**WORK OF THE HUMAN HEART**

The human heart contracts from the first moment of life until the last one. The contractions of the heart pump the blood through the arteries to all the parts of the body. Phys­iologists have determined that in the adult the heart makes from 60 to 72 beats per minute. In children the rate of heart beat is much higher. Research work has determined that rate of heart beat increases depending on different emotions.

Each beat of the heart is followed by (сопровождается) a period of rest. Each contraction and a period of rest compose a cardiac cycle.

Each cardiac cycle consists of three phases: the first phase of short contraction — the aerial systole, the second phase of a more prolonged contraction — the ventricular systole. The period of rest is called the diastole.

Research work of many physiologists has estimated the role of the ventricles as the main pump of the human heart.