

from a special nucleus called the Olive. These slow messages come along when I get upset by the fast messages, when things change as I am learning some new movement. My message goes from me to big nuclei deep in Sarah Bellum and then out to the moving place or other areas so that you can make clean, smooth movements.

"The messages for movements travel down your back to the muscle nerves and out to the muscles. They travel down the spinal cord. Yes, there's electricity in your back! Don't you ever get tingles up and down your spine!"

- A blue spotlight comes on the upper right area, the special place for communicating with your muscles. Two neurons are dressed in the usual way except that one has glitter on its right arm, the other has glitter on its right leg. The arm neuron says:

"Those tingles go right by me! I am a neuron in the spinal cord, this special place for communicating with your muscles. Those tingling messages go down and come back up all the time. They come from several places in the brain, especially the place for moving, and travel back up from the muscles, skin and joints. But before they go by me, I check most of them out before sending them on. Some may go whizzing by, but otherwise I check them out. Many of the messages going by have been changed by the neurons at different levels of the spinal cord.

The leg neuron says:

"I'm a neuron in the spinal cord that sends and receives messages from your leg. I also send and receive messages from the neurons in other areas of the spinal cord such as the arm area. This helps to keep arms and legs working together in synch. In the spinal cord, areas are mapped just as in the brain. For example in the neck, there is a map of the arm muscles. In your chest, there is a map of your chest and stomach muscles. In your lower back, there is a map of the leg muscles.

The arm neuron says:

"If you have an accident off your bike or playing sports or doing whatever, you could break the bones surrounding us here in the spinal cord. This would crush us so much that the messages could not get through, and we would die or become useless. [Both neurons fall down. The arm neuron continues from the ground:] You would then be paralyzed below the level of the crush. Some movement would return, [the neurons begin to move jerkily] but the movements could not be controlled so they would be almost useless. You would not be able to move on your own, under your own command."

- Spotlight fades out. When it is almost gone, an indigo colored spotlight suddenly comes on the next area at mid right. A fairly muscled individual (most likely male) is standing there in a