Abstract

A building block and a building system used for construction a building are disclosed in the present invention. The building block includes: an inner face, an outer face, an upper face having a base face and a projection protruding upward from the base face, wherein the projection extending longitudinally for the entire length of the upper face; a lower face having a complementary groove for interlocking with the projection of a cooperating interengaging building block; a first end; a second end; each of the first end and the second end has a header face, which is substantially one of a planar face, a male header face and a female header face, the male header face of the building block interlocking with the female header face of a cooperating interengaging building block; the cooperating interengaging building block is substantially similar to the building block.