

Front and Center: The Nose

By AM

Front and Center!

Did you ever stop to smell the roses? Well, this wouldn't be possible without your nose! Your nose is front and center on your face. Everyone has one! This part of your body has many purposes. I bet you thought its only purpose was to help you breathe! Well, yes, that's true but not only does your nose help you breathe, the many parts that make up the nose have different functions that help keep you healthy and alive! The nose is part of the **respiratory tract**. According to the article "The **Anatomy** of the Nose" by David Terfera and Shereen Jegtgiv The nose has two openings called nostrils. Your nose gets rid of dirt you breathe in by the cilia in your nose, it allows you to smell (good and bad smells) and those nostrils allows you to breathe in the air!



Two Noses?

One way the nose helps to keep you healthy and alive is because of the **nostrils**. They are two openings at the bottom of your nose that allow air to enter your body and to leave your body too! When air enters your nostrils, it is warmed and humidified. We have two eyes for obvious reasons. If you covered one eye, you'd find it hard to see perfectly. Well, why do we have two nostrils? According to an article "Two eyes, two nostrils" by Dr. Johannes Frasnelli our nostrils are a **sensory organ** that is divided by a wall in the middle. It's separated by a **septum**." So, we have two noses within our nose!" There's a good reason for this and it's called the nasal cycle. One side of your nostril is always more **swollen** than the other. When that happens it's hard for air to get in. So you naturally breathe through the other side! Most of the time we never notice this because the swelling is so slight, but when you have a cold it's way more obvious!

