THE SKIN

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

The skin is said to be a 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, cornified layer and fatty layer. The biochemistry of the skin explains the skin a large mass of proteins and fats. The muscles under the skin are mainly made of protein.

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

Taking Care of the Skin

We ought to wash our skin every day at least twice to remove dirt.

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 these external factors.

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

~ Good antiseptic would improve skin health

Clothing the Skin

We usually adorn our skin with clothing and its accessories like hat, tie, 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 to choose to wear to cover and adorn oneself. 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, singlets, vests, etc.
- Trousers – 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 are usually make to have buttons. Some are short sleeved whilst some others could be long-sleeved.