

The Human Body

Why Do I Sweat?

My body has its own air conditioner! When I get real hot, I start to sweat. The sweat, which is mostly water mixed with salt, comes from tiny skin openings called pores. The water in the sweat cools my body. If I sweat too much, I have to drink water and fluids like Gatorade or take salt pills to replace the body salt that was pushed out of my pores.

What Is A Blister?

A blister is a bump of watery stuff called tissue fluid, which pops up when I get a burn or when my skin is rubbed too hard in one place. Tiny tubes in my body send water over the rub or burn, to cool it off. The fluid also soothes and protects the sore spot.

Why Do I Itch?

Something on my skin is tickling the nerves just under the top layer of skin. The nerves carry messages to my brain and my brain tells my hand to scratch.

Why Do I Sneeze?

I sneeze when something that does not belong in my nose gets there. I have hairs in my nose to catch most of the dust, but sometimes a piece gets past the hairs. Then the nerves inside my nose make me sneeze.

How Do I Scream?

I have vocal cords that are like rubber bands. When I scream, my vocal cords tighten up and the sound is very shrill and high. When I am relaxed, my voice is low and normal.



Where Do Tears Come From?

Tears are water from tiny glands in my eyes. This tear-water washes my eyes and keeps them healthy. When I cry, the glands make extra water, which overflows and runs down my cheeks.

Why Do I Have Freckles?

Freckles pop out on my skin after I have been in the Sun. I have some pigment in my skin called melanin. When the Sun shines on me, I tan. But in some spots I have more melanin than others. In those areas I get tiny spots called freckles.

Where Do Warts Come From?

Did a frog give you warts? No! A wart comes from a virus that is so tiny you can only see it under a microscope. Warts can grow anywhere and make a hard surface. They do not do any harm, and usually go away.

Why Do I Shiver?

When my body is too warm, I sweat through my pores. But when I get cold, the pores close up. Then my muscles move all by themselves, shaking fast enough to warm me up!

Why Do I Get Goose Bumps?

If I'm cold, angry, or frightened, tiny bumps rise on my skin. In each of these bumps is a hair and a tiny muscle. These muscles tighten up and make the hair stand on end in bumps much like those on a goose's skin!