



## Bogies - Why do you get bogies up your nose?

### Fact

- Your body makes this sticky mucus for a very special reason.
- The air we breathe isn't always as pure and clean as we might like it to be – sometimes it has things like dust, smoke and germs in it.
- The mucus lines your nose and helps to trap the stuff that shouldn't be in the air to stop it from getting into your lungs.

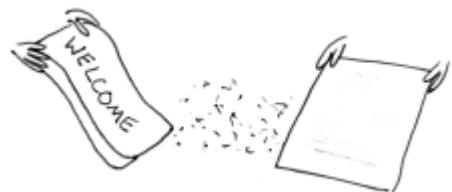


### Do you know

- Every time you breathe air in and oxygen out it's helping to dry out your nose mucus to make crusty bogies.
- If you've been in a smoky or dusty place your bogies can take on the colour of that dust because of all the dust the mucus has trapped.
- Your body makes a fresh batch of mucus about every half hour.
- You swallow mucus every day – it trickles down the back of your throat into your stomach.
- Your stomach also has it's own lining of mucus – this mucus is very important because you stomach contains hydrochloric (high-drow-claw-ric) acid which is so powerful it can eat through metal. The mucus in your stomach protects your stomach lining from the acid.

### Experiments you can do

On a windy day spread a little glue onto a sheet of thick paper or cardboard and take it outside. Have someone hold the paper while you shake the doormat beside it. The wind will carry dust particles past the paper and the glue will trap any of the dust that touches it – just like the mucus in your nose traps the dust in the air you breath.



### Other Investigations

Find out about the mucus that lines your stomach, protecting your stomach wall from the strong hydrochloric acid that your stomach makes to break down food.

### Jokes

How do you get your hanky to dance? You blow a little boogie into it!