

This card—**Fun Facts**—is Number 21 in a series of “Diversions for You and Your Friends” created by Arlene Harder, MA, MFT, Support4Change Blog.

Being sick or having a major problem in your life is a pain in the neck. This is because, in large part, any situation that negatively impacts your life forces you to think about *it*, rather than more pleasant things. That is why this card is designed to **take your mind off your troubles**, at least for a while—and you can find more diversions every Monday on the blog.

(Be sure to read to the end of Page Four.)

Although you can find a new diversion each Monday on the Support4Change Blog, I don’t write a new post each week. I just find a time when I can gather a few ideas and put them into new cards.

So this card, and several others, are being done on one of my unscheduled Sundays. When I say “unscheduled,” I mean exactly that.

I have long realized that I give myself more to do than I have time in which to do it. So several years ago I came up with a plan to carve my week into manageable chunks. (And if you think this would work for you, you are welcome to give it a trial.)

First, for the normal “work” week of five days, I focus on various projects for my business, which is less than I used to do. That’s because Russian hackers got into my site three times in two years and I couldn’t afford to keep them out. However, I still spend time during the week on keeping up my blog (with the help of my fabulous assistant, Renee).

In any case, I have a “scheduled” day on Saturday when I



plan to do something that doesn't fit into the rest of the week.

However, Sundays are "Nothing Days" when I have nothing scheduled and do whatever I feel like doing. And today I feel like writing a card based on a website I recently came across called TheFactsSite.

It has loads of delightful "facts" that I thought would make a good diversion. Of course, whenever I read something that claims to be a "fact" or an "amazing truth," I head for Snopes or Wikipedia and have done that with all the "facts" in this diversion from thefactsite.com. Don't want to pass on something that isn't true.

The first statement I checked on the list said, "In the UK, it is illegal to eat mince pies on Christmas Day!" That turns out to be an urban myth.

In any case, as you read the strange "facts"—true to the best of my knowledge—that I bring you on my Nothing Day, remember one or two that you can tell a friend. That way, you won't just read them and forget them.

- Banging your head against a wall burns 150 calories an hour.
- Pteronophobia is the fear of being tickled by feathers!
- When hippos are upset, their sweat turns red.

*According to Nature magazine, the really clever thing about hippos is that they produce their own sunscreen, in the form of a sticky reddish sweat. The oily secretion is made up of two unstable pigments - one red, the other orange.*

- A flock of crows is known as a murder.
- "Facebook Addiction Disorder" is a mental disorder identified by Psychologists.
- The average woman uses her height in lipstick every 5 years.



*I can't think of any way to check the validity of this statement so I'll just keep it in the list. You can decide if it seems reasonable.*

- 29th May is officially "Put a Pillow on Your Fridge Day."  
*Put A Pillow On Your Fridge Day is celebrated on the 29th of May each year, in Europe and the U.S. The day is all about prosperity, good fortune, and having a bit of fun along the way. This bizarre holiday spans back to the early 1900's, where families would place a piece of cloth or linen within their larders*
- Cherophobia is the fear of fun.
- Human saliva has a boiling point three times that of regular water.  
*There are many controversies regarding the boiling point of human saliva. It is assumed that the boiling point of saliva is nearly three times than that of pure water (boiling point of pure water is 100° C). But according to the mathematical calculations, it comes out to be 100.16° C. Now, aren't you glad you know that?*
- If you lift a kangaroo's tail off the ground it can't hop.
- Bananas are curved because they grow towards the sun.
- Billy goats urinate on their own heads to smell more attractive to females.  
*So glad I'm not a goat!*
- The person who invented the Frisbee was cremated and made into frisbees after he died!
- During your lifetime, you will produce enough saliva to fill two swimming pools.  
*Here's a "fact" I don't know how to check. In any case, glad we don't produce all that saliva at once.*
- Polar bears can eat as many as 86 penguins in a single sitting.  
*If is fortunate for the penguins that they don't live in the same place as polar bears.*

- King Henry VIII slept with a gigantic axe beside him.  
*Considering the enemies he made, that was probably a good idea.*

Now we come to the reason I used Pinocchio as the illustration for this diversion.

- If Pinocchio said the statement: “My nose will grow now” it would be a paradox according to thefactsite.com and Wikipedia.

*As we all know, Pinocchio’s nose grows when he tells a lie, so if he said ‘my nose will grow now’— if his nose does grow that would mean he wasn’t lying, but if he wasn’t lying, his nose wouldn’t grow . . . but then his statement would be a lie . . . so his nose would grow . . . but then the statement wouldn’t be a lie . . . so his nose wouldn’t grow . . . but yeah, you get the idea..*

*In other words, the Pinocchio paradox causes Pinocchio’s nose to grow if and only if it does not grow.*

*Apparently the Pinocchio paradox was thought of in February 2001, by an 11-year-old called Veronique Eldridge-Smith, the daughter of Peter Eldridge-Smith, who specializes in the philosophy of logic. The article was first published in the journal Analysis, and the Pinocchio paradox rapidly became popular on the Internet.*

*That is one very smart young lady!*

*I hope this card helps you create a little peace, joy and love in your life — and helps you pass on some interesting facts to your friends.*