

MRS. KNOW-IT-ALL

You have questions?  Ask Mrs. Know-it-all!

It is fun to be curious. Think about a question you'd like answered. **We'll publish your question and Mrs. Know-it-all's answer in the next issue** ... (though adults (even Mrs. Know-it-all) don't know all the answers to kids' questions).

Here are some suggestions to ask about:

Questions about how things work
Questions about animals and plants
Questions about outer space
Questions about other countries
and on ... and on...

MRS. KNOW-IT-ALL KNOWS SOME WEIRD THINGS ABOUT YOUR BODY:

Q: WHY DO MY LEGS (OR ARMS OR HANDS OR FEET) FALL ASLEEP?

zzzzzz



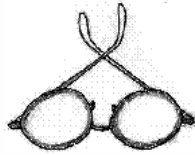
A: That is a weird feeling, isn't it? To understand what happens, first you

have to know that running through your body are nerves. Nerves carry signals from the brain to the body or in the other direction, from the body to the brain. These signals help us move and feel things. For example, if you touch a hot stove a nerve sends a signal to your brain telling it that the stove is very hot (pain!). The brain sends a message back saying "Get your hand off that stove right now!" and your arm pulls away from the stove without you even thinking about it. (By the way, some signals to and from the brain travel at the rate of 250 miles per hour!) That's how nerves work.

Well, when your hand or arm foot or leg falls asleep, it means that whatever position you're in you're pressing on the nerve and its connection to the brain is temporarily cut off. The signals can't get through properly. When you start to move around again, your leg might feel like wood. This means the nerve that sends feeling to your brain isn't sending messages quite right yet. Soon it starts to feel like "pins and needles" – this means it's starting to work better. Soon enough, though, the nerve stretches back into its normal shape and your leg (or arm or hand or foot) starts to feel normal again.

MRS. KNOW-IT-ALL

More things Mrs. Know-it-all knows:



MRS. KNOW-IT-ALL KNOWS MORE WEIRD THINGS ABOUT YOUR BODY:

Q: WHY DOES YOUR NOSE RUN?



A: That goopy stuff that drips out of your nose when you're sick is just your body's way of helping you get over a cold. The idea is that bacteria - germs - will get trapped in the mucus (the scientific name for, uh, snot) and will get out of your body when you sneeze. The less germs the better!

Q: WHY DOES MY SKIN GET ALL WRINKLY IN THE TUB?



A: If you sit in the tub for a long time, your hands start to look old. That's because your hands have lots of dead skin cells on them. Cells are the teeny tiny building blocks of your body. It's OK that dead skin cells are on your hands; they're supposed to be there. Your skin is constantly making new cells. When you're in the tub, the dead cells fill up with water. They get so fat with water that they won't lay down flat. Instead they clump up and make your skin look like the skin of a raisin! When your hands dry out, they all lay flat and look smooth again.

Q: WHAT'S YOUR QUESTION? _____
