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## YOUR PROTECTIVE COVER

The human body has many organs (parts that do special jobs) such as the eye, brain, heart, stomach, and skin. The thin covering of your skin is the largest organ of your body. If you spread out the skin of an adult, it would be about the size of a kid's blanket (20 square feet) and it would weigh 5 to 10 pounds! Your skin is like a very large wrapper that holds you together. It is soft, bendable, strong, waterproof, and self-fixing. When you take a closer look at all the things inside of skin you will be amazed at its fantastic design.

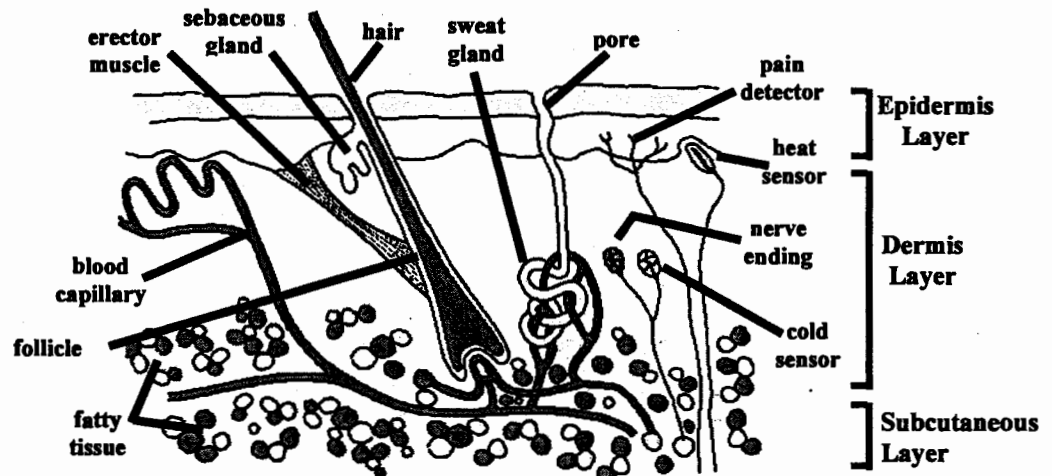
Your skin does a whole lot more than just cover you! Along with fat in the bottom layer, skin helps your body stay warm and pads you when you fall down or run into things. It keeps germs and water out (unless you have a break in your skin) and keeps your body's liquids and minerals in.

The skin is full of nerve endings that tell your brain how something feels...soft, hard, cold, hot, painful, or pleasing.

Special glands (little machines) in your skin make oils that lightly coat your skin, protecting it from germs and giving it softness, shine, and waterproofing. These oils also give gloss and waterproofing to

your hair, which grows out of the skin. Did you ever wonder why your skin

gets all soggy and wrinkled if you stay in the bath too long? It is because these protective oils have been washed away, letting your skin soak up water. Now you still



need to wash, because too much oil can give you pimples!

When you are too hot, tiny blood vessels in the skin get bigger bringing the over-heated blood closer to the top making you look a little red. At the same time, glands in your skin make sweat which comes to the top of the skin. When the sweat hits the air it evaporates or changes from a liquid to a gas, causing you to cool down. Sweat also helps get rid of chemicals the body doesn't need. Even though you can't feel it, you actually sweat a tiny bit all the time.

When you look at the top of your skin you are actually looking at dead skin cells, which although you can't see it, are always falling off. In fact, every minute 30,000 to 40,000 dead skin cells fall from your body; that's about 50 million

skin cells each day! However, you don't need to worry about it wearing out some day, because your skin is always making new layers of live skin cells from below which keep pushing the older cells to the top where they die. It takes about 2 weeks to a month for new skin cells to make their way to the top.

Your skin also makes stuff called melanin, which gives your skin its color and protects you from the sun's harmful rays. People are all the same color, just

different shades of that color. The more melanin you have, the darker your skin. Being in the sun causes your skin to make extra melanin for protection, giving you a suntan. Careful...too much sun will burn your skin!

There is so much more to skin. The inside organs of the body depend on the outside skin, and the outside skin depends on the inside organs. Neither could ever live without the other. Evolution teaches skin came about by chance and accident? Yet only an intelligent designer could have created the wonderful garment that covers you! Only God.

*"Thou hast clothed me with skin and flesh, and hast fenced me with bones and sinews."*  
Job 10:11

O D O E T L T O S N A E E D F E L E  
 T H C E B E I S U F S C O C A P T G  
 P R G L S T S W B A T O R O N I R I  
 T S H U R A S E C T L I R L J D O O  
 I L E E O E U A U B N R S D P E O S  
 T A O B A U E T T N O O S R E R U H  
 H C A P A T H Y A T E I A E E M O P  
 A D P O N C T D N O A R O R N I S C  
 I R C R D T E S E S F A V C E S Y B  
 R D A E A D Y O O H S Y E E I L O O  
 F E U F E V A A U F O L L I C L E R  
 A D I D L E N T S S R E S S G S H E  
 A N N A D E T E C T O R A L L I L O  
 P T S O Y R I N H R S P R A A O U Y  
 D W E R E C T O R E E S A Y N M O H  
 C A P I L L A R Y O S H E E D N T O  
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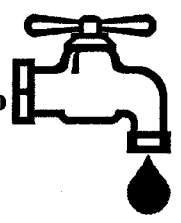


Dead skin cells make up about 70 to 90% of household dust.




When melanin cells get bunched up in a pile, they form a freckle!

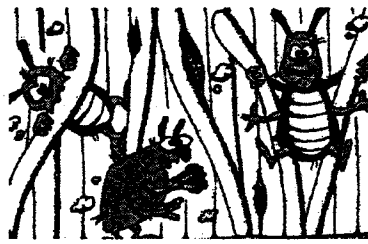
Skin is 35% to 90% water!



Look for the words hidden in the puzzle from the words in the box below. The hidden words might be up, down, sideways, or slanted (not backwards). All the words come from the diagram of the skin on the other side.

**WORD LIST**

- |           |              |   |
|-----------|--------------|---|
| BLOOD     | HEAT         |  |
| CAPILLARY | LAYER        |   |
| COLD      | MUSCLE       |   |
| DETECTOR  | NERVE        |   |
| ENDING    | PAIN         |   |
| EPIDERMIS | PORE         |   |
| ERECTOR   | SEBACEOUS    |   |
| FATTY     | SENSOR       |   |
| FOLLICLE  | SWEAT        |   |
| GLAND     | SUBCUTANEOUS |   |
| HAIR      | TISSUE       |   |



There are over a million dust mites, (tiny critters invisible to the naked eye) on your mattress and pillow, munching on the dead skin cells that fell off you last night!

The skin sweats about 2 pints of water and salt each day.



Each square inch (about the size of a postage stamp) of human skin consists of 19 million cells, 60 hairs, 90 oil glands, 19 feet of blood vessels, 625 sweat glands, and 19,000 sensory cells!

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