Mnemonics (Memory-Aiding Devices)

**Anatomy:**

To remember the cranial nerves:

"On Old Olympus' Towering Tops A Fat Angelic Girl Viewed Spanish Hops."
(Olfactory, Optic, Oculomotor, Trochlear, Trigeminal, Abducent, Facial, Auditory, Glossopharyngeal, Vagar, Spinal Accessory, Hypoglossal)

**Nerves:**

For the order of nerves that pass through the superior orbital tissue in the skull:

"Lazy French Tarts Lie Naked in Anticipation."
(Lacrinal, Frontal, Trochlear, Lateral, Nosociliary, Internal, Abduceir)

**Amino Acids:**

For the ten essential amino acids:

"These Ten Valuable Amino Acids Have Long Preserved Life In Man."
(Threonine, Tryptophan, Valine, Arginine, Histidine, Lysine, Phenylalanine, Leucine, Isoleucine, Methionine)

**Blood:**

For the functions of blood:

"Old Charlie Foster Hates Women Having Dull Clothes."
(Oxygen (transport), Carbon Dioxide (transport), Food, Heat, Waste, Hormones, Disease, Clotting)

**Bile:**

For the properties of bile:

"Bile from the liver emulsifies greases, tinges the urine and colours the faeces, aids peristalsis, prevents putrefaction. If you remember all this you'll give satisfaction."

**Excretion:**

For the excretory organs of the body:

"SKILL"
(Skin, Kidneys, Intestines, Liver, Lungs).