

THE NERVOUS SYSTEM



The nervous system is a complex network of cells and fibers that transmit information throughout the body. It is divided into the central nervous system (CNS) and the peripheral nervous system (PNS). The CNS consists of the brain and spinal cord, while the PNS includes all other nerves. The brain is the control center, processing information and sending signals to the rest of the body. The spinal cord acts as a communication highway, relaying messages between the brain and the rest of the body. The PNS consists of a vast network of nerves that branch out to reach every part of the body. These nerves are responsible for carrying sensory information back to the brain and motor commands from the brain to the muscles and organs. The nervous system is essential for all aspects of our lives, from simple reflexes to complex thought and behavior.