

Your Multi-Purpose Nose

Which body structure is a powerful generator of emotions, gives you a sense of direction, and serves as a cannon all at the same time? It's your nose, of course! It is common knowledge that without our noses the scent of a rose could not give us joy, nor would our food taste like very much. Less well known is the fact that our noses are directly hooked into the brain's limbic system. Your limbic system plays a central role in generating and controlling emotions. This is why certain scents are able to raise strong emotional memories in us.

The nose is also designed to filter out and catch particles that should not get into the lungs. When a particle is taken in through your nose, it is snagged by the tissue inside your nasal passages. Next, this highly special tissue decides the best method of getting rid of the foreign material. If a bacterium is identified, your nose begins to run, bathing the bacteria in powerful chemicals that dissolve most of them. If the particles are larger, like pollen, a sneeze is triggered that can eject particles at speeds of over 100 miles per hour!

Perhaps the most remarkable ability associated with the nose is its ability to act as a compass. Human beings have a small amount of iron in the bony part of the nose between the eyes. Scientific experiments have shown that we have an ability, while not foolproof, that can sense direction that is influenced by magnetic fields!

The Creator made your multi-purpose nose not only to bring some pleasure to life but also to help protect your health.

Psalm 111:2

"The works of the LORD [are] great, sought out of all them that have pleasure therein."

Prayer: Father, I thank You that just as You enrich our earthly lives with beauty and sweet scents, so we are also enriched in this life by the gifts of Your forgiving grace to us through our Lord Jesus Christ. Amen.

Ref: McCutcheon. *The Compass in Your Nose* . . . Los Angeles: Jeremy P. Tarcher, Inc.