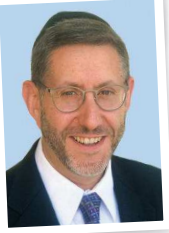


FROM THE EDITORWWW.JEWISHLIFE.CO.ZA

We often take our health for granted – until, *chas v'shalom* (G-d forbid), we no longer have it. We survive and even thrive because of the endless *chesed* (kindness) of Hashem and the countless miracles that He does for us on a constant, moment-to-moment basis, without which, we simply wouldn't be here. Much of what goes on inside our own bodies takes place so regularly and automatically that we're not even aware of any of it in the slightest. Consider for a moment a few instances of what your body accomplishes in just a single day¹:

- You have about 20 000 thoughts. Imagine 100 billion neurons “firing” at an average of 5 to 50 times per second, with the impulses traveling as fast as 435km/h.
- Your heart beats between 60 and 100 times every minute – that's about 100 000 times a day and up to three billion times in the average person's life. Your heart pumps about 7 570 litres of blood through roughly 161 000km of blood vessels each day.
- You will breathe 25 000 times. Why so often? Your body needs about 250ml of oxygen each minute – and that's just at rest, even more when you're active! And your lungs contain about 300 million microscopic air sacs with a surface area that's about the size of half a tennis court.
- The muscles that help your eyes to focus move about 100 000 times – equivalent to an 80km walk.
- You blink about 15 000 times in order to protect your eyes and clean away dirt. Even more amazing: your brain seamlessly fills in any missing information so that you never even realise that your eyes were closed!
- You produce about 1,5 litres of saliva – without which, you wouldn't be able to taste, swallow food, form words, and fight germs and tooth decay.
- Your kidneys clean and recirculate nearly 200 litres of blood – filtering it, adjusting electrolyte levels, and getting rid of waste – as well as helping to maintain a proper level of hydration.
- The lining of your stomach regenerates about 25 percent of itself – which it needs to do so that the powerful hydrochloric acid that it contains doesn't cause damage.
- About .03 percent of your skeleton regenerates. Your bones are living tissue and are constantly repairing and rebuilding, replacing about 10 percent of your skeleton each year.
- Your body sheds about 50 million dead skin cells – roughly 30 000 to 40 000 per minute. Just 2,5 square cm of skin has: 650 sweat glands, 6 metres of blood vessels, 60 000 pigment cells, and more than 1 000 nerve endings.
- Every time you swallow, your soft palate covers your nasal cavity – to prevent food from getting in your nose! – and your epiglottis covers your trachea, so food doesn't get into your lungs.
- Thanks to your body's internal thermostat – part of the hypothalamus – your body is sensitive to very slight changes in temperature and can automatically make lifesaving adjustments.

And this is merely scratching the surface, as entire volumes can and have been written on each individual organ of the body and their complex structure and operation, as well as the delicate balance that must be constantly maintained within the body so that every part gets just what it needs.

Is it any wonder then that the Rambam (Maimonides) teaches², “What is the way for a person to [develop] love and fear (of Hashem)? When a person will consider His works and His great wondrous creations and (the person) will see in them His limitless and infinite wisdom, immediately he will love, praise, and glorify Him and have a great desire to know *Hashem HaGadol* (the Great Name).”

Contrary to the well-known phrase, it's not the devil that's in the details – it's G-d. The incredible complexity and precision of our physical world and every creature in it is like the fingerprint of G-d on His creation.

¹Source: The Amazing Body Tour by Dr Travis Stork, South Africa Reader's Digest, April 2014
²Yesodei Torah 2:2

The *JL* team was saddened to hear of the passing of Leonard Gerber, a”h, father of our Features Writer, Chandra Serebro. We wish Chandra and her family long life. May Hashem comfort them. On a happier note, mazel tov to Martyn Samuels and the rest of the *JL* team on celebrating the 12th birthday of *Jewish Life*! May the magazine continue to grow and expand its influence around the world, and may it go from strength to strength.

ROBERT SUSSMAN,
EDITOR

CREDITS**PUBLISHER & MANAGING DIRECTOR**

Martyn Samuels
martyn@jewishlife.co.za

EDITOR

Robert Sussman
robert@jewishlife.co.za

ART DIRECTOR

Rizelle Hartmeier
studio26@telkomsa.net

FEATURES WRITER

Chandra Serebro

COPY EDITOR/PROOFREADER

Dovid Samuels

DIGITAL MANAGER

David Blumenau
david@jewishlife.co.za

CONTRIBUTORS

Rabbi Dr David Fox, Dean Furman, Bev Goldman,
Rabbi Yossy Goldman, Wendy Kahn, Serenne
Kaplan, Ilan Preskovsky, Liz Samuels, Chandra
Serebro, Rabbi Ari Shishler, Chana Michla Sussman,
Michelle Vinokur

Printers Paarlmedia kzn**Distribution**

Merle Jacobson
Marc Levitt

JEWISH LIFE is published by Total Publishing
(Pty) Ltd ©2008.

If you live within the boundaries of the
eruv, feel free to take this publication
home with you.

**THIS PUBLICATION CONTAINS WORDS
OF TORAH. PLEASE TREAT IT WITH
THE RESPECT IT DESERVES.**

ISSN 1994-8670

Total Publishing (Pty) Ltd

PO Box 52339, Saxonwold 2132

The views expressed in this issue of
Jewish Life are not necessarily those
of the Publisher or Editor.



Certified for the period

July to September 2019: 12 562

**ON THE
COVER:**

IN HONOUR OF
OUR ANNUAL
MIND/BODY/SOUL
+ HEALTH ISSUE, A
DREAMY 3D
RENDERING OF A
WIRE-MESH MODEL
OF A HUMAN HEAD,
HIGHLIGHTING THE BRAIN AND MIND
WITHIN.

