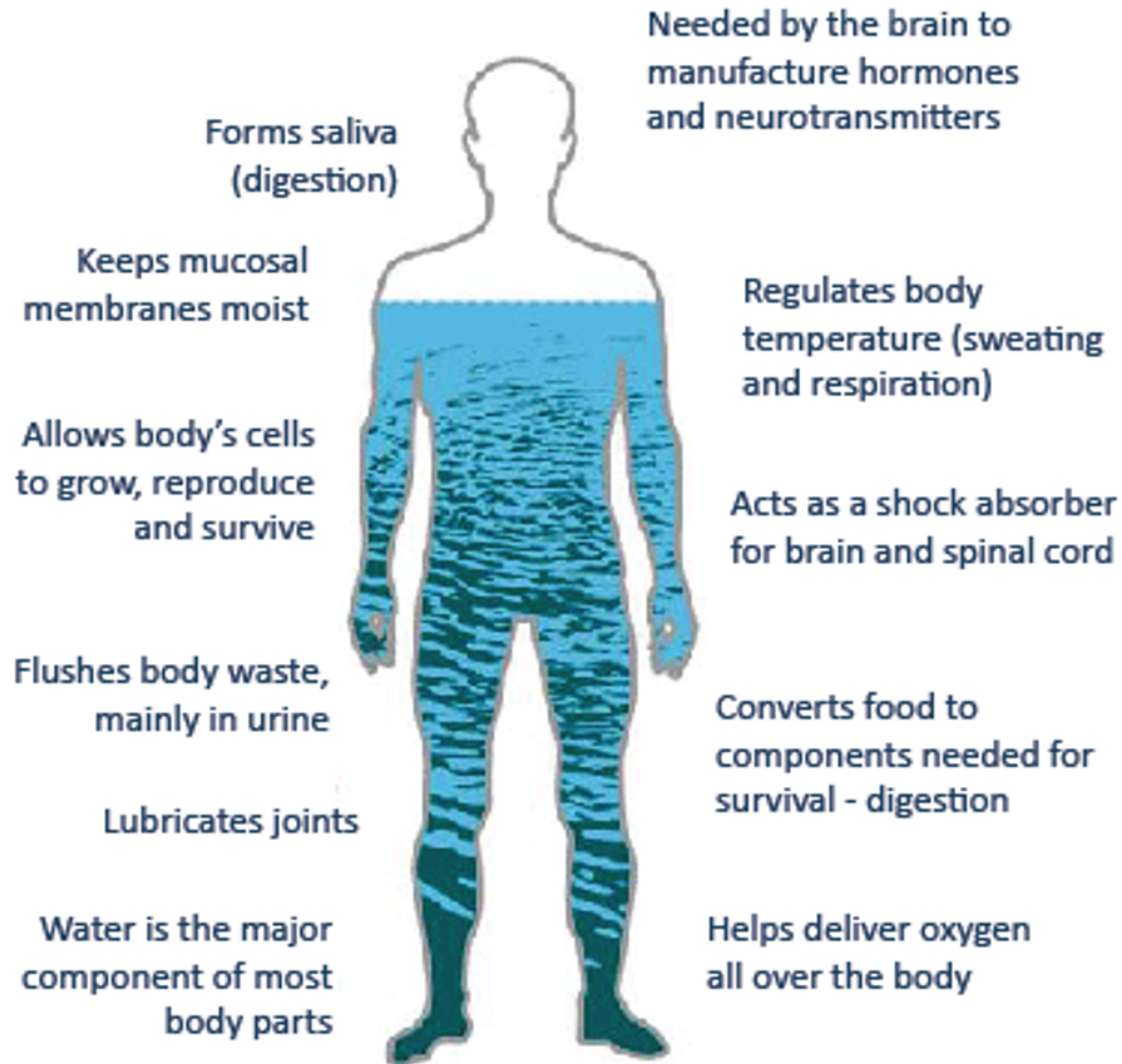
# Muscles in Body

The human body contains approximately 650 muscles. These muscles are distributed throughout the body and perform various functions, including movement, posture, and balance. It's important to note that this number can vary slightly depending on the source and the specific muscles being counted.





## *What Does Water do for You?*



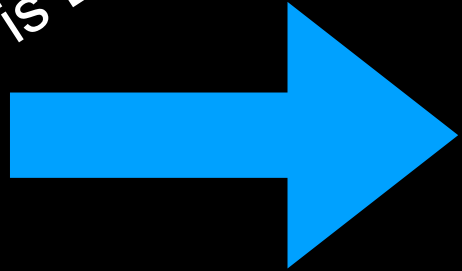
## Water in Body

The average adult human body is **roughly 60-70% water**, though this percentage varies by age, sex, and body composition. Babies have a higher percentage (around 78%), while it decreases with age, and women generally have a slightly lower percentage than men due to higher amounts of fatty tissue, which contains less water.



# Blood in Body

How Long is Blood Vessel?



## Did You Know?

The human body contains about 62,000 miles of blood vessels, which is enough to wrap around the Earth 2.5 times.



Capillaries

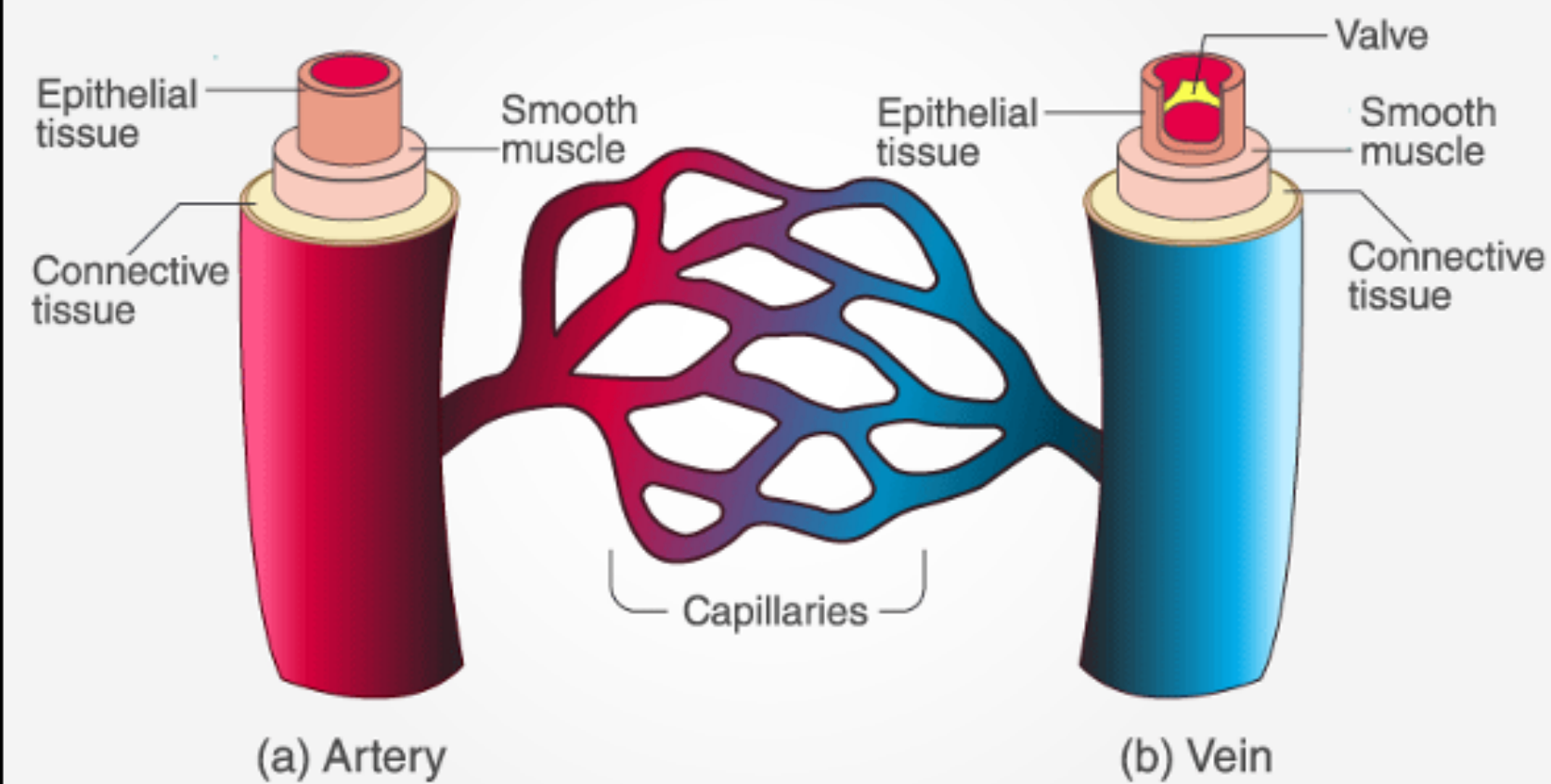


Veins



Arteries

## TYPES OF BLOOD VESSELS



BYJU'S  
The Learning App

© Byjus.com

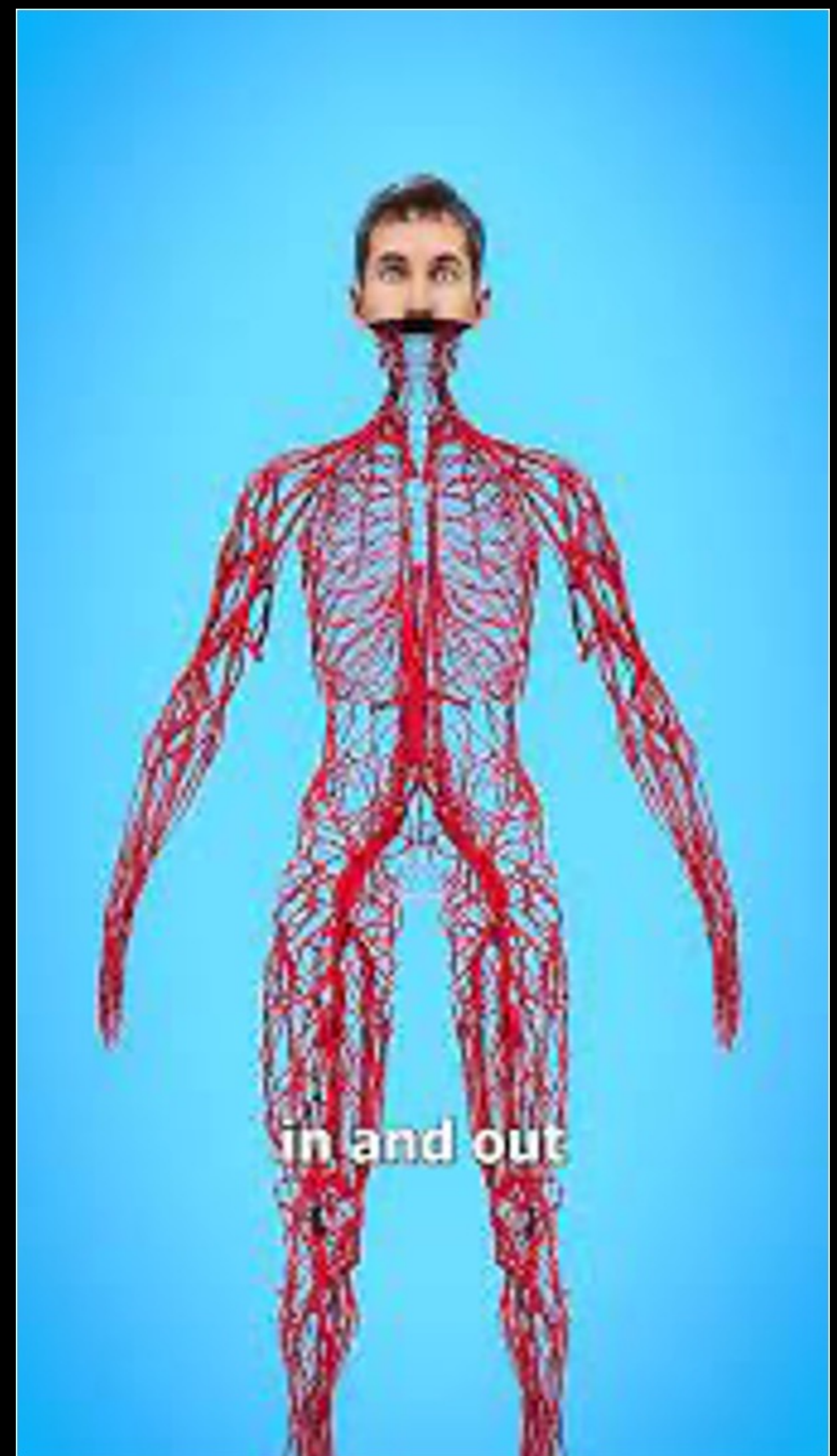




# Blood in Body

How **MUCH** blood cells are in Body?

An adult human body contains approximately **20-30 trillion red blood cells** (RBCs), which are the most abundant type of blood cell, along with trillions of other non-red blood cells such as white blood cells and platelets. Red blood cells, responsible for oxygen transport, are produced continuously, with the body generating millions per second to replace those that have completed their ~120-day lifespan.

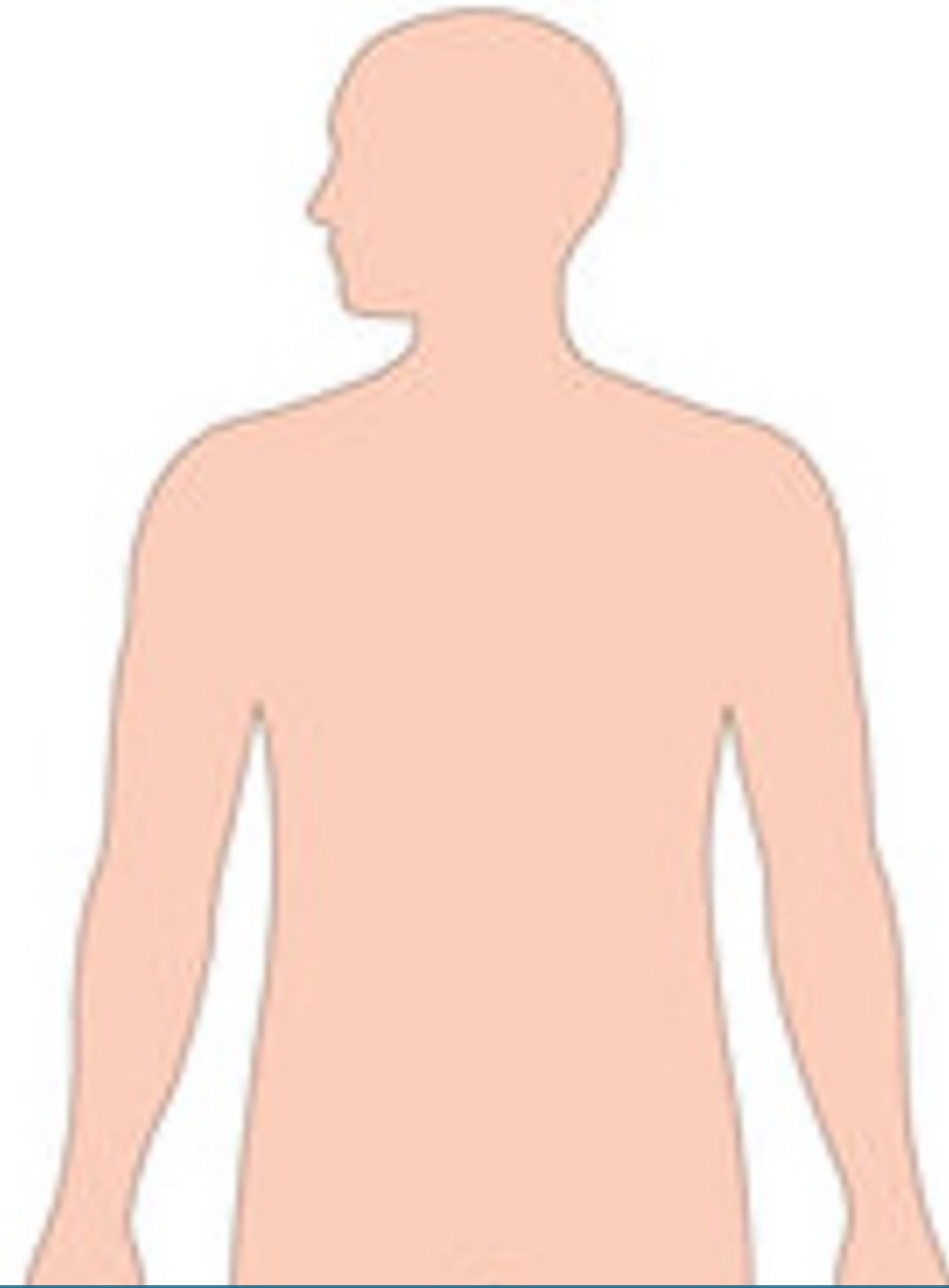




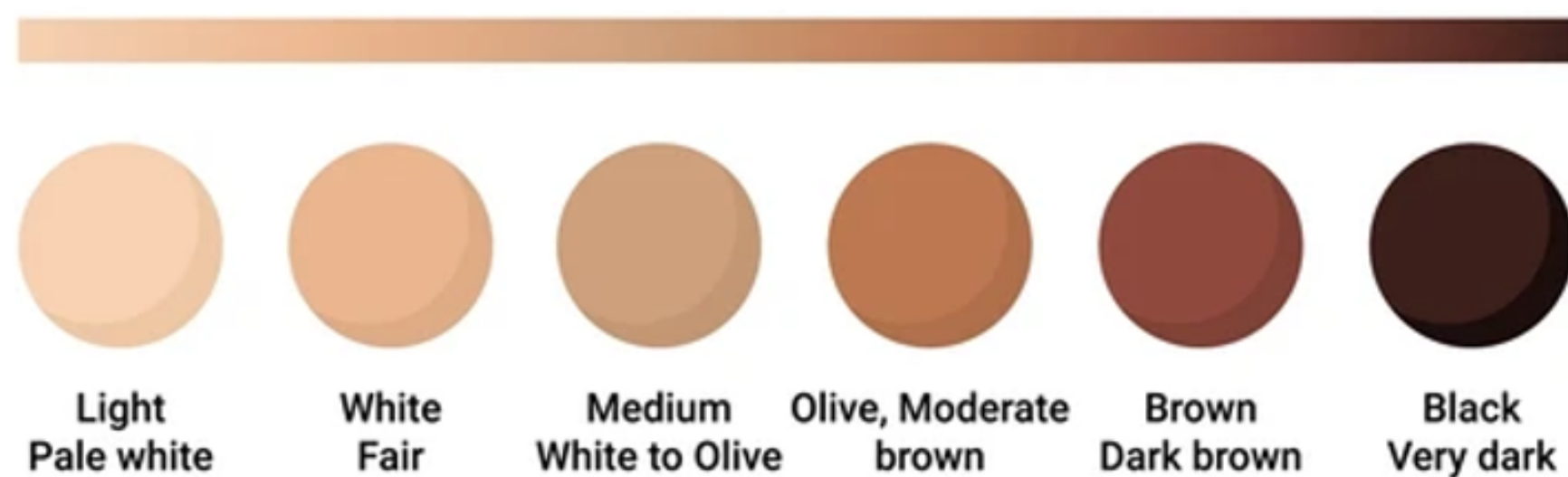
# Skin on Body

The average human adult has approximately **2 square meters (22 square feet)** of skin. This varies slightly depending on factors such as height, weight, and age.

Skin is the largest organ in the human body and covers about **15%** of body weight. It is made up of three layers: the epidermis, dermis, and hypodermis.



HUMAN SKIN TONES  
FITZPATRICK SCALE

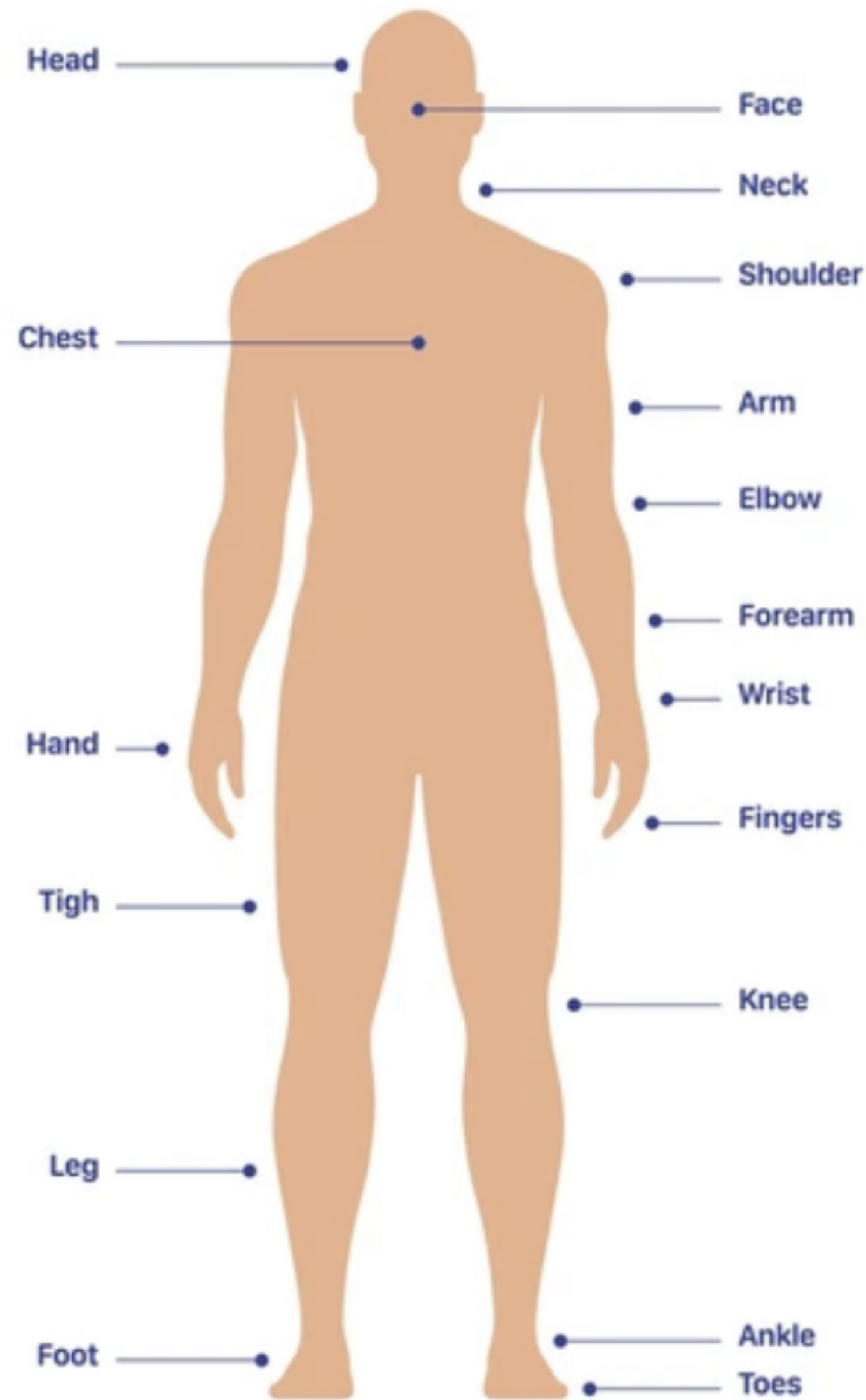


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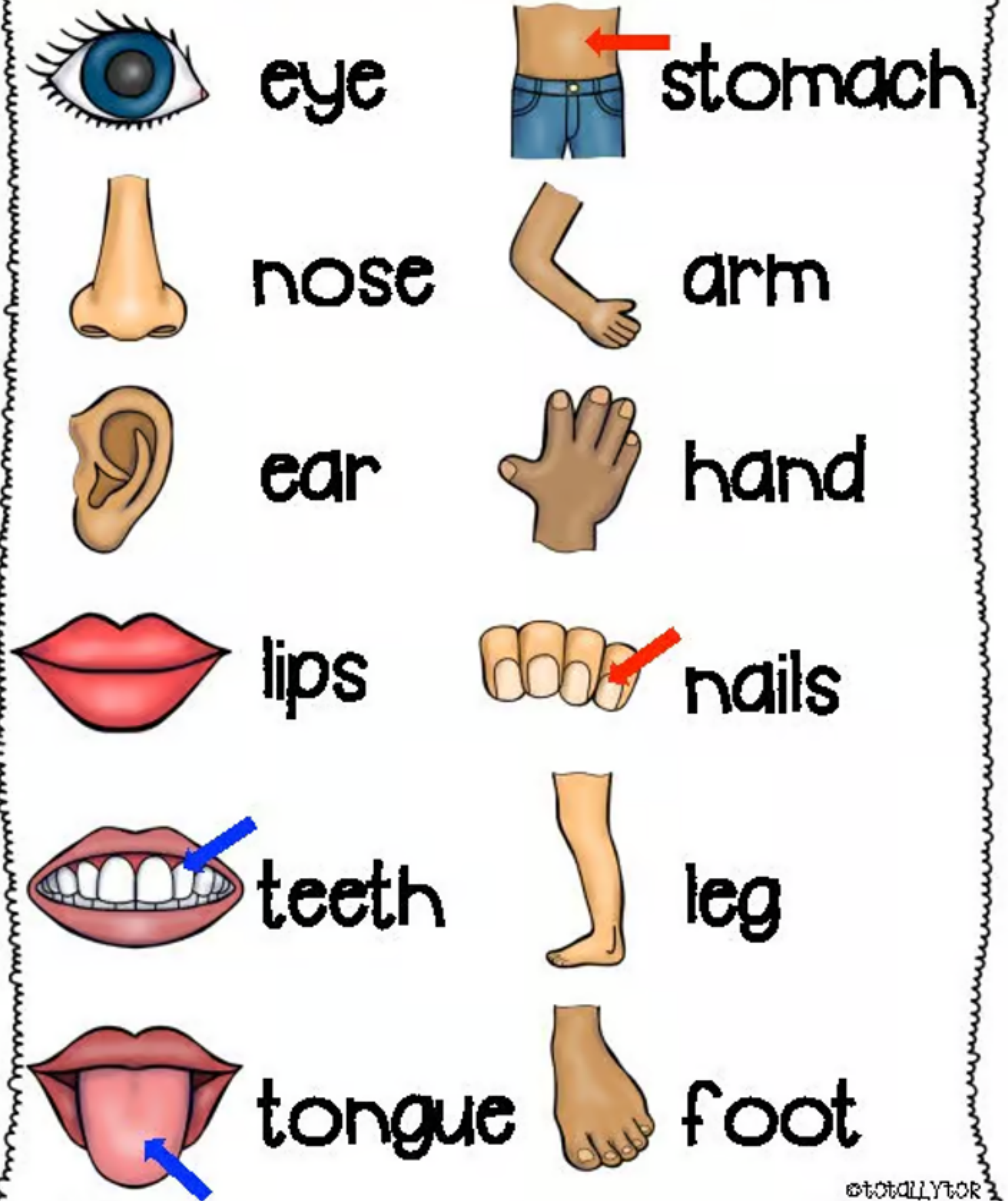




# Human Body Parts



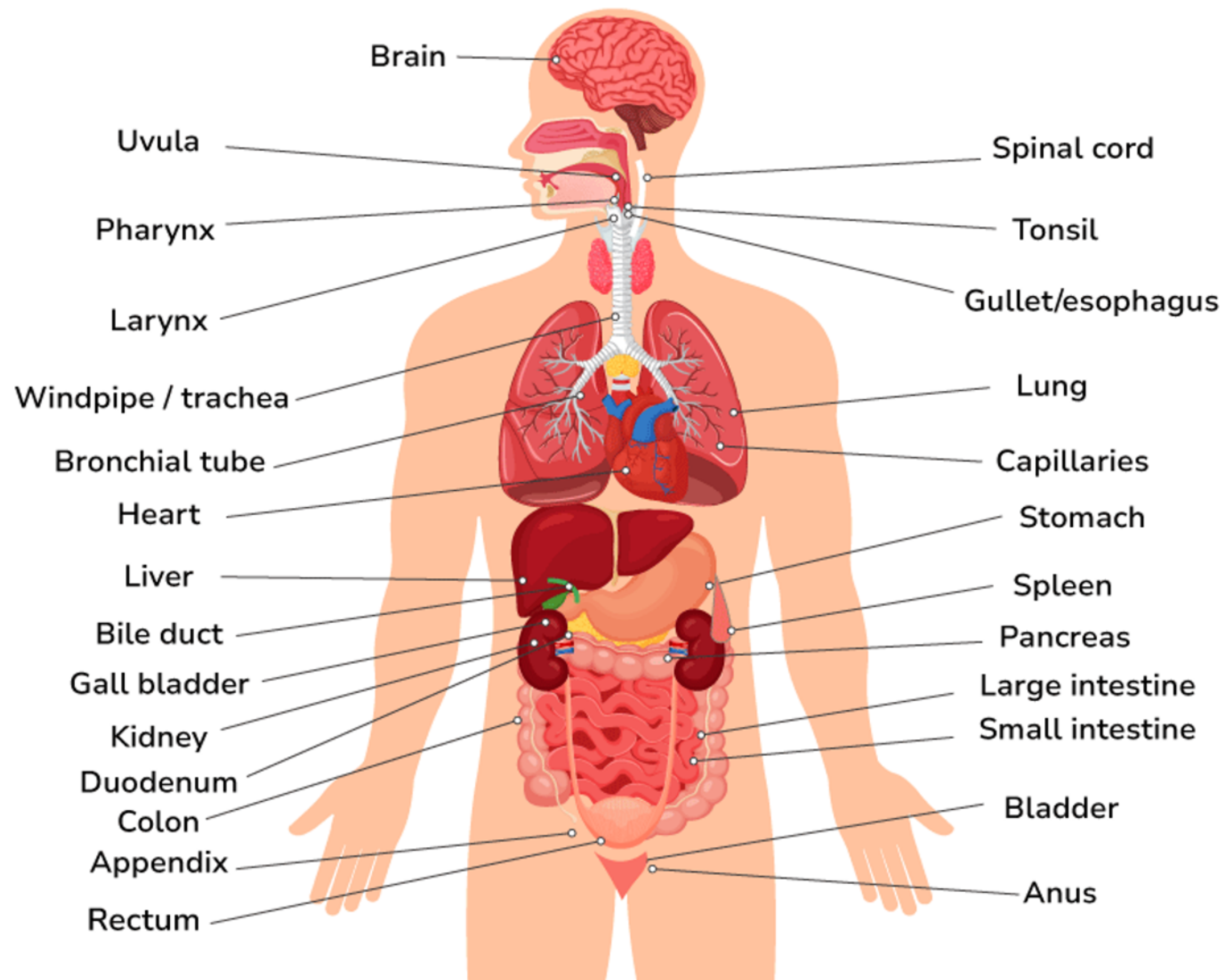
# HUMAN BODY PARTS





# Facts about Organs

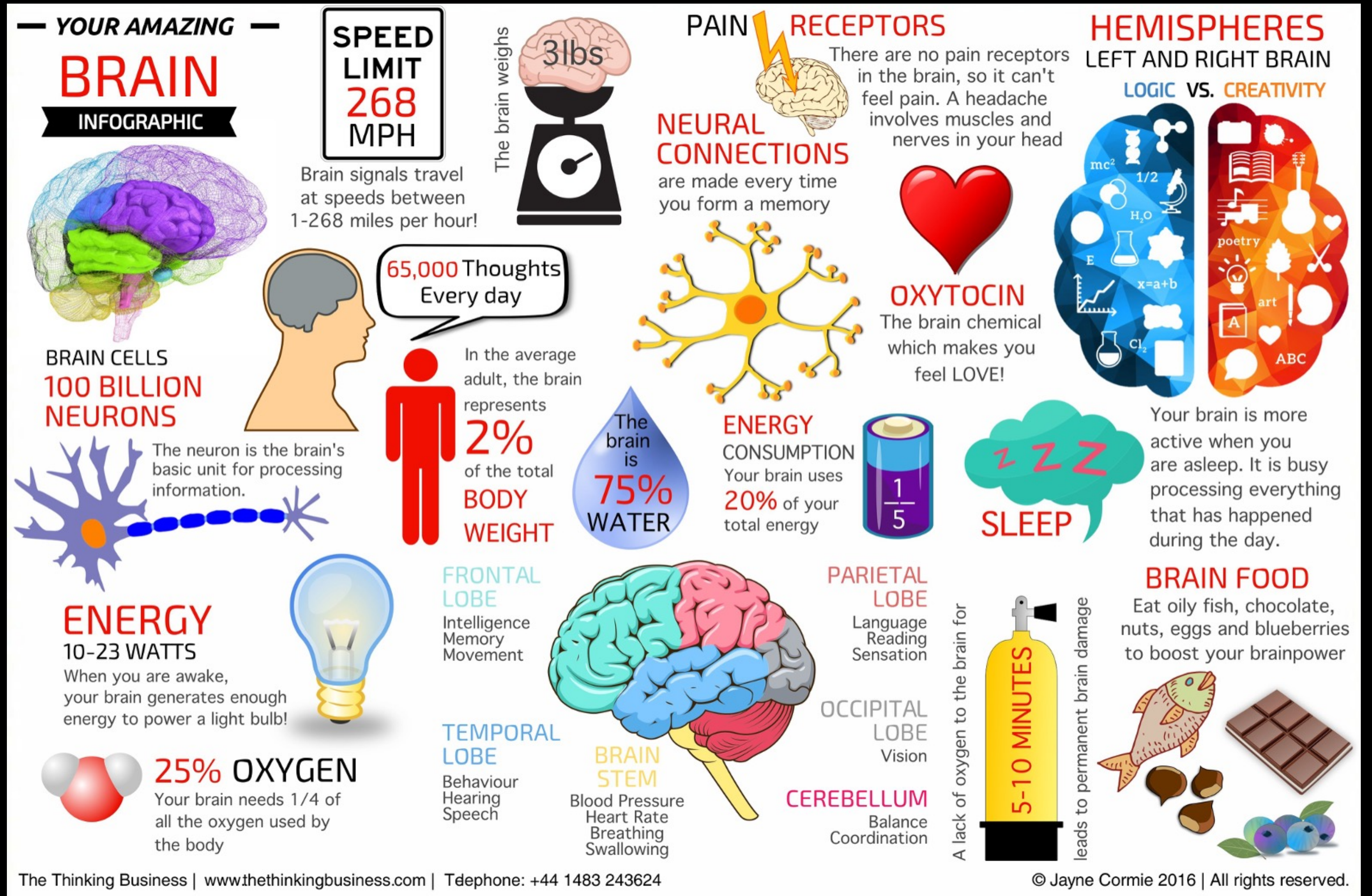
## Diagram of Human Organs



- Brain
- Heart
- Lungs
- Stomach
- Liver
- Large/Small Intestines
- Kidney



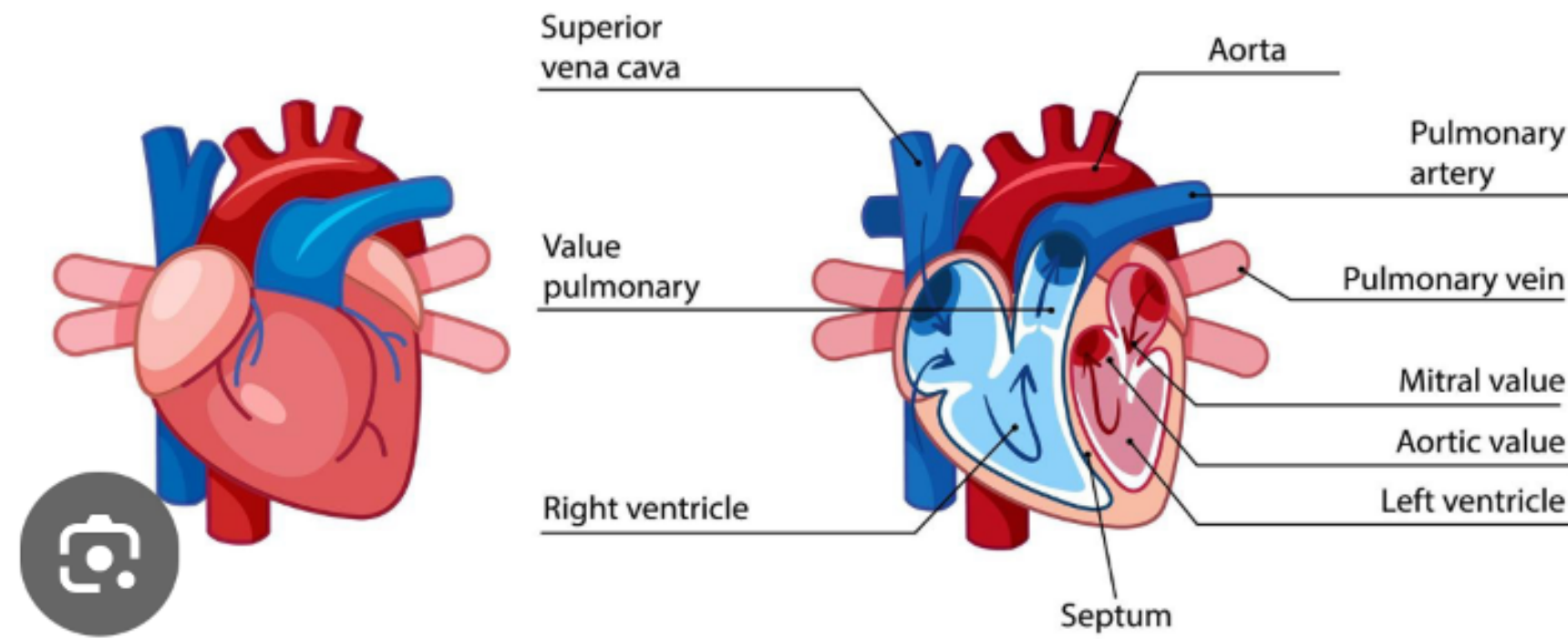
# Facts about Brain





# Facts about Heart

## HEART ANATOMY

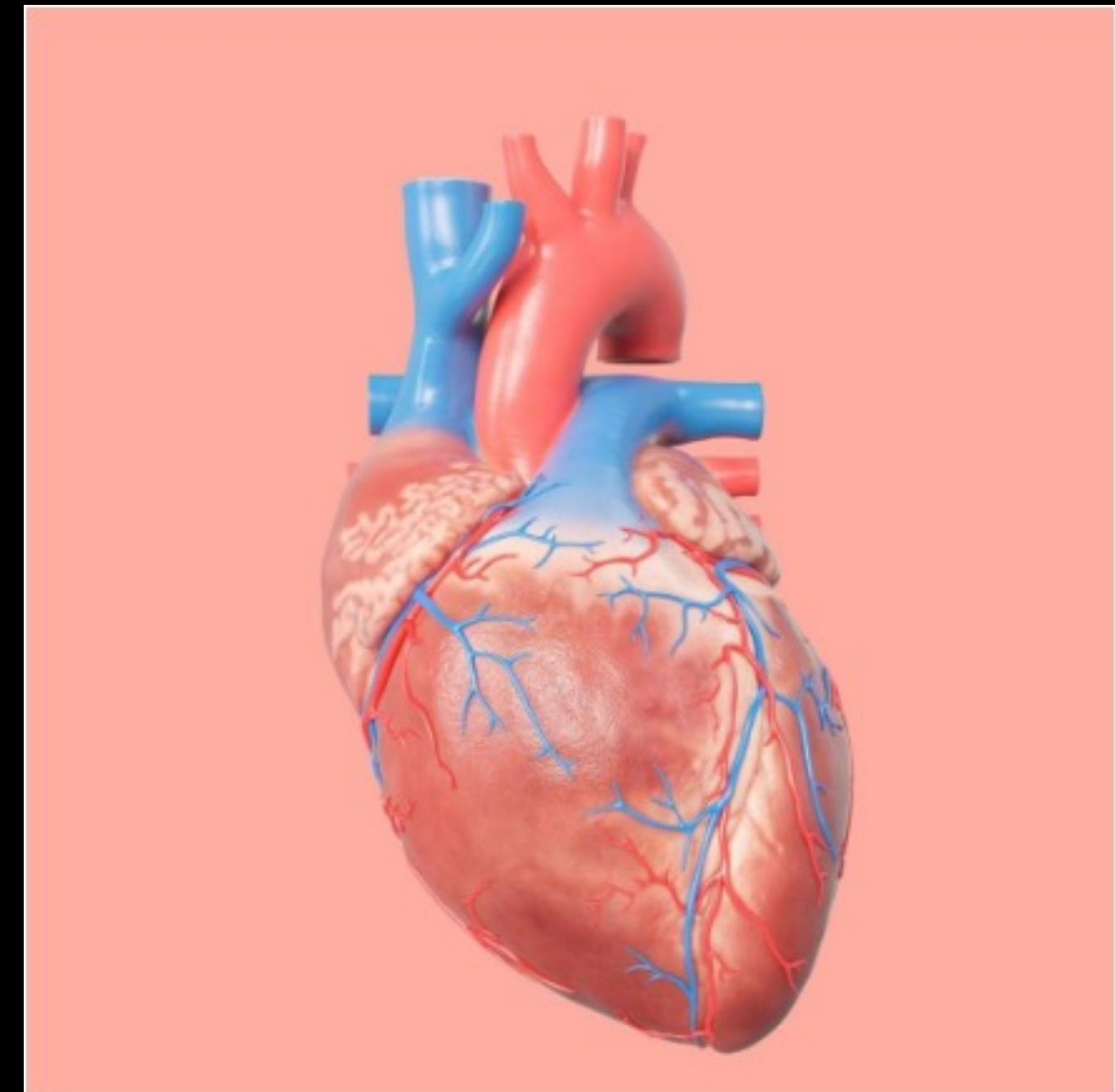


How many times should your heart pump in a minute?

A normal resting heart rate for adults ranges from 60 to 100 beats per minute. Generally, a lower heart rate at rest implies more efficient heart function and better cardiovascular fitness.

How many heart pumps per day?

Each day, your heart beats around 100,000 times. This continuously pumps about 5 litres (8 pints) of blood around your body through a network of blood vessels (called arteries and veins) in your circulatory system.

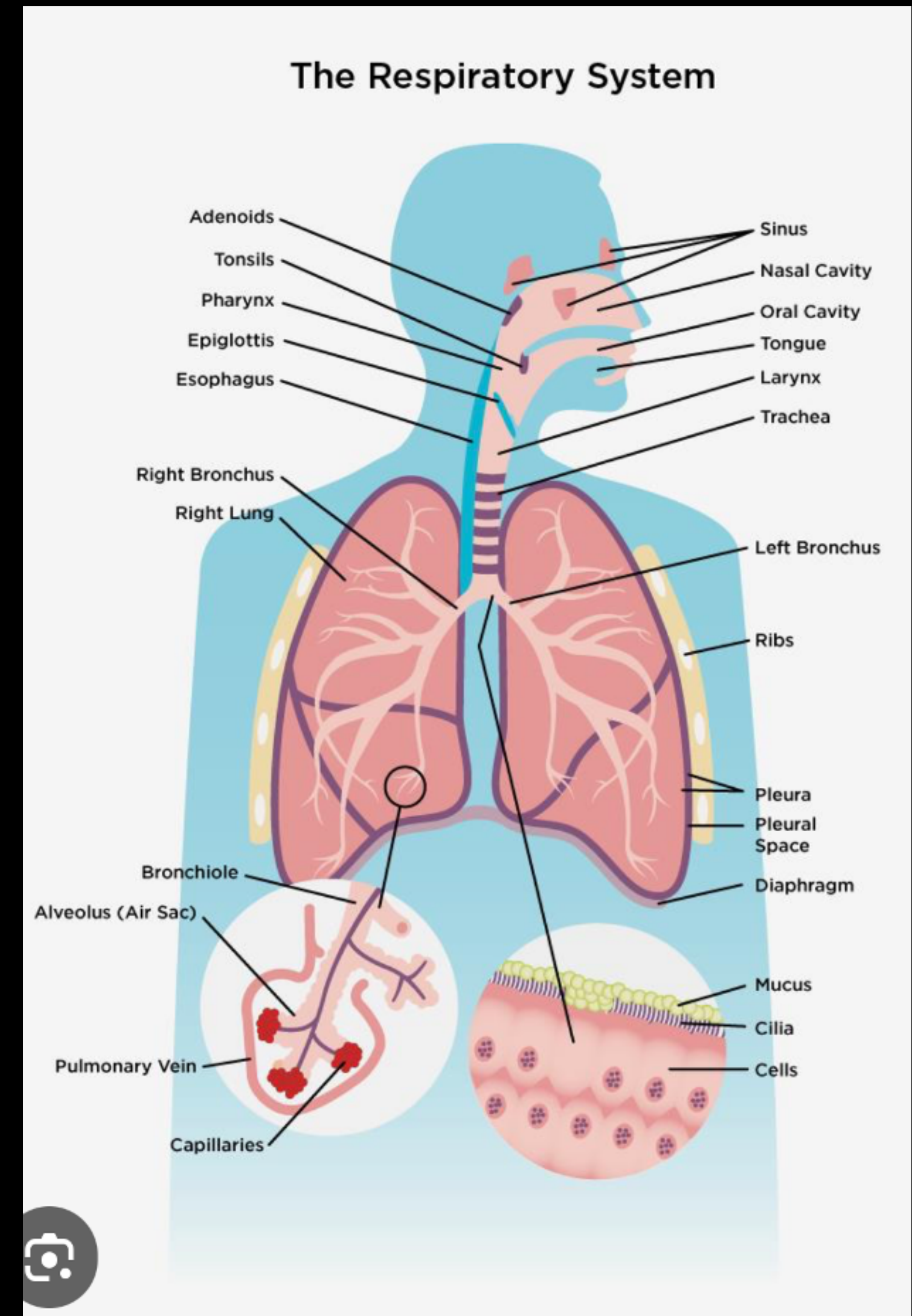




# Facts about Lungs

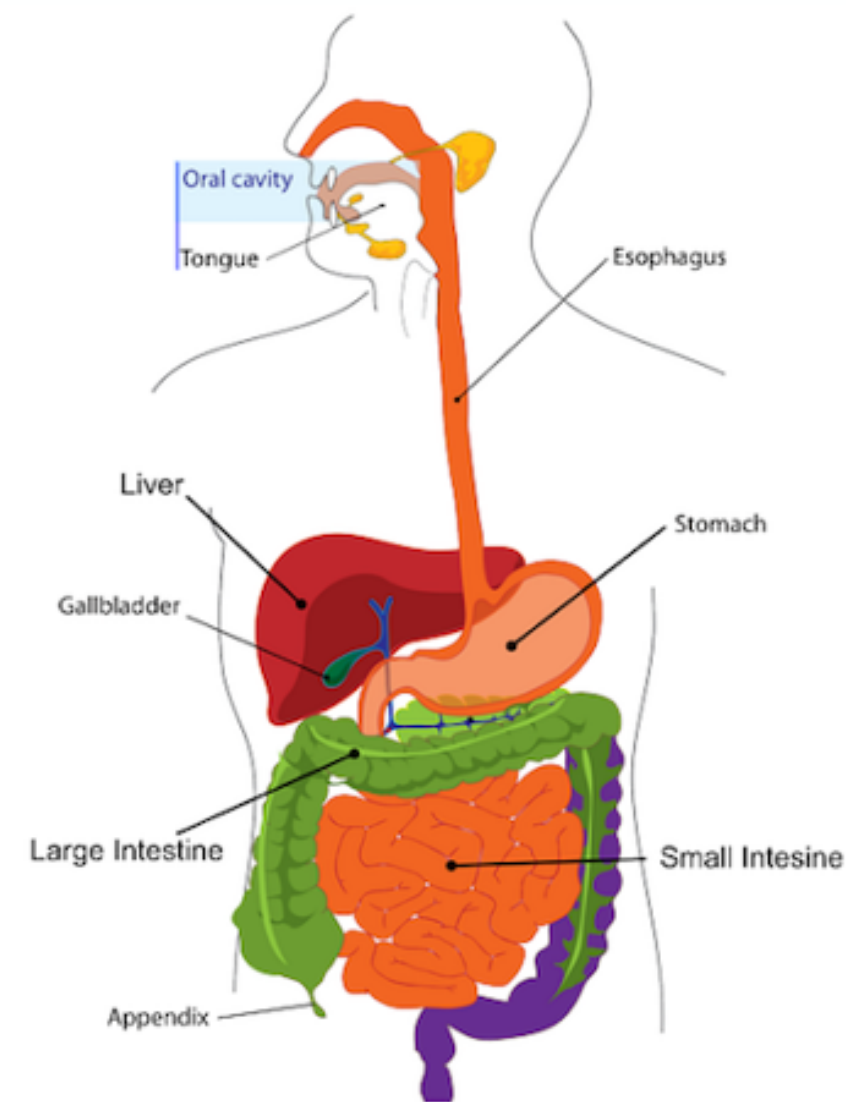
Breathing, or respiration, is the process by which lungs take in oxygen and expel carbon dioxide, a waste product, through the action of the diaphragm and other muscles. Air enters through the nose or mouth, travels down the trachea and into the bronchioles, which end in tiny air sacs called alveoli. Within the alveoli, oxygen moves into the capillaries and bloodstream, while carbon dioxide moves from the blood into the alveoli to be exhaled. This gas exchange provides the body with the oxygen it needs to produce energy and removes the resulting carbon dioxide.

- At Rest:** A healthy adult typically takes 12 to 20 breaths per minute.
- During Activity:** Breathing becomes faster and deeper to meet increased oxygen demands. During exercise, the rate can significantly increase, for example, from about 15 breaths per minute at rest to 40–60 times per minute during moderate to strenuous exercise.





# Facts about Digestive System



LUP WAI - PARENT WHISPERER

- It takes approximately 7 seconds for food to travel through the esophagus and reach the stomach
- An adult female's small intestine is longer than the average adult male
- The stomach of an adult holds 1.5 liters of food and food stays here for 2-3 hours

## Fun Fact!

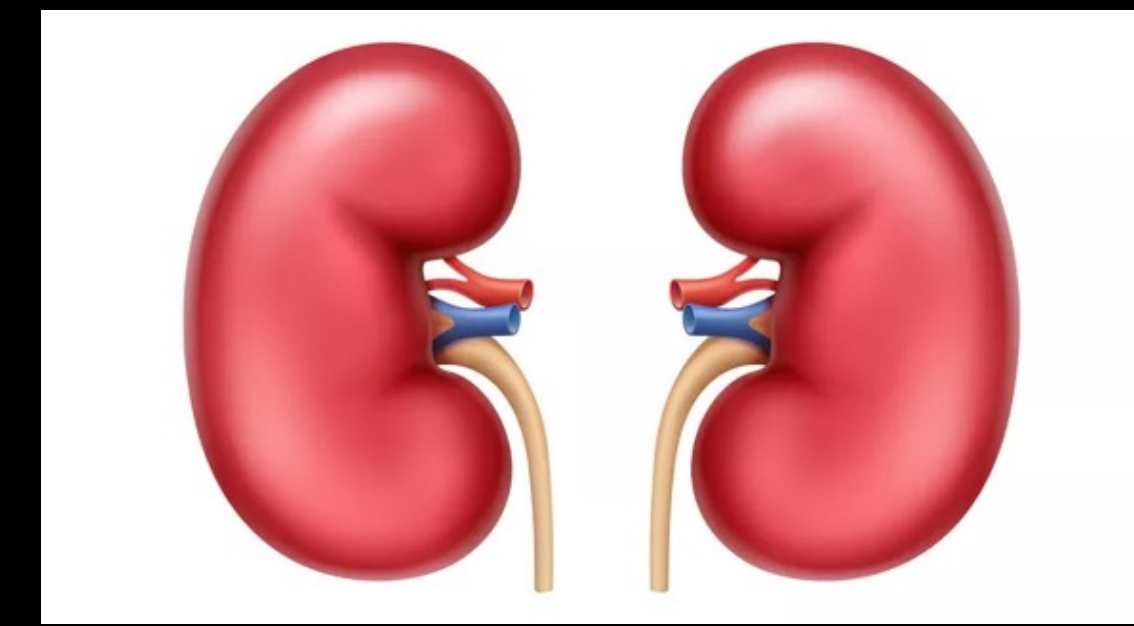
The empty stomach is only about the size of your fist, but it can stretch to hold as much as 4 liters of food and fluid, or more than 75 times its empty volume. Body weight does not correlate with stomach size. Rather, when you eat greater quantities of food—such as at holiday dinner—you stretch the stomach more than when you eat less.

## The Digestive System





# Facts about Kidneys



## YOUR KIDNEYS:

- Make urine
- Remove wastes and extra fluid from your blood
- Control your body's chemical balance
- Help control your blood pressure
- Help keep your bones healthy
- Help you make red blood cells



## FUN FACT!

Blood flow in your kidneys is higher than your heart, liver & brain!



Kidneys filters; 180 litres of fluids everyday = 2 litres of urine!

A kidney contains up to 2 million nephrons, to filter blood & dispose waste!



**16!**

If the nephrons in both kidneys are taken out and placed end to end, the total length is about 16km!

Your kidneys are the same size as a computer mouse!



Your kidneys weigh less than 1% of your total body weight!





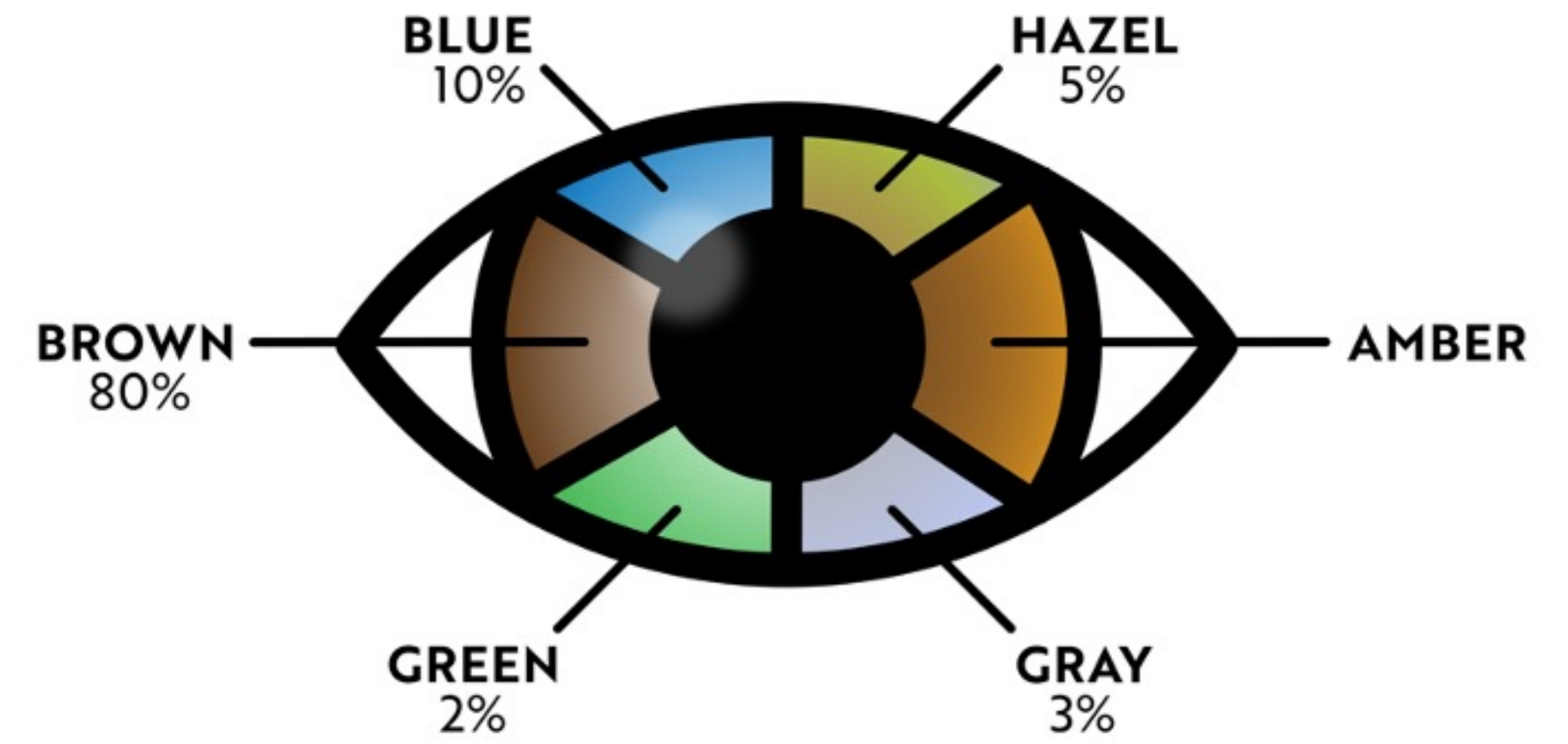
# Facts about Hair

Hair color		Strands of hair
	Black	100,000
	Blonde	150,000
	Brown	110,000
	Red	90,000



# Facts about Eyes

The average person blinks about **14,400 to 19,200 times per day**, which averages to 15 to 20 blinks per minute. This rate can drop significantly during screen use, increasing the risk of dry eyes and fatigue, but can also increase with sleep deprivation. [🔗](#)

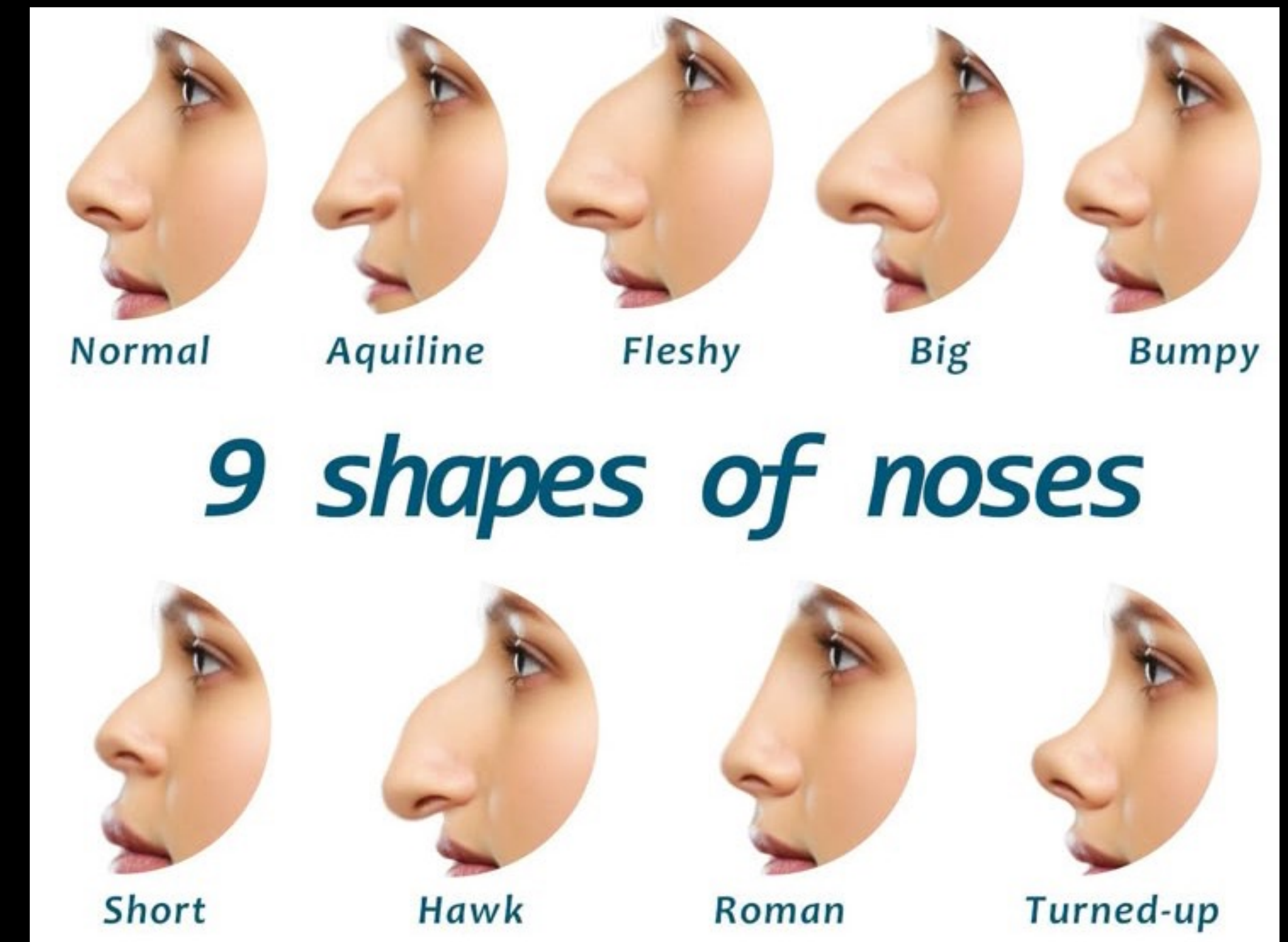
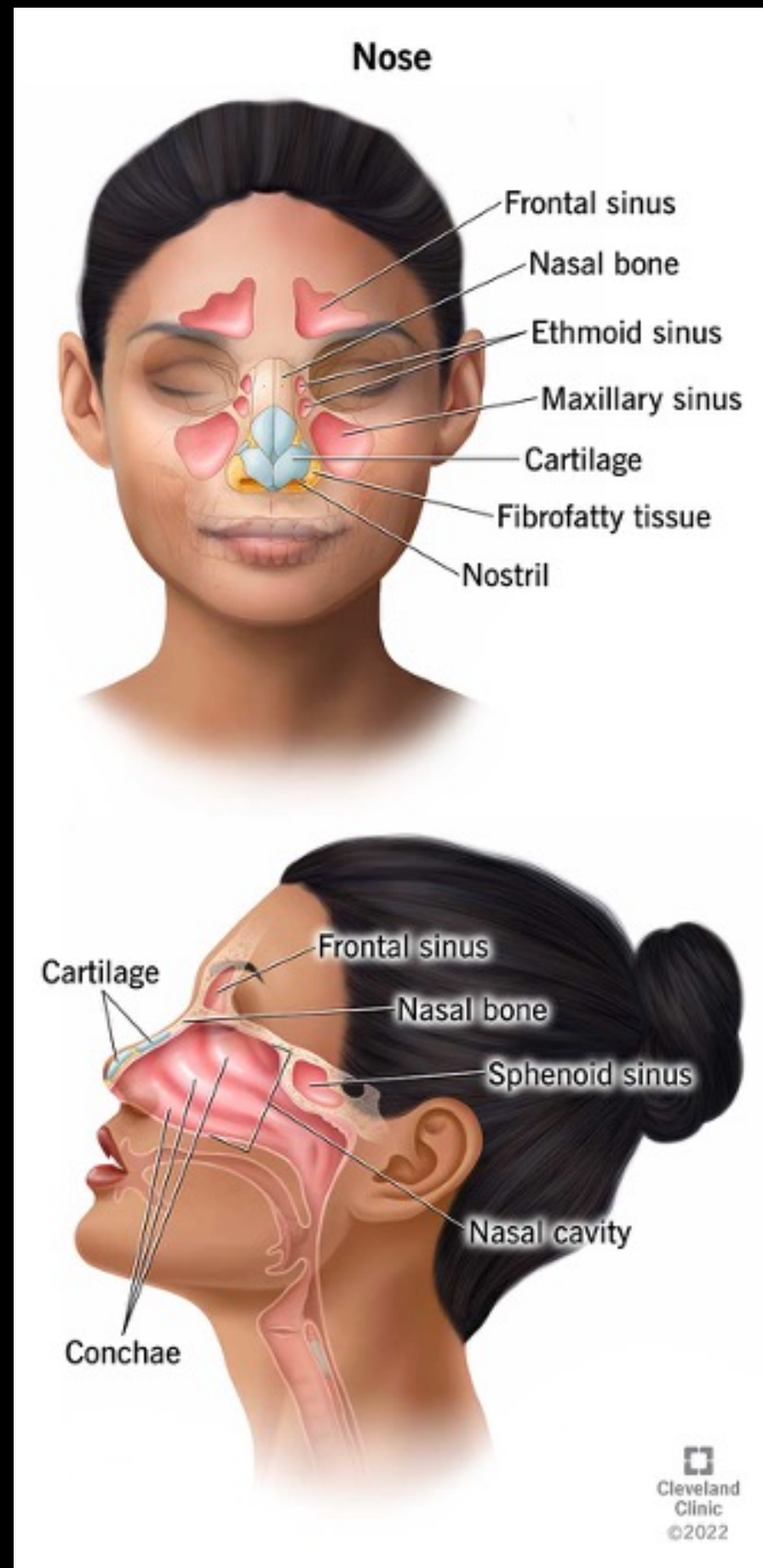


eye colour chart





# Facts about Nose



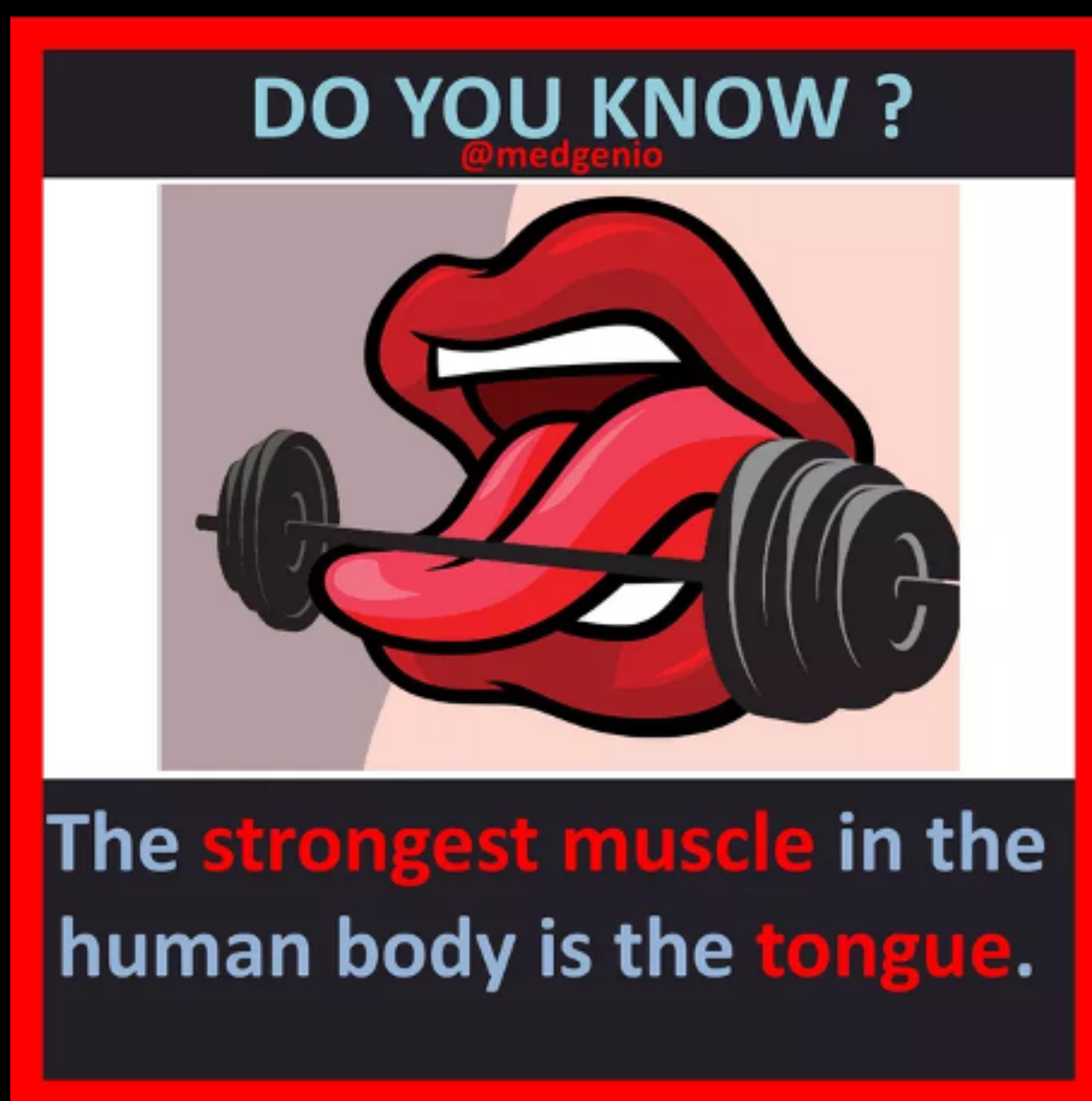
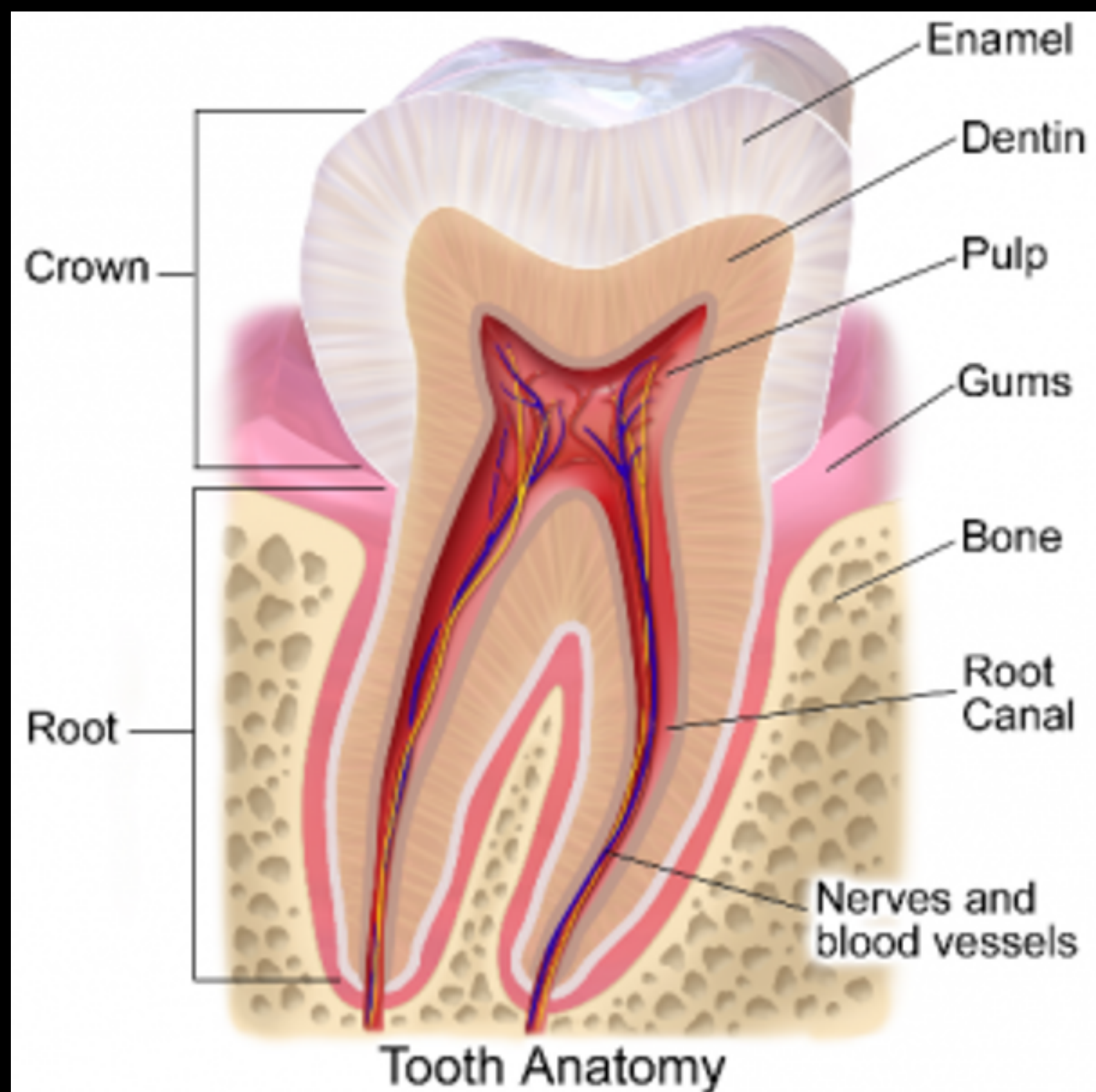
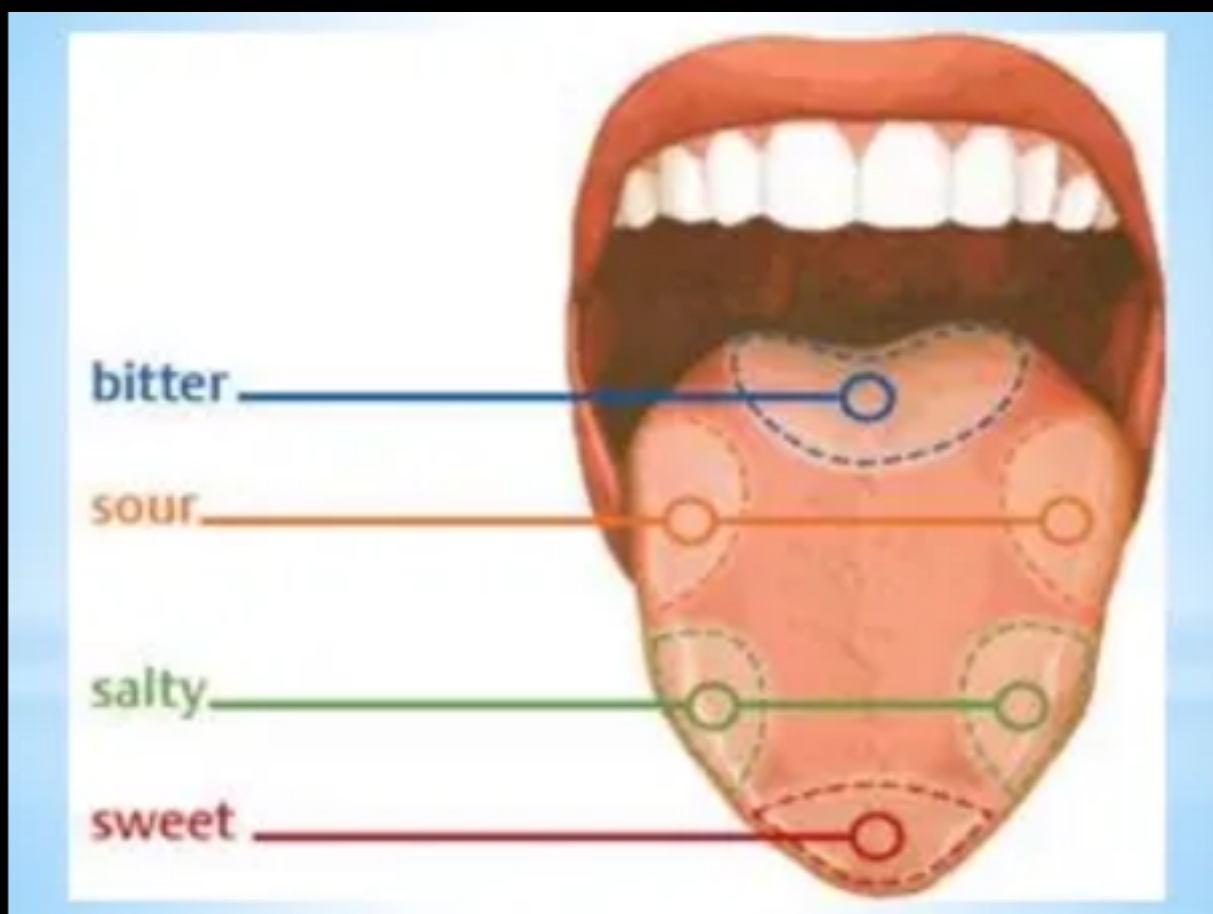
## Did You Know?

Smell is the strongest memory retainer.

The human nose can remember 50,000 different scents, and experts say that the memories evoked by our sense of smell are some of the oldest and most potent that we have.



# Facts about Mouth/Tongue/Teeth

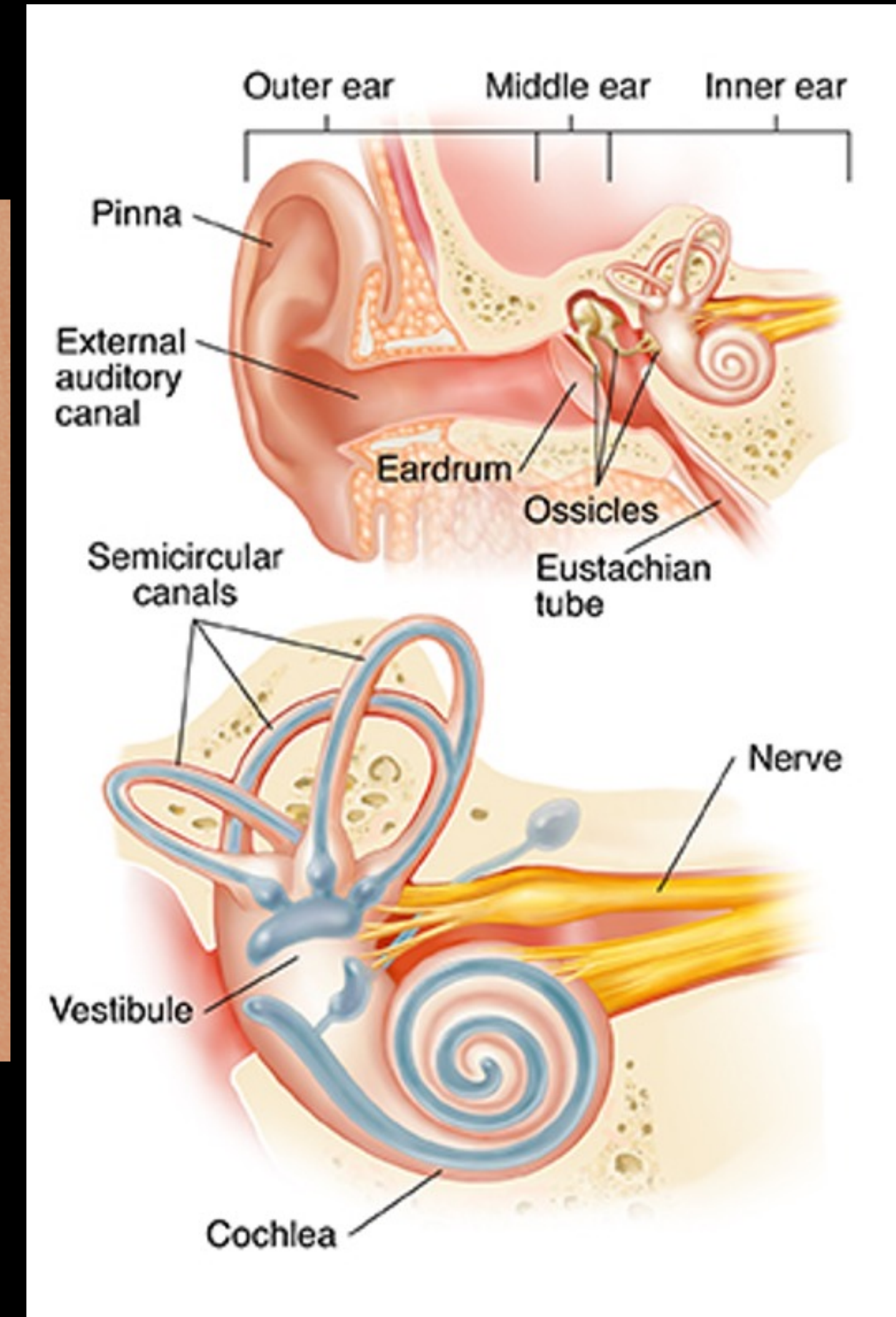




# Facts about Ears



- **Your Ear Bones Are Surprisingly Small**  
There are actually only 3 bones in your ear.
- **Your Ears Never Stop Working**  
Even when you are asleep, you are still hearing all of the sounds around you.
- **Earlobes are constantly growing**  
Your earlobes will never stop growing, regardless what genetics provided you with.
- **Ears are self-cleaning**  
However, excessive ear wax production should be cleaned by a professional.





# DEAF LIFE CHURCH

GUEST SPEAKER

**MARK  
ABERCROMBIE**

SEPT  
**14**

SUNDAY

**TOPIC:  
GOD'S CREATION  
GENESIS 1:1-27**

SEPT  
**21**

SUNDAY

**TOPIC:  
BODY OF CHRIST  
1 CORINTHIANS 12:1-32**



**9AM SUNDAY SCHOOL - MARK WILL SHARE HIS TESTIMONY**

**10AM - SERVICE**

POTLUCK AFTER THE SERVICE ON SEPTEMBER 14TH. PLEASE  
CONTACT ROBYNLD AT [ROBYNMCCREE@GMAIL.COM](mailto:ROBYNMCCREE@GMAIL.COM) TO  
COORDINATE THE FOOD YOU WOULD LIKE TO BRING.

**536 SNELLING AVE S. ST.PAUL, MN 55116**