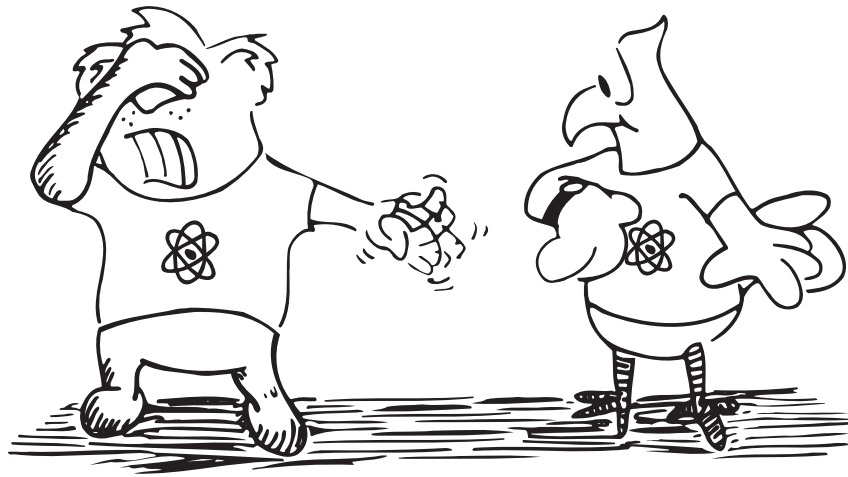


TIRED MUSCLES

You've been running for a while and your legs just don't want to move any more. The muscles are tired. Try this simple fatigue test with your arm.



MATERIALS: Watch which indicates seconds or stopwatch; table.

DOING IT:

1. Lay one arm on a table with the palm of your hand facing upward.
2. How many times can you make a fist in 30 seconds? Your hand must open *completely* and then form a *tight* fist each time.
3. Do the fatigue test three or four more times. Can you make the same number of fists each time? When does your arm begin to feel tired? Which muscles are fatigued?

The human body contains about 650 muscles. Some of them enable us to make conscious movements; others act automatically. "Fatigue" occurs when a muscle becomes tired. The muscle may feel strained, or it may not respond when you want it to. If a muscle gets fatigued very quickly, it may mean that it's not getting enough exercise. This activity tests the forearm muscles. Forearm muscles operate the fingers through "tendons" -- tough cords of dense connective tissue that attach muscle to bone.

Topics: Human Body.

How long a person sleeps is more a matter of body temperature and bedtime habits than how tired they are.

Hiccoughs are caused when your diaphragm -- a large muscle across your chest -- starts contracting in jerks, instead of moving smoothly up and down. To stop hiccoughs, you have to shock the diaphragm back to its normal movements. There's no sure-fire cure for hiccoughs, but some things that can work include a good scare, swallowing water while someone plugs your ears, eating a spoonful of crushed ice, sucking on a lemon, and holding your breath.

