

mities called *papillas*, and bear the impressions to the brain; 2° a multitude of small blood vessels, called *capillary vessels* which serve for absorption respiration, &c.; a prick of a pin shows their presence; 3° millions of small microscopic glands which secrete perspiration and eliminate from the body superfluous matter by means of small tubes, the orifices of which are called pores. By these various functions of the skin, it is easily understood what influence it exercises on the interior organs, and how necessary it is to keep it in a continual state of perfect cleanliness (See articles : perspiration and cleanliness in synopsis.)

Q. What is the best means of preserving the skin in this necessary cleanliness?

A. To frequently and carefully wash it so as to cleanse it from the dirty coating which is constantly forming either by secretions which come to the surface or by the many stains incurred by contact with exterior objects.

Q. Is the daily washing of hands and face sufficient?

A. Bathing should also be indulged in. The Mosaic law prescribed bathing as a religious observance; the waters of the Ganges are sacred in the eyes of the Hindoo; bathing in that river is a religious act. Christians should also consider water as one of the most precious gifts