

THE NERVOUS SYSTEM



The nervous system is a complex network of cells and fibers that coordinate and control the body's activities. 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 primary control center, processing information and sending signals to the rest of the body. The spinal cord acts as a major communication highway, relaying messages between the brain and the rest of the body. Nerves, which are bundles of axons, carry these signals to and from the target organs. The nervous system is essential for everything we do, from simple reflexes to complex thought and decision-making.