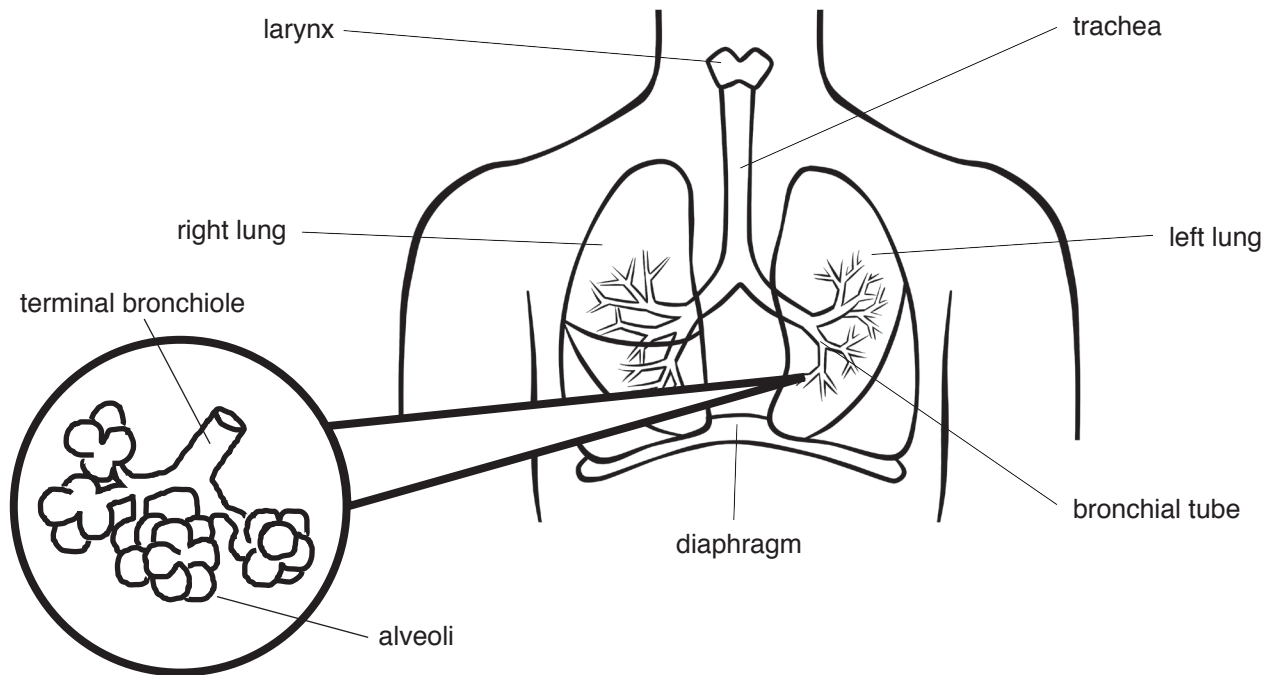


Lung Action

You have two lungs: right and left.

Under the lungs is a muscle called the diaphragm. When this muscle pulls down, your lungs expand and fill with air. You breathe in. When the diaphragm relaxes, air is pushed out of the lungs. You breathe out. When you are just sitting, you breathe about 20 times each minute. That number can double when you are running.



Sticky and Slimy

In your nose, mucous glands produce a slimy substance called mucus. Mucus keeps your nose moist, and traps dirt and germs. It helps keep you healthy.

Feel Those Rings

Your trachea is made of rings of firm, flexible cartilage. You can run your fingertips up and down the front of your neck to feel these rings.

Up in Smoke

Healthy lungs are pink and clean. But the lungs of a smoker are dark gray and full of dirt. That is because chemicals in cigarette smoke damage the trachea. It can no longer keep the dirt out. Also, the smallest tubes in the lungs fill up with tar from the cigarettes. Because of this, a smoker's lungs do not work as well and make breathing difficult.