

St. Francis de Sales, St. Liguori recommended it ; and the historian of the life of St. Teresa shows us that amiable saint caressing on her bed of death, the nurse who attended her, adding that the love which the saint had for cleanliness was like a reflection of the purity of her soul.

Q. How and on what should cleanliness be practised ?

A. It should chiefly be practised on the skin, then in connection with clothing and dwellings.

Q. Why should cleanliness be observed chiefly in regard to the skin ?

A. Because the functions of the skin have direct influence on the health of all our organs.

Q. How is the skin composed ?

A. That exterior coating of the body is composed of two coverings: the epidermis and derma.

Q. What is the epidermis ?

A. That exterior pellicle bereft of sensibility which receives neither nerves nor blood vessels. It is easily renewed and serves to protect the derma.

Q. What is to be found in the derma ?

A. In the derma or skin properly so called we find : 1° a marvellous tissue of fine hair-like nerves which receive sensations by their extre-