

Transcription and Summary: Eighth Grade: Physiology: Lesson One

Introduction to Physiology

The document begins with an introduction to the study of physiology, which is defined as the examination of the physical body and its processes. It distinguishes physiology from anatomy, noting that while anatomy focuses on the structure of the body, physiology is concerned with the functions and systems of the body, particularly those that involve movement, such as blood circulation, respiration, and digestion. The lesson emphasizes the importance of understanding organs like the heart, lungs, and stomach.

Supplies and Activities

The lesson outlines the necessary supplies for the course, including a main lesson book, colored pencils, graphite pencils, pens, a composition practice book, drawing charcoal, and clay for artistic activities. Students are encouraged to engage in various creative tasks, such as writing, drawing, and possibly watercolor painting, to enhance their understanding of physiology.

Mind-Body Connection

A significant portion of the lesson involves a guided exercise where students are prompted to connect with

their bodies. They are encouraged to pay attention to different parts of their bodies, noting areas of tension and relaxation. This exercise aims to foster awareness of the mind-body connection, highlighting how mental states can influence physical sensations.

Morning Verse

The lesson includes a morning verse that reflects on the interconnectedness of the natural world, including stones, plants, animals, and humans. It emphasizes that humans embody elements from all these kingdoms of nature, such as minerals in bones and teeth, plant-like respiration, and animal-like movement. This verse serves as a spiritual and reflective introduction to the study of physiology.

The Complexity of the Human Body

The instructor expresses fascination with the complexity and design of the human body, posing philosophical questions about its origins—whether it arose by chance or through intelligent design. This inquiry invites students to contemplate the purpose and intricacies of their own bodies.

Historical Context of Physiology

The lesson transitions into a historical overview of significant figures in the development of physiological understanding. It discusses the contributions of scientists like William

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Harvey, who challenged long-standing beliefs about blood circulation. Harvey's observations led to the realization that blood circulates through the body rather than being continuously produced by the heart, a revolutionary idea that transformed medical understanding.

The Role of the Heart

The document elaborates on the heart's function, comparing it to the water cycle to illustrate how blood circulates throughout the body. Harvey's experiments, including his examination of animals and human cadavers, provided evidence for his theories, which were initially met with skepticism from the medical community. The lesson highlights the importance of observation and questioning established norms in scientific inquiry.

The Heart and Blood Relationship

A thought-provoking question is posed: "Does the heart pump the blood, or does the blood pump the heart?" This inquiry encourages students to think critically about the relationship between the heart and blood circulation, emphasizing the dynamic nature of physiological processes.

Conclusion and Future Lessons

The lesson concludes with a call for students to reflect on their learning and prepare for future discussions about the threefold nature of human beings.

Students are instructed to engage in drawing and writing activities related to human physiology, reinforcing the connection between artistic expression and scientific understanding.

Overall, the document serves as a comprehensive introduction to the study of physiology, blending scientific inquiry with creative expression and philosophical reflection. It encourages students to explore the complexities of their bodies while fostering a deeper appreciation for the interconnectedness of life.

1
00:00:01.530 --> 00:00:07.520
Hello, and welcome to this block on human physiology.

2
00:00:10.070 --> 00:00:12.100
Now, when we ask, what is physiology?

3
00:00:12.270 --> 00:00:18.980
We have to answer that it's the study of, ology, the physical body, physio.

4
00:00:21.330 --> 00:00:26.340
But to get an even more fine -pointed understanding of it, we should compare it

5
00:00:26.350 --> 00:00:29.580
to a close sister science called anatomy.

6
00:00:31.090 --> 00:00:33.020
And the main difference is that

7

00:00:33.030 --> 00:00:39.740

physiology deals with the processes of the body and the systems of the body,

8

00:00:40.090 --> 00:00:45.360

especially the things that move, like your blood and your breath and your digestion.

9

00:00:46.050 --> 00:00:52.240

And so we're going to be talking a lot about organs like heart and lungs and

10

00:00:52.250 --> 00:00:54.680

stomach and so on in this block.

11

00:00:54.690 --> 00:00:57.680

Whereas anatomy focuses more on the

12

00:00:57.690 --> 00:01:04.940

structure, like the ratios of the lengths of your bones, for example.

13

00:01:06.470 --> 00:01:11.580

But of course, we'll get deep into all of that in this block.

14

00:01:12.790 --> 00:01:19.420

It is, I think, one of the most fascinating things to study, this human body.

15

00:01:20.670 --> 00:01:29.080

Because at least for me, I mean, it's so

complex and so artfully designed, so

16

00:01:29.090 --> 00:01:39.000

systematically designed, that I can't help but to wonder, who designed it?

17

00:01:39.890 --> 00:01:42.480

And for what purpose?

18

00:01:44.700 --> 00:01:47.730

Could it be that such a thing as

19

00:01:47.740 --> 00:01:56.070

elaborate and well -formed, intelligently formed as the human body, came about

20

00:01:56.080 --> 00:01:57.510

merely arbitrarily?

21

00:01:58.040 --> 00:02:00.850

That is, as a kind of happy accident?

22

00:02:03.000 --> 00:02:07.150

This is a question I posed to you at the beginning of this block here.

23

00:02:08.420 --> 00:02:09.770

What do you think?

24

00:02:12.310 --> 00:02:17.320

Did this body of ours arise as a kind of

25

00:02:17.330 --> 00:02:18.880

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happy accident of nature?

26

00:02:20.650 --> 00:02:24.880

Or has it been intentionally,

27

00:02:25.310 --> 00:02:34.600

intelligently designed by some creative intelligence, according to very kind of

28

00:02:34.610 --> 00:02:36.660

well laid out principles?

29

00:02:38.270 --> 00:02:40.180

So think about this.

30

00:02:40.190 --> 00:02:44.040

Which of these do you think, and why?

31

00:02:45.130 --> 00:02:48.980

You might even take a moment to pause and

32

00:02:48.990 --> 00:02:54.300

think about your own answer to that question, and discuss with whoever may be

33

00:02:54.310 --> 00:02:55.640

around you watching as well.

34

00:02:56.130 --> 00:02:59.320

Is this human body, did it arise just

35

00:02:59.330 --> 00:03:02.800

happenstance, arbitrarily as a kind of happy accident of nature?

36

00:03:03.330 --> 00:03:07.240

Or is there some kind of intelligent design in it?

37

00:03:07.250 --> 00:03:09.620

Go ahead and pause and discuss that now.

38

00:03:17.510 --> 00:03:17.800

Okay.

39

00:03:19.190 --> 00:03:20.460

So, let's go on.

40

00:03:21.650 --> 00:03:25.820

If you are new to my teaching style, I'm

41

00:03:25.830 --> 00:03:29.240

going to outline now how the lessons tend to go.

42

00:03:29.610 --> 00:03:34.960

So we will start each lesson with the traditional Waldorf education morning

43

00:03:34.970 --> 00:03:36.300

verse for grade 8.

44

00:03:37.230 --> 00:03:40.080

And if you don't know it, we'll do it

45

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00:03:40.090 --> 00:03:42.040
each lesson so you'll learn it.

46
00:03:42.570 --> 00:03:44.920
If you do know it, you can just say it

47
00:03:44.930 --> 00:03:45.700
along with me.

48
00:03:46.670 --> 00:03:50.060
We'll then have some singing, and then

49
00:03:50.070 --> 00:03:55.180
we'll do some mental math, because it's
always good to keep that practice going.

50
00:03:55.490 --> 00:03:59.080
Math is like a language, and it's good to
practice a little bit of it every day.

51
00:04:00.570 --> 00:04:05.480
Typically after that, we'll have a period
where we will review and recap what we

52
00:04:05.490 --> 00:04:08.840
spoke about in the previous day's lesson.

53
00:04:09.290 --> 00:04:11.320
I might also have left you with a question.

54
00:04:11.330 --> 00:04:13.900
We may do a little bit more book work then.

55

00:04:15.230 --> 00:04:18.020
And then after that, I will have you

56
00:04:18.030 --> 00:04:20.780
stand up again, and we'll probably do
some more singing.

57
00:04:21.310 --> 00:04:25.280
I've got a couple of songs I really want
to teach you during this block, which are

58
00:04:25.290 --> 00:04:25.820
kind of fun.

59
00:04:27.830 --> 00:04:31.560
And then after that, we'll have the new

60
00:04:31.570 --> 00:04:33.620
part of the lesson.

61
00:04:35.290 --> 00:04:37.760
And after that, we will actually do some

62
00:04:37.770 --> 00:04:39.340
work on it.

63
00:04:39.350 --> 00:04:41.600
A lot of it will be drawings.

64
00:04:41.830 --> 00:04:45.000
We'll also be doing some writing in this
block.

65

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00:04:48.000 --> 00:04:51.450

So, some supplies you'll need is you'll

66

00:04:51.460 --> 00:04:52.770

want a main lesson book.

67

00:04:53.400 --> 00:04:57.310

You may want a math practice book for the

68

00:04:57.320 --> 00:05:07.150

mental math portion, colored pencils, a graphite pencil, probably a pen to write

69

00:05:07.160 --> 00:05:08.970

with in your main lesson book.

70

00:05:09.640 --> 00:05:12.250

You can always use pencil there as well.

71

00:05:12.640 --> 00:05:19.610

You may want a composition practice book to first write your thoughts down in

72

00:05:19.620 --> 00:05:22.930

pencil before you transfer it in pen to your main lesson book.

73

00:05:23.760 --> 00:05:25.390

I often have students do that as well.

74

00:05:26.000 --> 00:05:27.550

You may want drawing charcoal.

75

00:05:27.720 --> 00:05:30.010

We're going to be doing a lot of black and white type drawing.

76

00:05:30.820 --> 00:05:32.490

You can also use colored pencil for that.

77

00:05:32.500 --> 00:05:38.450

And we may do a watercolor painting as well.

78

00:05:39.480 --> 00:05:41.190

It's always good to have those supplies around.

79

00:05:41.960 --> 00:05:44.230

And almost certainly, we'll do some clay.

80

00:05:44.760 --> 00:05:46.790

So you'll want clay and clay tools.

81

00:05:49.700 --> 00:05:52.210

So, at this point, I would like you to

82

00:05:52.220 --> 00:06:07.350

stand up with me and bring your feet together and just kind of feel your body

83

00:06:07.360 --> 00:06:08.370

from the inside.

84

00:06:11.080 --> 00:06:13.490

Just pay attention to how your body is feeling.

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85

00:06:14.540 --> 00:06:16.530

You can start up in your head.

86

00:06:17.660 --> 00:06:19.690

Pay attention to your forehead, your

87

00:06:19.700 --> 00:06:20.730

face, your jaw.

88

00:06:21.720 --> 00:06:23.210

See if there's any areas that are kind of

89

00:06:23.220 --> 00:06:25.090

tense and see if you can relax them.

90

00:06:25.100 --> 00:06:30.700

This is another fascinating way to

91

00:06:30.710 --> 00:06:41.480

inquire into life, is how does your mind sit or inhabit inside your body?

92

00:06:42.630 --> 00:06:49.600

Because there's a connection, a very strong connection, between what you're

93

00:06:49.610 --> 00:06:51.960

doing with your mind and how your body responds.

94

00:06:55.990 --> 00:06:58.640

So feel into your jaw and your neck, your shoulders.

95

00:06:58.650 --> 00:07:03.500

Like I said, if there's any places that are tense, see if you can relax them.

96

00:07:04.870 --> 00:07:12.980

Your upper arms, your forearms, your wrists and hands and fingers, your chest

97

00:07:12.990 --> 00:07:21.940

and your upper back, your belly, your lower back, your hips, waist, down into

98

00:07:21.950 --> 00:07:29.420

your legs, your thighs, your knees, your hips, shins and calves, ankles, feet and toes.

99

00:07:30.330 --> 00:07:32.700

Just feel the whole thing from the inside.

100

00:07:46.690 --> 00:07:49.460

See what you can discover about yourself.

101

00:07:50.750 --> 00:07:54.200

Are you more of a relaxed person or are you more of a tense person?

102

00:07:56.560 --> 00:08:01.230

Are there any parts of your body that have a particularly strong sensation at

103

00:08:01.240 --> 00:08:01.670

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the moment?

104

00:08:03.220 --> 00:08:04.190

Are you hot?

105

00:08:04.340 --> 00:08:04.950

Are you cold?

106

00:08:16.580 --> 00:08:16.890

Okay.

107

00:08:18.380 --> 00:08:20.070

Now we're going to say the morning verse.

108

00:08:20.180 --> 00:08:21.650

If you know it, you can say it with me.

109

00:08:22.060 --> 00:08:23.370

If not, you may want to just listen.

110

00:08:24.040 --> 00:08:25.610

For now, you'll pick it up over time.

111

00:08:26.940 --> 00:08:27.770

Here we go.

112

00:08:29.280 --> 00:08:32.890

I look into the world in which the sun is

113

00:08:32.900 --> 00:08:39.650

shining, in which the stars are
sparkling, in which the stones repose,

114

00:08:40.080 --> 00:08:45.650

where living plants are growing, where
sentient beasts are living, where we,

115

00:08:46.320 --> 00:08:49.130

soul gifted, give the spirit a dwelling place.

116

00:08:49.620 --> 00:08:53.310

I look into the soul that lives within my
being.

117

00:08:53.780 --> 00:08:59.990

God's spirit moves and weaves in sunlight
and in soul light, in heights of worlds

118

00:09:00.000 --> 00:09:02.990

without, in depths of soul within.

119

00:09:03.540 --> 00:09:05.970

To thee, creator spirit, I turn my heart

120

00:09:05.980 --> 00:09:12.890

and seek that strength and grace and
skill for learning and for working in me

121

00:09:12.900 --> 00:09:15.210

may live and grow.

122

00:09:20.240 --> 00:09:20.530

Okay.

123

00:09:21.880 --> 00:09:26.620

So, now you can have a seat.

- 124
00:09:34.940 --> 00:09:38.830
So in our morning verse, we talk about
- 125
00:09:38.840 --> 00:09:43.210
the stones and the plants and the animals
and finally the human being.
- 126
00:09:45.660 --> 00:09:57.300
And as we will see in this block on
physiology, we contain all of these other
- 127
00:09:57.310 --> 00:09:59.600
kingdoms of nature right here within our
own body.
- 128
00:10:02.590 --> 00:10:11.420
We have the stones, particularly in our
teeth and in our bones, but actually all
- 129
00:10:11.430 --> 00:10:13.940
of our body is a kind of mineral
substance, right?
- 130
00:10:14.010 --> 00:10:15.700
Even our skin, because it's solid.
- 131
00:10:18.580 --> 00:10:24.370
We have the plants in the fact that we
- 132
00:10:24.380 --> 00:10:31.770
breathe, we respire like plants do, and
we grow, especially when we're young.
- 133
00:10:32.600 --> 00:10:38.650
Now, somebody like me, I'm not growing
anymore, but if I get a cut, it will heal.
- 134
00:10:39.600 --> 00:10:43.610
So that's a kind of, that's the growth
force still active in my body.
- 135
00:10:45.120 --> 00:10:48.370
So I have this plant nature as well.
- 136
00:10:48.780 --> 00:10:51.050
I have animal nature as well.
- 137
00:10:51.140 --> 00:10:52.130
I mean, what do animals do?
- 138
00:10:52.140 --> 00:10:54.270
They run around, they move, they scurry
- 139
00:10:54.280 --> 00:11:00.830
about, they seek for food, and they do
many things.
- 140
00:11:02.340 --> 00:11:07.550
And we also do those with our bodies,
right?
- 141
00:11:08.960 --> 00:11:11.930
One of the things is that plants, for
- 142
00:11:11.940 --> 00:11:13.130
example, don't have a nervous system.

- 143
00:11:13.240 --> 00:11:14.450
We'll talk about the nervous system in
- 144
00:11:14.460 --> 00:11:14.930
this block.
- 145
00:11:15.620 --> 00:11:19.590
Plants don't really sense, okay?
- 146
00:11:19.600 --> 00:11:24.870
At least not with nerves, because they don't have, they don't really have
- 147
00:11:24.880 --> 00:11:26.370
nerves, right?
- 148
00:11:27.540 --> 00:11:30.090
Like you can smack the side of a tree and
- 149
00:11:30.100 --> 00:11:31.130
it's not going to go, Ow!
- 150
00:11:32.580 --> 00:11:34.150
Although the world would be kind of an
- 151
00:11:34.160 --> 00:11:35.610
interesting place if it did, right?
- 152
00:11:35.660 --> 00:11:36.810
It would be sort of like Alice in
- 153
- 00:11:36.820 --> 00:11:38.130
Wonderland or something like that.
- 154
00:11:39.400 --> 00:11:42.610
But you can smack the side of a dog and
- 155
00:11:42.620 --> 00:11:47.130
it may yelp, or the side of a person, and they'll probably get, they might smack
- 156
00:11:47.140 --> 00:11:48.110
you back, right?
- 157
00:11:50.400 --> 00:11:53.170
So that's kind of, an animal body has
- 158
00:11:53.180 --> 00:11:58.250
this ability, this ability to interact with the environment and sense into its environment.
- 159
00:11:58.360 --> 00:11:58.950
We have that too.
- 160
00:12:00.620 --> 00:12:03.850
And all of that we'll be, we'll kind of
- 161
00:12:03.860 --> 00:12:06.310
touch on in this physiology block.
- 162
00:12:06.940 --> 00:12:08.330
Then, of course, human beings have
- 163

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00:12:08.340 --> 00:12:10.410
something else, which is unique.

164

00:12:11.140 --> 00:12:13.430
We have this self -awareness.

165

00:12:16.180 --> 00:12:20.290
And we actually will talk a little bit
about that in our physiology block,

166

00:12:21.700 --> 00:12:25.370
particularly how that interacts with the
body, okay?

167

00:12:26.020 --> 00:12:27.930
This self -awareness we have.

168

00:12:34.160 --> 00:12:37.920
But that self -awareness is not exactly

169

00:12:37.930 --> 00:12:39.960
something we can point to.

170

00:12:40.670 --> 00:12:43.320
We may say that, well, it uses the brain

171

00:12:43.330 --> 00:12:47.720
in a certain sense, and the nervous
system, and the different systems of the

172

00:12:47.730 --> 00:12:53.820
body in a certain sense, but that self
-awareness itself, that which makes a

173

00:12:53.830 --> 00:12:56.240
human being essentially human, is invisible.

174

00:12:57.830 --> 00:12:59.160
So let's remember that.

175

00:13:01.520 --> 00:13:10.010
There is something about us that cannot
be captured on film, that cannot be

176

00:13:10.020 --> 00:13:14.390
measured by physical instruments of
science.

177

00:13:14.400 --> 00:13:19.010
You might even say it's that part of us

178

00:13:20.940 --> 00:13:28.190
that wants to know all of these things,
that wants to learn all about ourselves,

179

00:13:28.600 --> 00:13:31.090
and our bodies, and the world in which we
live.

180

00:13:33.390 --> 00:13:36.960
That same thing that we can't see is the

181

00:13:36.970 --> 00:13:41.980
thing that wants to understand all that
we can see, and all that we can't see as
well.

182

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00:13:43.450 --> 00:13:44.360
All right.

183
00:13:45.010 --> 00:13:47.240
So I'm going to introduce a song to you.

184
00:13:47.450 --> 00:13:48.120
It's from Ghana.

185
00:13:48.490 --> 00:13:49.360
It's called Nanuma.

186
00:13:52.770 --> 00:13:56.880
And I spent some time in Ghana in 2008.

187
00:13:57.050 --> 00:13:58.620
I was volunteering at a school there.

188
00:14:00.590 --> 00:14:02.780
And it's a wonderful culture.

189
00:14:03.450 --> 00:14:10.080
They are very devout in their faith, in

190
00:14:10.090 --> 00:14:13.640
their spiritual, religious faith.

191
00:14:14.090 --> 00:14:15.740
And it's everywhere.

192
00:14:16.410 --> 00:14:25.440
So on their taxis, taxi drivers actually

put words on their taxis with these big stickers.

193
00:14:25.750 --> 00:14:27.440
And they're all different kinds of phrases.

194
00:14:27.950 --> 00:14:31.220
One of the ones that I kept seeing says,

195
00:14:31.450 --> 00:14:32.500
Adu Marakwa.

196
00:14:33.210 --> 00:14:34.320
Adu Marakwa.

197
00:14:34.990 --> 00:14:41.260
And I can't remember if this is in the Ashanti Chwee language or the Ewe language.

198
00:14:42.090 --> 00:14:43.460
It's one of the native languages there.

199
00:14:43.710 --> 00:14:46.740
But I asked, my friend, what does this

200
00:14:46.750 --> 00:14:47.900
mean, Adu Marakwa?

201
00:14:48.510 --> 00:14:49.340
Because it's everywhere.

202
00:14:50.270 --> 00:14:52.080

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And it means, by his grace.

203
00:14:52.670 --> 00:14:53.920
By the grace of God.

204
00:14:54.010 --> 00:14:57.800
So they live their lives by the grace of God.

205
00:14:59.150 --> 00:15:01.720
And so this kind of permeates their thinking.

206
00:15:03.940 --> 00:15:08.590
So this song, which is a very short song, it's almost like a chant, but it can be

207
00:15:08.600 --> 00:15:10.890
done in a round, which we will, eventually.

208
00:15:13.460 --> 00:15:16.810
The words are, Na Numa We 'yei, Na Numa.

209
00:15:18.560 --> 00:15:19.370
And then it repeats.

210
00:15:19.560 --> 00:15:22.010
Na Numa We 'yei, Na Numa.

211
00:15:22.480 --> 00:15:29.020
Na Numa We 'yei, Na Numa We 'yei, Na Numa.

212
00:15:29.390 --> 00:15:30.620

So you might say that with me.

213
00:15:30.690 --> 00:15:31.240
Repeat after me.

214
00:15:31.250 --> 00:15:35.260
Na Numa We 'yei, Na Numa.

215
00:15:54.530 --> 00:16:03.300
And it means, As we travel through life, have we done enough to get to heaven?

216
00:16:05.600 --> 00:16:11.090
Now, that, of course, is a religious sentiment.

217
00:16:11.800 --> 00:16:13.530
Have we done enough to get to heaven?

218
00:16:14.280 --> 00:16:16.690
Different religions have different beliefs about that.

219
00:16:19.010 --> 00:16:20.860
But I will just say this.

220
00:16:25.410 --> 00:16:29.820
If you read about people who have had

221
00:16:29.830 --> 00:16:35.440
near -death experiences, their experiences are remarkably similar.

222

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00:16:37.310 --> 00:16:42.960

And the most common message I hear in those near -death experiences is this.

223

00:16:44.750 --> 00:16:53.280

That life on Earth, the most important thing, more important than any other

224

00:16:53.290 --> 00:17:00.020

thing we can do, is to love and help one another.

225

00:17:02.040 --> 00:17:04.130

And many people who have these

226

00:17:04.140 --> 00:17:09.090

experiences, they have a review of their life and they see that they were very

227

00:17:09.100 --> 00:17:15.170

selfish or very, you know, kind of miserly and just thought only about their

228

00:17:15.180 --> 00:17:16.890

own selves and all that.

229

00:17:18.100 --> 00:17:20.230

And that that just wouldn't do.

230

00:17:22.870 --> 00:17:28.400

That for them, heaven and hell was actually more about how selfish or

231

00:17:28.410 --> 00:17:29.780

unselfish they were.

232

00:17:30.370 --> 00:17:32.640

The more unselfish and loving they were,

233

00:17:32.650 --> 00:17:35.140

the more in heaven they were.

234

00:17:35.270 --> 00:17:37.460

And the more self -centered and, like,

235

00:17:38.350 --> 00:17:44.480

afraid and just kind of fixated on themselves they were, the more sort of

236

00:17:44.490 --> 00:17:48.080

hellish their experience was or isolated their experience was.

237

00:17:48.990 --> 00:17:51.540

And a lot of times these people get a second lease on life.

238

00:17:53.850 --> 00:17:59.980

And, you know, the beings that they encounter say to them, you know, go in love.

239

00:18:01.550 --> 00:18:02.720

That's what life is about.

240

00:18:04.360 --> 00:18:07.690

So, as we travel through life, have we

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241

00:18:07.700 --> 00:18:09.050
done enough to get to heaven?

242

00:18:09.680 --> 00:18:13.170
Have we acted unselfishly enough?

243

00:18:13.340 --> 00:18:14.670
Have we loved enough?

244

00:18:15.680 --> 00:18:18.350
Have we given of our gifts enough?

245

00:18:20.490 --> 00:18:27.160
So I don't think you have to be a
Christian to appreciate what this song is

246

00:18:27.170 --> 00:18:28.080
basically saying.

247

00:18:28.790 --> 00:18:30.100
All right, I'm going to sing it for you.

248

00:18:30.630 --> 00:18:32.140
Then we'll start learning it tomorrow.

249

00:18:32.320 --> 00:18:47.270
NANUMA NANUMA NANUMA NANUMA
NANUMA NANUMA

250

00:18:47.470 --> 00:19:06.360
NANUMA NANUMA NANUMA NANUMA
NANUMA NANUMA
NANUMA NANUMA NANUMA

251

00:19:08.270 --> 00:19:11.730
Okay, we will learn it.

252

00:19:11.820 --> 00:19:12.990
It's going to be around eventually.

253

00:19:14.160 --> 00:19:22.890
And I just also want to say that Africa
has some of the most incredible harmony

254

00:19:22.900 --> 00:19:24.830
singing traditions on the planet.

255

00:19:25.760 --> 00:19:26.190
Whoa!

256

00:19:27.020 --> 00:19:28.910
Just some of the most beautiful harmonies.

257

00:19:29.080 --> 00:19:30.770
So we will experience a little bit of

258

00:19:30.780 --> 00:19:31.990
that with this song.

259

00:19:32.360 --> 00:19:33.750
All right, let's do some mental math.

260

00:19:33.760 --> 00:19:39.450
So, imagine your 15's path.

261

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00:19:39.820 --> 00:19:41.930

So if you were going to construct your

262

00:19:41.940 --> 00:19:49.170

15's path from, you know, 1 times 15 all the way up to 15 times 15.

263

00:19:50.020 --> 00:19:53.450

And I'm not asking you to do the times table, but just the path, right?

264

00:19:53.560 --> 00:19:56.610

Like 15, 30, 45, 60, right?

265

00:19:57.200 --> 00:20:00.330

Up to 15 iterations, what would it be?

266

00:20:00.340 --> 00:20:04.590

Okay, so I want you to take some time now to do that.

267

00:20:06.700 --> 00:20:09.030

And, you know, see if you can do it mentally.

268

00:20:09.880 --> 00:20:11.530

And then you may want to write it out.

269

00:20:11.780 --> 00:20:13.130

But really try to do it mentally.

270

00:20:13.320 --> 00:20:15.770

And the thing I find that's easiest to do

271

00:20:15.780 --> 00:20:19.250

with this is to break 15 up into 10 and 5.

272

00:20:19.420 --> 00:20:24.390

So you start with 15, add 10, 25, and add

273

00:20:24.400 --> 00:20:24.950

5, 30.

274

00:20:25.860 --> 00:20:29.090

Then add 10, 40, and add 5, 45, right?

275

00:20:30.780 --> 00:20:37.570

And do that up to, you know, 15 iterations of 15's.

276

00:20:37.940 --> 00:20:43.110

So I'm going to ask you to pause and do that.

277

00:20:43.180 --> 00:20:45.090

And then when you're done, unpause, and I

278

00:20:45.100 --> 00:20:47.630

will reveal the 15's path.

279

00:20:47.760 --> 00:20:48.590

Go ahead and do that now.

280

00:20:58.030 --> 00:21:12.380

Okay, so we should have 15, 30, 45, 60, 75, 90, 105, 120, 135, 150, 165, 180,

281

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00:21:12.670 --> 00:21:16.160
195, 210, 225.

282
00:21:16.710 --> 00:21:18.280
I hope you have all those right.

283
00:21:18.390 --> 00:21:19.580
And we're going to practice with that.

284
00:21:20.410 --> 00:21:23.180
We want to see how quickly we can repeat

285
00:21:23.190 --> 00:21:26.480
this path, how quickly we can do this
mental addition.

286
00:21:27.090 --> 00:21:27.340
All right.

287
00:21:28.310 --> 00:21:32.100
Normally we would go to the review part

288
00:21:32.110 --> 00:21:35.120
of our lesson now, but we don't have
anything to review yet because this is

289
00:21:35.130 --> 00:21:35.940
the first lesson.

290
00:21:38.570 --> 00:21:42.060
And so then after that, I would have you

291
00:21:42.070 --> 00:21:43.340

stand up and do another song.

292
00:21:43.410 --> 00:21:46.280
I'm just going to introduce it today, okay?

293
00:21:48.150 --> 00:21:50.700
So digestion is part of physiology.

294
00:21:51.770 --> 00:21:53.960
Now, have you ever eaten Rice Krispies?

295
00:21:54.290 --> 00:21:55.700
It's a cereal, right?

296
00:21:55.790 --> 00:21:57.720
And you can, you know, eat it as a cereal.

297
00:21:57.910 --> 00:22:01.700
You can also make Rice Krispie treats out
of it or add it to different desserts and

298
00:22:01.710 --> 00:22:02.420
stuff like that.

299
00:22:02.430 --> 00:22:09.240
Well, advertisements have always used, or

300
00:22:09.250 --> 00:22:13.020
many of them have often used music, right?

301
00:22:13.050 --> 00:22:13.860
Little jingles.

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302

00:22:16.190 --> 00:22:20.760

Like one that was popular when I was younger is, Get yourself some Alka

303

00:22:20.770 --> 00:22:22.820

-Seltzer and you'll feel better fast.

304

00:22:23.390 --> 00:22:23.540

Okay?

305

00:22:23.550 --> 00:22:36.960

And so we're going to learn this song that was used to advertise Rice Krispies.

306

00:22:37.470 --> 00:22:39.640

Going back, way back.

307

00:22:40.250 --> 00:22:41.920

And it's a really fun song and there's

308

00:22:41.930 --> 00:22:44.560

three parts and we're going to put them all together.

309

00:22:46.210 --> 00:22:46.560

Okay.

310

00:22:49.200 --> 00:22:54.450

So now we're going to get into our first

311

00:22:54.460 --> 00:22:55.610

lesson here.

312

00:22:58.720 --> 00:23:00.430

We're going to start with a story.

313

00:23:01.580 --> 00:23:05.890

So back in the 1500s, and we're talking about the Renaissance, right?

314

00:23:05.940 --> 00:23:10.630

It was a time of great learning and cultural advances.

315

00:23:10.940 --> 00:23:14.090

We had Leonardo working then.

316

00:23:14.260 --> 00:23:15.010

We had Shakespeare.

317

00:23:15.280 --> 00:23:19.090

We had Queen Elizabeth I, okay?

318

00:23:21.300 --> 00:23:22.430

Amongst others.

319

00:23:23.740 --> 00:23:31.270

But then the 1600s came around and it was not so exciting of a century, okay?

320

00:23:31.300 --> 00:23:41.110

We had people like Cromwell and Charles II and we had the Thirty Years' War in Germany.

321

00:23:41.340 --> 00:23:45.330

So there was much more conflict in the 1600s.

322

00:23:46.500 --> 00:23:48.710

You know, the weapons were more advanced

323

00:23:48.720 --> 00:24:00.150

and, you know, they were being used to sort of not -so -good ends, as you can imagine.

324

00:24:01.100 --> 00:24:06.690

But, yeah, even at the same time, we still had scientists who were making

325

00:24:06.700 --> 00:24:09.030

advances, okay?

326

00:24:09.160 --> 00:24:11.390

And the foundations of modern science

327

00:24:11.400 --> 00:24:14.230

were really being laid, okay?

328

00:24:14.240 --> 00:24:18.610

So we had people like Copernicus, who

329

00:24:18.620 --> 00:24:27.010

discovered that, or came up with the heliocentric view of the solar system,

330

00:24:27.220 --> 00:24:34.970

that actually on the physical level, on

the observable level, actually it's not

331

00:24:34.980 --> 00:24:41.030

so much that the whole cosmos is rotating around the Earth as much as it is that

332

00:24:41.040 --> 00:24:47.390

the Earth is rotating around the Sun, along with the other planets.

333

00:24:49.280 --> 00:24:54.730

Now, of course, it always depends on what perspective you're looking from, because

334

00:24:54.740 --> 00:25:03.370

space is a place that, you know, sort of doesn't have a fixed point, right?

335

00:25:04.500 --> 00:25:12.330

But anyway, this new heliocentric point of view was discovered and then we also

336

00:25:12.340 --> 00:25:16.910

had somebody named Zacharias Janssen, I think he was Danish or Dutch or

337

00:25:16.920 --> 00:25:23.130

something, and he figured out that when you put two lenses together in a tube and

338

00:25:23.140 --> 00:25:27.050

you can expand it and contract it, you can see far away things as if they were

339

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00:25:27.060 --> 00:25:30.090
very close, and thus invented the telescope.

340
00:25:30.400 --> 00:25:33.370
And not too long after that, you had

341
00:25:33.380 --> 00:25:42.610
Galileo, the famous Galileo who observed
the phases of Venus and the moons of

342
00:25:42.620 --> 00:25:44.910
Jupiter for the first time from Earth.

343
00:25:46.420 --> 00:25:49.970
Now, in the practice of medicine, there

344
00:25:49.980 --> 00:25:56.530
was a fellow named William Harvey, and he
lived in England, he was a great doctor,

345
00:25:56.540 --> 00:26:04.170
and he became the personal physician of
King Charles I, right?

346
00:26:04.760 --> 00:26:11.210
And he was very deeply interested in the
circulation of the blood through the body.

347
00:26:12.320 --> 00:26:20.230
Now, hitherto, there was a theory of
blood circulation that was created by an

348
00:26:20.240 --> 00:26:25.490
ancient Roman physician named Galen, and

it had been the predominant view for the

349
00:26:25.500 --> 00:26:28.370
past 1400 years, okay?

350
00:26:30.220 --> 00:26:32.610
Now, this view was very interesting.

351
00:26:33.440 --> 00:26:39.390
It basically believed that the blood
operates in tides, kind of like the tides

352
00:26:39.400 --> 00:26:41.170
of the ocean.

353
00:26:42.460 --> 00:26:45.270
And what he believed is that, this is

354
00:26:45.280 --> 00:26:49.030
Galen now, the ancient Roman physician,
and what all doctors believed at that

355
00:26:49.040 --> 00:26:56.330
time was that every time the heart
pumped, it created more blood, and the

356
00:26:56.340 --> 00:27:00.130
blood went out to the extremities of the
body, the fingertips and all the way down

357
00:27:00.140 --> 00:27:02.690
to the toes, and then it simply evaporated.

358

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00:27:03.540 --> 00:27:05.430

So the blood went, so it was created here

368

00:27:45.460 --> 00:27:48.730

He thought there were some problems with it, but after all, he was an artist, so

359

00:27:05.440 --> 00:27:10.750

in the heart, went out, brought the nutrients and everything to the body, and

369

00:27:48.740 --> 00:27:51.810

the doctors weren't going to listen to him, alright?

360

00:27:10.760 --> 00:27:14.290

then evaporated, and the heart was continuously making more blood.

370

00:27:52.520 --> 00:27:56.510

Never mind that he was making early designs for flying machines and

361

00:27:15.400 --> 00:27:21.070

And I suppose this is the basis for some of the medical practices they did back

371

00:27:56.520 --> 00:27:59.430

helicopters and stuff like that, but what did he know, right?

362

00:27:21.080 --> 00:27:22.420

then, like bloodletting.

372

00:28:00.620 --> 00:28:10.670

Well, William Harvey, this British physician, also doubted this theory.

363

00:27:23.100 --> 00:27:24.650

When you were sick, they would basically

373

00:28:12.300 --> 00:28:19.170

After all, he thought, the heart holds about a fist -size worth of blood, so

364

00:27:24.660 --> 00:27:28.630

put leeches on your body and have the leeches suck out the blood, okay?

374

00:28:19.180 --> 00:28:24.450

that's about 85 milliliters, or 6 fluid ounces, and on average it will beat about

365

00:27:29.060 --> 00:27:30.370

To balance the humors.

375

00:28:24.460 --> 00:28:25.690

72 times a minute.

366

00:27:32.660 --> 00:27:35.950

Now, Leonardo, Leonardo da Vinci, that

376

00:28:27.400 --> 00:28:31.030

So, by that math, the heart, if we beat

367

00:27:35.960 --> 00:27:45.290

is, the great sort of mystic, artist, scientist guy, doubted this theory.

- 377
00:28:31.040 --> 00:28:34.810
72 times a minute and creates 85 milliliters of blood each time, that
- 378
00:28:34.820 --> 00:28:41.770
means that it has to create 6 liters of blood a minute, okay?
- 379
00:28:42.860 --> 00:28:50.010
So now we're getting into the big jug, right?
- 380
00:28:50.100 --> 00:28:53.010
Like gallon jug -ish kind of measurement
- 381
00:28:53.020 --> 00:28:54.630
per minute.
- 382
00:28:55.540 --> 00:29:00.390
And per hour, 360 liters of blood.
- 383
00:29:00.400 --> 00:29:03.450
Oh, that's a ton of blood!
- 384
00:29:04.580 --> 00:29:07.090
And Harvey just sort of pondered this,
- 385
00:29:07.140 --> 00:29:10.750
and he said, that can't be right.
- 386
00:29:11.960 --> 00:29:16.070
The human body, like, where would it get
- 387
00:29:16.080 --> 00:29:18.890
all of this substance to even make all of this blood?
- 388
00:29:20.020 --> 00:29:25.390
And so, he thought to himself, he thought, no, that's not how it works.
- 389
00:29:25.400 --> 00:29:33.150
It must be that this blood which goes out to the extremities, then comes back, and
- 390
00:29:33.160 --> 00:29:38.470
so the heart is pumping and there's blood going in and blood going out.
- 391
00:29:39.440 --> 00:29:44.870
And the heart is just helping that blood continue to move and circulate throughout
- 392
00:29:44.880 --> 00:29:45.490
the body.
- 393
00:29:45.800 --> 00:29:47.610
It's a lot like the water cycle.
- 394
00:29:48.200 --> 00:29:49.730
You know about the water cycle, right?
- 395
00:29:49.740 --> 00:29:52.550
So a drop of water is in the ocean, it
- 396
00:29:52.560 --> 00:29:58.730

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evaporates from the ocean, it floats up high, becomes cloud, floats over land,

397

00:29:58.900 --> 00:30:04.230

falls down on a mountain, comes out as a spring, a creek, a mountain brook, a

398

00:30:04.240 --> 00:30:07.610

river, joins other rivers, flows back to the ocean, right?

399

00:30:07.680 --> 00:30:09.290

And then the cycle begins again.

400

00:30:10.040 --> 00:30:11.810

Well, he thought of the blood circulation

401

00:30:11.820 --> 00:30:13.130

in a similar way.

402

00:30:14.580 --> 00:30:18.590

And, you know, he studied frogs, fish, he

403

00:30:18.600 --> 00:30:26.310

even examined the bodies of criminals who had been hung and were now dead, and he

404

00:30:26.320 --> 00:30:28.850

wrote a book on his theory.

405

00:30:29.940 --> 00:30:34.510

Now, other physicians called him crazy.

406

00:30:35.080 --> 00:30:40.590

Like, how could you doubt this well-established medical theory which has

407

00:30:40.600 --> 00:30:46.730

been around for 1,400 years, which we've always used, from Galen?

408

00:30:46.740 --> 00:30:47.630

How could you?

409

00:30:52.700 --> 00:30:55.230

Now, Dr. Harvey was also concerned now

410

00:30:55.240 --> 00:30:59.630

because not only was the medical establishment rejecting his ideas, but

411

00:30:59.640 --> 00:31:02.010

would he fall out of favor with the king?

412

00:31:02.440 --> 00:31:04.450

That would not be good, right?

413

00:31:07.260 --> 00:31:11.350

Like, you know, King Charles might think he's crazy.

414

00:31:12.600 --> 00:31:15.270

But then he encountered a stroke of luck.

415

00:31:16.640 --> 00:31:17.830

You see, there was a young man at the

416
00:31:17.840 --> 00:31:22.450
time who lived in England, and he had been involved in a duel.

417
00:31:23.080 --> 00:31:27.770
And he had lost the duel, but he had had, you know, this wound in his chest.

418
00:31:28.320 --> 00:31:30.510
And it was so big and gaping.

419
00:31:30.620 --> 00:31:32.530
I mean, he recovered, but the wound never

420
00:31:32.540 --> 00:31:35.290
fully healed, and so he had to wear bandages.

421
00:31:35.480 --> 00:31:37.470
I mean, it sounds kind of grim.

422
00:31:38.400 --> 00:31:40.010
But this fellow was doing fine.

423
00:31:41.590 --> 00:31:52.820
And so Dr. Harvey invited him to come for

424
00:31:52.830 --> 00:31:56.180
surgery, that he could help this fellow.

425
00:31:57.150 --> 00:31:59.100
And the fellow agreed.

426
00:32:00.130 --> 00:32:06.480
And so when he came in for the surgery, Harvey called in the king.

427
00:32:07.510 --> 00:32:13.500
And they were able to look in this hole that was still in this young fellow's

428
00:32:13.510 --> 00:32:22.640
chest and see the heart beating, and see that there were veins coming into it and

429
00:32:22.650 --> 00:32:24.520
arteries going out of it.

430
00:32:25.090 --> 00:32:27.720
And they could clearly see, Dr. Harvey

431
00:32:27.730 --> 00:32:33.860
and King Charles, that the blood that was coming into the heart was then getting

432
00:32:33.870 --> 00:32:35.400
pumped out of the heart.

433
00:32:37.050 --> 00:32:39.140
And so that was enough to convince the king.

434
00:32:39.930 --> 00:32:50.520
And so Harvey continued his work, and the king said to him, you know, you are

435

00:32:50.530 --> 00:32:54.480

right, and in time all doctors will see that you are right.

436

00:32:55.290 --> 00:33:00.760

So William Harvey lived to an old age, and he remained a royalist all his life,

437

00:33:00.850 --> 00:33:05.500

loyal to the king, even though that king was deposed by Cromwell.

438

00:33:07.350 --> 00:33:16.220

But luckily, Harvey was able to live out his life to a ripe old age, and when he

439

00:33:16.230 --> 00:33:21.880

died, he felt confident that his theory would eventually become established

440

00:33:21.890 --> 00:33:26.580

medical theory, and it has since then.

441

00:33:29.950 --> 00:33:32.520

So I want to leave you with this question.

442

00:33:33.210 --> 00:33:34.160

It's a curious question.

443

00:33:37.150 --> 00:33:43.420

Does the heart pump the blood, or does

444

00:33:43.430 --> 00:33:45.580

the blood pump the heart?

445

00:33:50.350 --> 00:33:52.700

Is the heart responsible for moving the

446

00:33:52.710 --> 00:33:57.580

blood, or is the blood responsible for moving the heart?

447

00:33:58.930 --> 00:33:59.880

Think about that.

448

00:34:01.880 --> 00:34:03.570

And tomorrow we're going to talk about

449

00:34:03.580 --> 00:34:06.890

the threefold nature of the human being.

450

00:34:07.440 --> 00:34:07.850

Okay.

451

00:34:09.060 --> 00:34:12.630

Now I'd like you to get out your main lesson book so we can do some work.

452

00:34:12.740 --> 00:34:13.510

Let's go to that now.

453

00:34:16.370 --> 00:34:17.880

All right, so you want your colored

454

00:34:17.890 --> 00:34:18.760

pencils here.

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455
00:34:20.550 --> 00:34:23.280
We're going to do a title, Human

456
00:34:23.290 --> 00:34:28.000
Physiology, and we will make a little figure drawing.

457
00:34:31.930 --> 00:34:44.080
So you might want to think about the placement of your letters, kind of use

458
00:34:44.090 --> 00:34:49.360
your finger, kind of estimate them.

459
00:34:49.810 --> 00:34:52.460
H -U -M -A -N.

460
00:34:52.950 --> 00:34:54.740
No, it has to be smaller.

461
00:34:55.670 --> 00:35:02.580
H -U -M -A -N space P -H -Y -S -I -O -L

462
00:35:02.590 --> 00:35:03.300
-O -G -Y.

463
00:35:04.170 --> 00:35:04.480
All right.

464
00:35:10.070 --> 00:35:28.720
I'm going to do this in a kind of a stylized way, almost like I'm sketching

465
00:35:28.730 --> 00:35:29.300
the letters.

466
00:38:27.060 --> 00:38:27.990
Human Physiology.

467
00:38:34.970 --> 00:38:40.220
Okay, and then we're just going to do a figure sketch here.

468
00:38:40.570 --> 00:38:47.000
This is like something that you often see in Renaissance painters' work.

469
00:38:47.510 --> 00:38:51.240
Like if you look at the, you know, there's like a sketchbook of Leonardo da

470
00:38:51.250 --> 00:38:53.700
Vinci and he has like these kind of sketches in there.

471
00:38:54.270 --> 00:39:02.880
And we just want to do a figure of, you know, a body, you know, doing its thing.

472
00:39:03.610 --> 00:39:06.460
I'm going to start with the feet here.

473
00:39:07.610 --> 00:39:09.140
And this is, you know, this is really

474
00:39:09.150 --> 00:39:17.200

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more about like the gesture, okay, of the person here.

484
00:40:29.860 --> 00:40:29.990
All right.

475
00:39:18.030 --> 00:39:26.360
It's not like this totally accurate, you know, anatomically accurate thing.

485
00:40:31.380 --> 00:40:32.790
You have a joint there.

476
00:39:26.610 --> 00:39:27.880
It's just the gesture.

486
00:40:36.260 --> 00:40:37.390
You have a joint there.

477
00:39:27.890 --> 00:39:46.080
Just kind of follow me here on this.

487
00:41:52.670 --> 00:41:54.760
Make these muscles more pronounced here.

478
00:39:47.490 --> 00:39:52.840
It's okay if you make little mistakes because these kind of gestures are where

488
00:42:25.410 --> 00:42:28.840
And we're just going to add a statement

479
00:39:52.850 --> 00:39:55.520
artists really like kind of work out what they're doing.

489
00:42:28.850 --> 00:42:31.580
here about, you know, what is human physiology?

480
00:40:06.790 --> 00:40:12.100
If you go to art school or take an art class, they'll probably have you do

490
00:42:32.870 --> 00:42:39.520
Well, really it's the study of the

481
00:40:12.110 --> 00:40:14.280
similar like these.

491
00:42:39.530 --> 00:42:41.140
functions and systems.

482
00:40:16.230 --> 00:40:19.240
All right, so then we have, let's have an

492
00:42:42.690 --> 00:42:47.240
You know, it really can be of any system.

483
00:40:27.920 --> 00:40:29.850
arm coming down here.

493
00:42:47.410 --> 00:42:52.840
I mean, you could study animals, but, you know, we'll keep it focused on the human body.

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494

00:42:52.990 --> 00:43:23.250

So we'll say the study of the functions and systems of the human body.

495

00:43:23.260 --> 00:43:36.030

The study of the functions and systems of the human body.

496

00:43:41.630 --> 00:43:43.460

So you can pause and finish that.

497

00:43:44.610 --> 00:43:46.600

And otherwise, that is all for this lesson.

498

00:43:46.830 --> 00:43:50.640

So thank you very much, and we will see you for the next lesson.

499

00:43:52.130 --> 00:43:52.880

Take care.

500

00:43:53.450 --> 00:43:53.720

Bye -bye.