1. Most **vertebrate** animals (animals with spines) have two lungs.
2. Your l**eft and right lungs** aren’t exactly the same. The lung on the left side of your body is divided into two lobes while the lung on your right side is divided into three. The left lung is also slightly smaller, allowing room for your heart.
3. The highest recorded "**sneeze speed**" is 165 km per hour.
4. The **capillaries** in the lungs would extend 1,600 kilometres if placed end to end.
5. We lose half a litre of water a day through breathing. This is the **water vapour** we see when we breathe onto glass.
6. People who have a large **lung capacity** can send oxygen around their body faster. You can increase you lung capacity with regular exercise.
7. As well as other parts of your body and your general health, **smoking** is bad for your lungs. Smoking can cause lung cancer among other lung-affecting diseases.
8. **You can live with one lung** – it limits your physical ability but doesn’t stop you from living a relatively normal life. Many people around the world live with just one lung.
9. The lungs are able to float on water since they contain so many **air sacs**. If you breathe out in a swimming pool, you start to sink as the air sacs are empty.
10. The word "lung" originates from the Old English word "lungen". It means "**light**" (not heavy), probably because people realised that lungs from a slaughtered animal float in water (the heart, liver and other organs sink).
11. The main organs in your respiratory system are your **lungs**.
12. As you breathe in (**inhale**), you fill these sacs with fresh oxygen-rich air. Your heart pumps blood into the walls of your lungs where it absorbs oxygen and releases carbon dioxide.
13. Your lungs are protected by your**rib cage**, which is made up of 12 sets of ribs. These ribs are connected to your spine in your back and go around your lungs to keep them safe.
14. Beneath the lungs is the **diaphragm**, which is a dome-shaped muscle that works with your lungs to allow you to and exhale air. As you breathe in, your diaphragm contracts and flattens out. This allows it to move down, so your lungs have more room to grow larger as they fill up with air. Your **rib muscles**also lift the ribs up and outward to give the lungs more space.
15. **Lungs vary in size** just as people do. Generally adult lungs measure around 25-35cm long, are 10-15cm wide and weigh 0.8-1.2 kg. Your lungs breathe in about 2,000 gallons of air every day – enough for the 2,400 gallons of blood that go through your heart every day. At night, you inhale and exhale enough air to fill your bedroom!
16. **A healthy lung is pink, smooth and shiny.**People who smoke damage their lungs; a damaged lung is black, bumpy and dull.
17. Everyone **yawns** at some point, but do you know why? It happens when the brain detects low oxygen levels in lungs and it triggers back the response to the body, so that it can intake large amounts of oxygen by yawning.
18. **Red blood cells** are responsible for picking up the oxygen in the lungs and carry oxygen to the body cells. The red blood cells then collect the carbon dioxide (waste gas product) produced by our cells and transport the carbon dioxide back to the lungs which we breathe out when we exhale.
19. In 1905, the scientist **J S Haldane** made the important discovery that the urge to breathe is caused by a build-up of carbon dioxide in the blood. As the blood level of carbon dioxide rises, this is detected by a small region in the brain, which triggers quicker breathing.
20. The world record for longest time **holding the breath underwater** was 22 min 00 sec by Stig Severinsen (Denmark) at the London School of Diving in London, UK, on 3 May 2012. Stig was allowed to hyperventilate (breathe rapidly) with oxygen prior to the attempt, and did this for 19 minutes and 30 seconds.
21. The first species of mammal shown to breathe through its skin, at least for part of its life, is the **Julia Creek dunnart,** a tiny species of Australian marsupial mouse. Scientists discovered that although as an adult this little creature breathes through its lungs like other mammals, when first born it is so small – only 4mm (0.15in) long – that its muscles are too weak to inflate its lungs. So it absorbs oxygen directly through its skin until it leaves its mother's pouch, by which time it is large enough to inflate its lungs.
22. 