

NAILED IT!

Do all that you can to live in peace with everyone.

—ROMANS 12:18 NLT

Fingernails. They're good for scratching an itch and scraping off sticky price tags. But there's more to those nails than you might think!

The part you see is called the *nail plate*. It's mostly made up of dead cells. The pink color you see comes from all the blood vessels underneath. Your nail



grows out of the *nail root*, which is under your skin. See that white, half-moon shape at the base of your thumbnail? That's called the *lunula*, and it's the end of the nail root. Your nails grow as new cells push the older cells toward the end of your finger. Fingernails protect the tips of your fingers (and toenails protect your toes).

Though nails have an important purpose, they are also responsible for one of the most horrifying sounds known to mankind—fingernails scratching across a chalkboard. *Aaahhh!* Scientists have found that this sound causes your body to feel actual physical stress. Plus, it's just so annoying!

Some people make sounds just as annoying as fingernails on a chalkboard. Make sure you aren't one of them! Don't whine and complain when you're asked to do something or if you have to wait in a long line. If you've had a bad day, don't take it out on your friends. And don't argue with your brother or sister just because you're bored. Try to "live in peace with everyone"—then you won't be like fingernails on a chalkboard.

Lord, help me to be pleasing to You in all I do and say. And help me to think of others before I think of myself.

HOW GREAT!

Have you ever noticed that you have to trim your fingernails a lot more often than your toenails? That's because your fingernails grow two to three times faster than your toenails. Fingernails grow about one millimeter (that's about as thick as a paperclip) every 10 days or so. But toenails take a month to grow that much!

