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The keyword is "aquaporins". Aquaporins are very, very fine channels in the cell membrane that connect the cell interior with the exterior. The Nobel Prize in Chemistry 2003 was awarded for the discovery of these channels in cell membranes, split equally between Peter Agre "for the discovery of water channels" and Roderick MacKinnon "for structural and mechanistic studies of ion channels". You can find how these discoveries explain the

phenomenon mentioned above here

It's good.
to be truu.