Homeostasis

Homeostasis – This is the tendency to maintain stability or uniformity in an organism’s internal environment. A balance is maintained of temperature, and of chemicals such as water, salts and gases.

A Stimulus-Response Model

Maintaining Human Body Temperature (37°C)
1. If body temperature rises above 37°C – The skin produces which cools the body by using excess body heat to it. Also the body can consume drinks, find cool shade, radiate heat through the or by breathing out warm air, and by defaecation or urination.
2. If body temperature falls below 37°C – The muscles may to produce heat through friction, skin muscles may contract to produce insulating air pockets next to the skin with ‘goosebumps’ and upright hairs, and the person consumes drinks or finds warm shelter.

Maintaining Water Balance
Water is essential to the body for chemical reactions to take place within cells. The amount of water consumed should the amount of water lost through breathing out, sweating, urination and defaecation.

Maintaining Salt Balance
Excess salt in humans is excreted in both and .