

matter light, the tint of the skin will be much affected by any change in the supply of blood to the capillaries at the surface of the body. This is the reason why the whites alone can turn pale and blush.

Closely related to the pigment of the skin are the colouring matters of the eye and hair. Dark-skinned people usually have black eyes and hair; fair hair and blue eyes are seldom found except in conjunction with a fair skin; and the eyes and hair of albinos, in whom the pigment of the skin is wanting, are likewise destitute of colouring matter. The pink hue of their eyes is due to minute blood-vessels, whose colour is masked in ordinary organs by the pigment of the iris.

It is noteworthy that the colouring matters of the epidermis and the iris serve a very important purpose; they protect the tender underlying parts from the injurious effects of too much heat and light. Albinos everywhere find it necessary to protect their skins and eyes from the action of the sun's rays. In warm countries they seldom go out except at night. There is this difference between them and other men, that long-continued exposure to the sun, which ordinarily develops a condition of the skin capable of resisting its rays, does not do so in their case. It may here be remarked that, the greater the quantity of the pigment, the less transparent will the epidermis be, and the more effective will it be as a protective agency. On the contrary, the smaller the quantity, the greater the transparency, and the less the protection.

Under certain circumstances the exposed parts of our bodies become tanned, that is to say, an increase in the colouring matter which they contain takes place. Dark whites tan brown, fair whites tan red. The change is caused by the influence of the sun or wind, and is obviously protective in its character, as the unpleasant feelings which result from the first exposure do not recur when we have become thoroughly tanned. This fact, I believe, contains the key which explains the distribution of colour among the races. The climate, or the mode of existence of most races, renders it an advantage to them to begin life more or less deeply tanned.

As an excretory organ, it is the function of the skin to discharge water, carbonic acid and urea—the first in large, the others in small quantities. Perspiration, or the excreting of water with some saline matter in solution, is effected in two ways. In the first place, sudoriparous glands, imbedded in the true skin, secrete sweat from,