A 10 second French kiss transfers 80 million germs— but the health benefits outweigh the risks.

Some animals seem to kiss— but intimate kissing (tongues etc.) appears unique to humans.

Intimate kissing is common in 90 percent of human cultures.

The more a couple kisses, the more similar their oral microbiota (the microscopic living organisms in their mouths).

Reasons to kiss
✓ You both want to
✓ Get a mini heart & lung workout
✓ Burn 2–3 calories a minute
✓ Release euphoria hormones
✓ Stimulate saliva (good for teeth)
✓ Boost immunity
✓ It probably won’t make you sick

Reasons not to kiss
✗ At least one of you doesn’t want to
✗ One of you has mono, oral herpes, or strep throat
✗ One of you is a pet (worms, fungi, etc.)

How else can you get to know someone deeply? The 36 Questions app is what happens when scientists figure out how love works. See Thing of the month in Student Health 101, February 2017.