

15 The skin, and temperature control

1 From the list below, select the most appropriate words or phrases to complete the following sentences.

- (a) Our skin protects us against(A)and(B).....
(b) Our skin helps to control (C) and(D)

touch and pressure, ultraviolet light, bacteria, evaporation of water, heat from the sun, body temperature.

2 Name the two main layers of the skin.

3 What are the main functions of (a) the basal (Malpighian) layer, (b) the cornified layer of the skin?

4 Make a list of the structures you would expect to find in the dermis.

5 What are likely to be (a) the coldest, (b) the warmest parts of the body?

6 What, approximately, is the normal range of body temperature?

7 List the ways in which the body might lose heat.

8 What (a) internal, (b) external events contribute to gain of heat in the body?

- 9 (a) What is 'vaso-constriction'?
(b) What are the effects of vaso-constriction in the skin?

10 Why should shivering contribute to heat gain in the body?

- 11 (a) What is meant by 'vaso-dilation'?
(b) What are the effects of vaso-dilation in the skin?

12 Sweating, by itself, will not cool the body. What has to happen to sweat if it is to have a cooling effect?

13 What do you understand by the term hypothermia?

14 Name two ways in which the chances of hypothermia can be reduced during outdoor activities.