Fact of the Day

Develop a list of interesting but lesser-known facts or simply use the facts below. Present the fact at the beginning of cognitive enhancement classes. Ask participants at the 1-, 4-, 10-, 20- and 50-minute marks what the fact of the day is. If no one remembers the fact of the day then give them a cue. If after a cue, no one remembers, try to phrase a question in a multiple-choice format as even early stage dementia patients have relative preservation of their recognition abilities.

(Many of the facts below are from: <http://www.weirdfacts.com>)

1. The smallest bird is the Bee Hummingbird at 2.24 inches and 0.056 oz.

2. Walt Disney, the creator of Mickey Mouse, was afraid of mice.

3. The fastest bird is thought to be the diving Peregrine Falcon at 175 mph or more.

4. A peanut is not a nut. It is a legume.

5. The short-term memory capacity for most people is between five and nine items or digits. This is one reason that phone numbers were kept to seven digits for so long.

6. The lifespan of a squirrel is about nine years.

7. There are more than fifty different kinds of kangaroos.

8. A group of twelve or more cows is called a flink.

9. Greyhound dogs can see better than any other breed of dog.

10. The only insect that can turn its head 360 degrees is the praying mantis.

11. Fleas can jump more than 200 times their body length.

12. The first words that Thomas A. Edison spoke into the phonograph were, "Mary had a little lamb."

13. The toothbrush was invented in 1498.

14. At 840,000 square miles, Greenland is the largest island in the world. It is 3 times the size of Texas.

15. An ostrich's eye is bigger than its brain

16. Every citizen of Kentucky is required by law to take a bath at least once a year.

17. There are 100 billion neurons in the human brain.

18. An octopus brain has 300 million neurons.

19. A duck's quack does not have an echo.

20. An old law in Bellingham, Washington, made it illegal for a woman to take more than 3 steps backwards while dancing.

21. No building in DC may be taller than 13 floors. This is so that no matter where in the city you are, you can see the monument to our first president, Washington.

22. Every year about 98% of the atoms in your body are replaced.

23. The largest school in the world is a K-12 school in the Philippines, with an enrollment of about 25,000.

24. The Bible is the number one shoplifted book in America.

25. The largest number of children born to one woman is recorded at 69. From 1725-1765 a Russian peasant woman gave birth to 16 sets of twins, 7 sets of triplets and 4 sets of quadruplets.

26. The tongue of the anteater is over 2 feet long.

27. The world's largest mammal, the blue whale, weighs 50 tons at birth. Fully grown, it weighs as much as 150 tons.

28. The sun is 330,330 times larger than the earth.

29. An iguana can stay under water for 28 minutes.

30. A goldfish has a memory span of three seconds.

31. The first novel ever written on a typewriter was Tom Sawyer.

32. The allele for six fingers and toes is dominant in humans.

33. The allele for six fingers and toes is dominant in humans. Jimmy Carter was the first U.S. president to have been born in a hospital?

34. The sentence "The quick brown fox jumps over the lazy dog." Uses every letter in the alphabet.

35. Average life span of a major league baseball: 7 pitches.

36. The San Francisco Cable cars are the only mobile National Monuments.

37. The only 15 letter word that can be spelled without repeating a letter is uncopyrightable.

38. The first toilet ever seen on television was on "Leave It to Beaver."

39. Only one person in two billion will live to be 116 or older.

40. It takes 3,000 cows to supply the NFL with enough leather for a year's supply of footballs.

41. In 10 minutes, a hurricane releases more energy than all the world's nuclear weapons combined.

42. Butterflies taste with their feet.

43. Camels can survive in the desert without drinking for almost 3 months.

44. Cat night vision is 6 times better than human night vision.

45. Switzerland has the highest number of car thefts per capita.

46. Vatican City is the smallest country in the world, with a population of 1000 and a size 108.7 acres.

47. It takes 42 muscles in your face to frown.

48. Your brain uses 20% of your body's energy, but it makes up only 2% of your body's weight.

49. Your cerebral cortex is about as thick as a tongue depressor. It grows thicker as you learn and use it.

50. Your brain is about 1300-1400 cubic centimeters in volume, about the size of a cantaloupe and wrinkled like a walnut.

51. The brain feels like a ripe avocado and looks pink because of the blood flowing through it.

52. Your brain generates 25 watts of power while you're awake—enough to illuminate a light bulb.

53. A newborn baby's brain grows almost 3 times in size in course of first year.

54. Humans have the most complex brain of any animal on earth.

55. Your brain is divided into two sides. The left side of your brain controls the right side of your body; and, the right side of your brain controls the left side of your body.

56. Toxins in commonplace items such as carpeting and shower curtains may be contributing to memory loss over time?

57. Overexposure to aluminum compounds—in foil, cookware, deodorants, antacids, toothpaste—can affect brain function.

58. Lavender can help you sleep.

59. A cooked potato can jump-start your brain when you're feeling foggy.

60. The essential oil of jasmine can quickly restore mental alertness.

61. Eating foods rich in vitamin E, beta-carotene, and vitamin C may help lower your risk of Alzheimer's disease.

62. Certain prescription and nonprescription drugs may dramatically affect your ability to concentrate.

63. Papaphobia is the fear of Popes

64. Multiply 37,037 by any single number (1-9), then multiply that number by 3. Every digit in the answer will be the same as the first single number.

65. The Academy Award statue is named after a librarian’s uncle. Margaret Herrick, librarian for the Academy of Motion Picture Arts and Sciences, made a remark that the statue looked like her uncle Oscar, and the name stuck.

66. Stressed is Desserts spelled backwards.

67. If you multiply 111,111,111 by 111,111,111, you get 12,345,678,987,654,321.

68. The term Cop comes from Constable on Patrol, which is a term used in England.

69. "Zorro" means "fox" in Spanish.

70. Karoke means "empty orchestra" in Japanese.

71. The Kentucky Fried Chicken slogan "finger-lickin' good" came out as "eat your fingers off" in Chinese.

72. "Dreamt" is the only English word that ends in the letters "mt."

73. There are only four words in the English language that end in "-dous": tremendous, horrendous, stupendous, and hazardous.

74. "Floccinaucinihilipilification" which means "the act of estimating as worthless" is the longest non-medical word in the English language; it's 29 letters long.

75. Pogonophobia: The fear of beards.

76. If you have 3 quarters, 4 dimes, and 4 pennies, you have $1.19. You also have the largest amount of money in coins without being able to make change for a dollar.

77. In Chinese, the words "crisis" and "opportunity" are the same.

78. "Goodbye" came from "God bye" which came from "God be with you."

79. "So long" came from the Arabic "salaam" and the Hebrew "shalom."

80. The word "nerd" was first coined by Dr. Seuss in "If I Ran the Zoo."

81. The word "racecar" and "kayak" are the same whether they are read left to right or right to left.

82. The word "monosyllable" actually has five syllables in it.

83. "Go." is the shortest complete sentence in the English language.

84. There are no words in the English language that rhyme with silver, orange, or month.

85. The letter "I" is used exactly 109 times in Act IV of Shakespeare's "Macbeth."

86. There are only 12 letters in the Hawaiian alphabet.

87. "Naked" means to be unprotected. "Nude" means unclothed.

88. The name of all the continents end with the same letter that they start with.

89. The word "lethologica" describes the state of not being able to remember the word you want.

90. In English, "four" is the only digit that has the same number of letters as its value.

91. "Q" is the only letter in the alphabet that does not appear in the name of any of the United States.

92. The word "trivia" comes from the Latin "trivium" which is the place where three roads meet, a public square. People would gather and talk about all sorts of matters, most of which were trivial.

93. "Typewriter" is the longest word that can be made using only the top row on the keyboard.

94. The word "checkmate" in chess comes from the Persian phrase "shah mat," which means, "the king is dead."

95. The sentence "The quick brown fox jumps over the lazy dog." uses every letter in the English language.

96. The only 15-letter word that can be spelled without repeating a letter is "uncopyrightable."

97. Canada is an Indian word meaning "Big Village."

98. "Stewardesses" is the longest word typed with only the left hand.

99. The most common name in the world is "Mohammed."

100. In 1987 American Airlines saved $40,000 by eliminating one olive from its First Class salads.

101. A completely blind chameleon will still take on the colors of its environment.

102. The city of Las Vegas has the most hotel rooms in the world.

103. A frog can't empty its stomach by vomiting. To empty its stomach contents, a frog throws up its stomach first, so the stomach is dangling out of its mouth. Then the frog uses its forearms to dig out all of the stomach's contents and then swallows the stomach back down again.

104. The first alarm clock could only ring at 4 a.m.

105. A queen bee uses her stinger only to sting another queen bee

106. For every gallon of sea water, you get more than a quarter pound of salt.

107. Stannous fluoride, which is the cavity fighter found in toothpaste is made from recycled tin.

108. Leonardo da Vinci invented scissors.

109. Fifteen people are known to have been crushed to death tilting vending machines towards them in the hope of a free can of soda.

110. Drivers kill more deer than hunters.

111. The average human body contains enough fat to make seven bars of soap.

112. The cigarette lighter was invented before the match.

113. In Massachusetts, It is illegal to go to bed without first having a full bath.

114. No matter its size or thickness, no piece of paper can be folded in half more than 8 times.

115. The word taxi is spelled the same in English, German, French, Swedish and Portuguese.

116. Coca-Cola's 'Super Pure' Dasani bottled water is just filtered tap water!

117. The word Eskimo literally means 'raw meat eater'.

118. Kite flying is a professional sport in Thailand.

119. In Australia, Burger King is called Hungry Jack's.

120. On average, the life span of an American dollar bill is eighteen months.

121. Babies' eyes do not produce tears until the baby is approximately six to eight weeks old.

122. Males sweat 40% more than females.

123. Only 1 out of 700 identity thieves gets caught!

124. In Tibet it is considered good manners to stick out your tongue at someone.

125. Motorists who talk on cell phones are more impaired than drunk drivers with blood-alcohol levels exceeding .08!

126. It takes about 63,000 trees to make the newsprint for the average Sunday edition of The New York Times.

127. Strawberries have more vitamin c than oranges.

128. Black bears are not always black. They can be brown, cinnamon, yellow, and sometimes white.

129. The Amazon rainforest produces more than 20% the world's oxygen supply.

130. To find out if a watermelon is ripe, knock it, and if it sounds hollow then it is ripe.

131. Crayola is a French word that means 'Oily chalk.'

132. The powder on chewing gum is finely-ground marble.

133. Marie Curie, the Nobel Prize winning scientist who discovered radium, died of radiation poisoning.

134. Leather skin does not have any smell. The leather smell that you sense is actually derived from the materials used in the tanning process.

135. Mosquitoes are attracted to the color blue twice as much as any other color.

136. If you unfolded your brain, it would cover an ironing board.

137. More than 90% of shark attack victims survive.

138. Your home is ten times more likely to have a fire than be burglarized!

139. The average life span of a peasant during the medieval ages was 25 years.