DID YOU KNOW?

How do nails grow?

Nails are made of a material called Keratin. It is the same protein that forms hair and the outer layer of the skin. Keratin contains an amino acid called Cysteine which contains sulfur atom which is the only difference between nails and hair. The amount of Cysteine results in the flexibility of the nail tissues.

Nail cell structure

The root of the nail where it appears on the skin is called the cuticle. Cuticles help to protect the new formed nail and the nail bed. At the tip where the nail comes out of the skin is a whiter half-moon shaped structure called the Lunula.

How does a nail develop?

Nails start growing from the nail bed – a small surface that is just below the area on the finger tip in which the nail disappears. Like hair, nails too are attached to tiny blood vessels that feed it. The blood gives the nail the pale pink colour as blood rushes below it.

How long does nail take to grow?

Nails begin to develop in the human embryo at about 10 weeks. Layers of cells begin to form on the fingertips of the fetus. At 16 weeks a nail exists between thin layers of Keratin. At 20 weeks, the layers of cells fully develop and a full grown nail can be seen.

Nail growth

Nails grow about 0.5 mm per week. They grow faster in summer than winter. Fingernails grow four times faster than toenails. If you injure your nail, there is a 21-day delay in nail growth. It takes approximately 100 days for a normal volume of cell production and attains a certain growth speed.

Why nails are considered dead tissues?

Nail cells multiply under the skin and each cell keeps dividing and creating more cells. The new cells push the old cells above the skin surface. Once the nail cells are out on the surface, they are pushed from below by new nail cells towards fingers or toes. When they come out, they become dead cells and lose their ability to multiply.

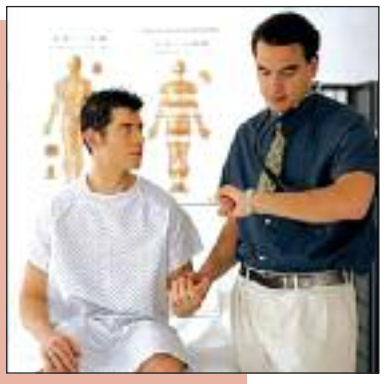
TELL ME WHY?

Why are pebbles on the beach round?

Originally, pebbles are part of much larger rocks, but various natural phenomena such as earthquakes and volcanoes gradually broke them down. Caught in the movement of the sea and rubbed against other hard materials, the pebbles lose their irregular edges and acquire a roundish and smooth shape.

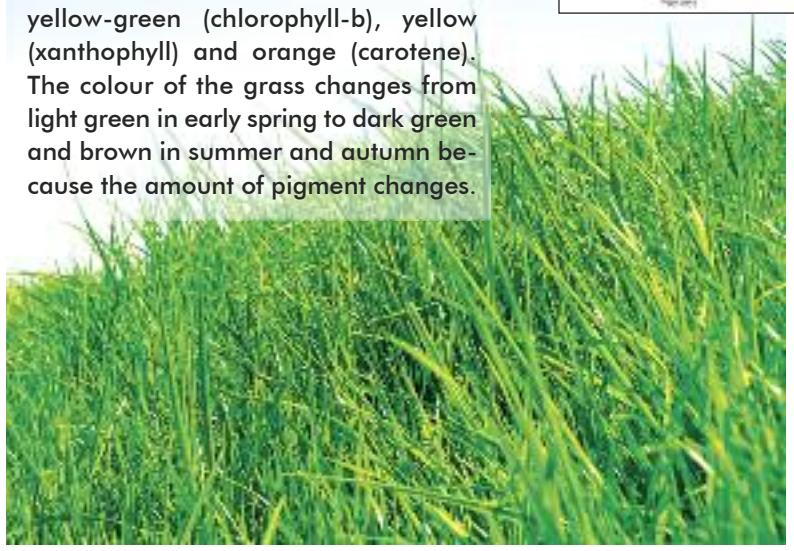
Why does a doctor examine the pulse of a patient?

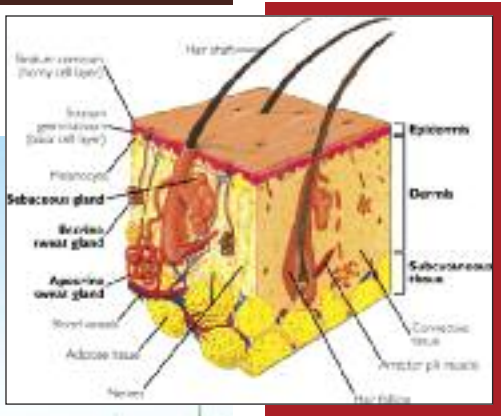
When a doctor checks the pulse, beats are counted for a minute. Since the rate of contractions felt at the wrist would be same as the heart rate, the pulse tells us about the health of the heart. The pulse rate depends on the blood requirement of the body and is indicated by how fast the heart is beating and the pressure in the circulatory system. An irregular pulse rate indicates some fault in the functioning of the heart.



Why is grass green?

The green colour in grass comes from chloroplast in the cells which contains four different colours. Of these, chlorophyll-a, which is blue-green in colour, is the strongest. The colours are yellow-green (chlorophyll-b), yellow (xanthophyll) and orange (carotene). The colour of the grass changes from light green in early spring to dark green and brown in summer and autumn because the amount of pigment changes.





Why do you get Goosebumps on your body but not on your face?

Goosebumps are caused by smooth muscles that pull on your hair follicles, causing indentation. The pulling of the skin makes the hair stand up. We don't have this same type of system on our faces and therefore we don't get Goosebumps on our face unlike the rest of our body.

Why do we shiver in a freezing atmosphere?

Blood carries heat from the centre of the body out to the skin's surface. Heat from our warm skin then escapes through the air. The quickest way for heat to leave the body is through fingers, toes, and ears. But when it's freezing outside, the body sends less blood to fingers, toes, and ears thus trapping heat for the rest of itself, keeping your vital organs warm. These blood starved tissues get cold and frostbitten. In order to keep them warm, the body shivers and break downs food to retain its warmth.