TAKING CARE OF AND CLOTHING THE SKIN

The skin is a sense organ of the body. It is the largest sense organ. When you touch a person's body, you are actually touching his/her skin.

The skin is said to be mass of dead matter. It is the top most layer of the human body. Beneath the skin there are muscles, and fats, and on the surface of the human skin there are hairs. The skin as explained by anatomist is the cross section of the epidermis, the dermis, and the cornified layer and the fatty layer. The biochemistry of the skin explains the skin as a large mass of proteins and fats. The muscles under the skin are mainly made of protein.

The skin covers the body and protects it from external factors like weather, etc.

Taking Care of the Skin

We ought to wash our skin everyday at least twice to remove dirt, using good soap and sponge. Replace sponge at most once every year. We ought to lotion our body. Body lotions are like the food that our skin eats to look healthy.

We ought to oil our skin to protect against the sun rays and the tropical weather condition. If we don't rub oil, our skin would become dry because of the external factors.

We ought to use umbrella to protect our skin further from the sun.

Clothing the Skin

We usually cover and adorn our skin with cloths and their accessories like hat, tie, wristwatch, etc.

In different cultures, there are different kinds of clothes and dressing pattern, however it is good to consider the weather status and the occasion while choosing a cloth to wear to cover and adorn yourself. Categories or kinds of clothes we wear.

- **Underwear.** These are clothes we wear first. They do have direct contact with our skin and are meant to be changed daily as dirt on

them can quickly irritate our skin. Examples are pants, singlet, vest, etc.

- **Trouser.** These are clothes worn on the hips or waist to cover the legs. They could be made of jeans material, chinos material or other cloth material.
- **Shirt.** These are clothes worn to cover the upper part of the body. They usually made to have buttons. Some are short sleeved while some others could be long-sleeved.