

# A Practical Talk

## “Skin Disorders”

The Skin is generally considered as merely an outer covering planned to protect the inner structures. It serves this purpose but it has a number of other important functions, viz.: Respiration, Temperature

Regulator and as an organ of Touch or Sensibility.

It is said that the Skin, on the average adult, measures about seventeen and one half square feet. It covers every exterior part of the body. It is a non-conductor of heat and thus protects the body against great changes in temperature. It contracts and expands according to condition. Here we see that when the temperature is lowered, the Skin contracts sharply, leaving the

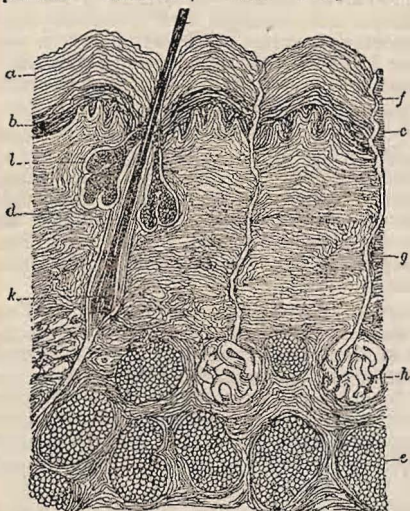


FIGURE A.

Cross Section of Skin Greatly Magnified.

- (a) Epidermis, or scarfskin. (b) Rete muscosum, or rete malpighii. (c) Papillary layer. (d) Derma, corium, or true skin. (e) Panniculus adiposus, or fatty tissue. (f), (g), (h) Sweat-gland and duct. (i), (k) Hair, with its follicle and papilla. (l) Sebaceous gland.

hairshafts sticking up above the surface. These are usually called “goose pimples.” The Skin will also quickly contract in cases of great heat. With average temperature, it relaxes to a normal tension. When in this normal state, the Skin perspires and through evaporation of this moisture, causes coolness, thus maintaining an average temperature.

In cases of injury, the Skin stands the greater part of the shock or blow; hence we see another way in which this wonderful organ serves as a protector of the body.

Sense of Touch is another important function of the Skin. The Dermis or True Skin contains a multitude of delicate sensory nerves. Through the messages carried by these nerves to the Brain, we recognize and remember the shape, size, temperature and general characteristics of objects. In cases of injury, they serve as

a warning and immediately telegraph the Brain for aid. Hence, if the finger comes in contact with a hot stove, the Skin contracts and through its sensory nerves warns the Brain. At once an impulse is flashed to the motor nerves controlling the arm and the hand is pulled back. All of this happens in the minutest fraction of a moment! Hence we see that the Skin is a most important organ of the body—but if it is not healthy and normal it will not function properly and the delicate nerves, glands and other structures, may be seriously impaired.

It is also an organ of breathing or respiration. It is said that a frog breathes through his skin. The Lungs are the principal organs of respiration in the human family; but the Skin is an important adjunct. This is one of the reasons why cleanliness is essential for the maintenance of health for, if the skin is congested with impurities and the outer Skin-scarf covered with dirt, it cannot breathe—it cannot protect the body against temperature changes and it cannot carry out its most important function of Excretion. It is said that if the entire body were to be enameled or the Skin otherwise completely covered, death would quickly result.

The Skin is constructed of three layers, the first being the outer Scarf-Skin or Epidermis. There is no sense of feeling or circulation in this outer layer. Second, comes the pigment or color layer, called the Reta Mucosum. The state of this part of the Skin determines its color; hence we have blondes, brunettes and the many variations of white, black, red, brown and yellow. Climate is an important factor in determining the structure of this layer.

The third layer of the Skin is the Dermis or True Skin. It is a wonderfully constructed organ abounding in glands, nerves, ducts and capillaries. In this part, we find a multitude of sweat glands connected with the outer Skin by long spiral ducts, ending in a so-called Pore. The hair roots also are found in this part of the Skin accompanied by blood vessels and oil glands. These glands, besides feeding the hair, help to maintain the elasticity of the Skin.

It is said that the Sweat Glands number about two and one-half million. One can realize, therefore, the importance of these glands in removing certain impurities from the body. Human perspiration usually tastes very salty. This material is quickly and easily soluble in water and can be eliminated through the Skin much more quickly and with less injury than through the Kidneys. There are, of course, other body waste matter eliminated through the Skin—but when the other organs, viz.: the Liver, Bowels, Kidneys and Lungs, fail to perform their full task, Nature attempts to send the accumulated impurities out through the Sweat Glands in the Skin. Congestion is the result—because the Skin is not equipped to handle all classes of body wastes.

However, an attempt is made but the Sweat Glands cannot supply enough moisture to retain the impurities in solution—evaporation takes place; the waste matter remains in the pores of the Skin and, if it is not forcibly removed, putrefaction takes place; little pus centers form and enlarge and inflame the pores. A small portion of the matter presses to the surface and by contact with the air becomes blackened through oxidation. This is the well-known Blackhead.

In due time, this condition becomes chronic. The



FIGURE B.  
Internal Stagnation Ruins the Skin.

and Blackheads, but officially it is known as—Acne. There are a number of variations of this disease and the number and kinds of Skin Diseases are almost endless. However, Acne presents the average condition and its cause—Impure Blood and Internal Stagnation, is the cause of almost all disorders of the Skin. The others, of parasitic origin, could not get a foot-hold in the Skin if the blood were pure, the resistance and vitality normal and the Skin in a condition of average functional health. Therefore we see that the condition of the Skin is dependent upon the general constitutional condition. It is a well-established fact that internal muscular strength, upon which the Strongfort Principles are based, is essential for the maintenance of normal health in every part of the body and mind.

The very Keystone of Life is Activity and, as activity is dependent upon muscular motion, it is evident that Muscular Motion or Muscular Activity is Essential for the Normal Maintenance of the Life Processes.

Upon investigation we find in every part of the body striking proof of this fundamental truth. The Heart is almost entirely a muscular bag; the Bowels function largely through activity of the complicated muscular structures contained in their walls; the function of Breathing or Respiration is carried on through the action of involuntary muscles, viz.: the Diaphragm, the muscular tissues surrounding the Ribs, etc.; and so it is with other organs and functions. But the Heart, Lungs, Kidneys, Stomach and Bowels are particularly important because we have in them the most important organs of Digestion, Assimilation, Elimination, Circulation and Respiration—all of which are factors in determining the quality and quantity of the Blood. The Blood is the life fluid and all organs obtain their nutrition and strength from it; therefore, the organs named are the corner stones of Existence and,

Pore which, by the way, is merely the outer opening of the Ducts of the Sweat and Oil Glands, becomes generally swollen—it now contains a great deal of pus with the original Blackhead as its center. It rises high above the Skin as a red, inflamed lump with a white top.

This condition, which we see is the result of defects in the functioning of the other organs of elimination, is commonly called Pimples

if one or more of them fail, the Skin and every other part of the body will suffer!

It has been shown that these organs function through virtue of the internal muscles—to keep them healthy and normal, we must maintain the contractile power of the internal muscles. This can only be accomplished by the application of scientific muscular activity and natural law. STRONGFORTISM, the Science of Normal Health and Strength, is based fundamentally on the theory of internal muscular strength and, hence, must be resultful in preventing and overcoming Skin Disorders.

There are many diseases of the Skin that act somewhat differently from Pimples and Blackheads or Acne. I refer in particular to Eczema and Scrofulous Disorders. These diseases usually cover large areas of the Skin. Small pustules form and break thus spreading the disease which finally develop into large, scaly patches. Some forms are dry and scaly, while others are moist and pulpy. Whatever the outward symptom variations, Eczema, Acne and most other Skin Diseases are the result of constitutional defects and can be relieved by purifying the Blood, revitalizing the Nerves and overcoming functional defects. Scientific muscular activity, as outlined in the Strongfort Movement correct diet and general attention to natural law, will eliminate these disorders and provide for a clean, healthy Skin that will be capable of carrying out all of its vital functions.

Millions of people waste their time and money with Creams, Skin Foods, Lotions, Skin Soaps, Paint, Powder, etc., in a vain effort to win a good complexion. The rubbing in of so-called Skin Foods is one of the most glaring frauds. The character of the Skin prevents most foreign substances from passing through; therefore the only value obtained from this process is the rubbing which betters the circulation, thus slightly relieving congestion.

Paint, Powder, etc., prevents the Skin from Breathing, stops up the pores, interferes with the action of the oil and sweat glands and cause pimply, blotchy, dead-looking Skin; but these are not the most injurious. There are a number of fakery who defraud the people (usually the fair sex), with powerful bleaches and astringents. These dangerous materials purport to



FIGURE C.  
A Clean Skin Indicates Clean Blood and Sound Health.

make dark skin light—light skin ruddy and turn Nature's Laws inside out. The result is painfully obvious on the streets of every town and city.

Briefly, everybody, everywhere, is struggling to win good looks, healthy abundant hair, clean rosy skin and mere physical beauty—through artificial means. The most desirable beauty radiates from a strong, vigorous body, functioning harmoniously, pure rich blood and normal nerve energy. These attributes are the common heritage, of all—rich and poor alike.

You cannot buy them at the Drug Store—you cannot paint them in or attach them, artificially—these must come from internal and external health and can only be accomplished through scientific muscular activity, correct diet, bathing, walking and general adherence to natural law. These are the directions that you will find in the Science of Strongfortism which has won renown in every corner of the Globe!

Pay a frank visit to your mirror—take a good, long look at yourself and then honestly decide whether you blame anyone for not wanting you around, or consider them unjust if they label you as neglectful in every way, as your face would seem to indicate. Without a doubt, any man or woman, girl or boy, is seriously handicapped if the face is covered with unsightly pimples and blackheads.

Pimples, blotchy skin will hold you back in social life and in business. You cannot invite confidence with such a handicap and you cannot expect anyone to be very fond of you with these unsightly blemishes in full view.

But you need not go on with such a burden. There is relief for you—not in dangerous skin lotions and greasy creams—you must go to the root of the difficulty and attack the case, which is ninety-nine times out of a hundred—Constipation or Indigestion. Not until your Stomach, Liver, Bowels, Kidneys, and, in fact every organ of your body is functioning naturally, can you obtain pure blood and vital nerve impulse. Drugs, skin creams, etc., cannot do this and never could. Therefore, if you are wasting your time and money on such preparations you will have only yourself to blame if you continue to suffer from nasty, ugly Blackheads and Pimples.

STRONGFORTISM has been eminently successful in removing this unhealthy and unsightly condition of the Skin. I can plan a Course suited to your individual needs which will develop you externally and internally in very part, stimulate the function of every organ, overcome Constipation and Indigestion. When this is accomplished your blood will be enriched and purified; every organ of elimination will be completing its full task; the Skin will be relieved of its heavy burden and Nature, thus assisted, will remove the deposited impurities, upbuild the skin with rich, red blood and vital nerve impulse and then you can enjoy all the pleasure and happiness of a clean, wholesome complexion and you will feel good and look good.

ENROLL TO-DAY for a special Course in STRONGFORTISM and rid your body of the skin blemishes that are holding you back mentally, physically, socially and financially—in addition you will gain lasting Health, Strength and Vigor from living the STRONGFORT WAY.

# Strongfortism Brings Vigor & Health Complete

**SKIN TROUBLE OVERCOME, CONSTIPATION  
DISAPPEARED AND NERVES MUCH BETTER.**

Alamosa, Colorado,  
March 19, 1924.

Mr. L. Strongfort,  
Newark, N. J.

Dear Sir:

When I took up your method, I weighed 150 pounds and now, after completing it, I weigh 185 pounds. Also, when I began, I was constipated and nervous, and was troubled with an obstinate skin trouble. The constipation has disappeared, nerves are much better and the SKIN trouble is practically overcome. You may use this letter to aid others in realizing the benefits that may be derived from Strongfortism.

Yours truly,

S. P. DUNLAP.

**PIMPLES AND BLACKHEADS ALL GONE—GAINED IN  
HEALTH AND STRENGTH.  
STRONGFORTISM SUPERIOR TO ALL OTHER  
METHODS.**

Claremont, New Hampshire.

Dear Mr. Strongfort:

I received my last lesson some time ago and am glad to tell you that I have changed so much for the better that I don't know where to start to enumerate the benefits obtained.

I have grown much stronger and the Pimples and Blackheads are all gone. My color is good and my health is splendid. I think your course is superior to all others. I now believe that Nature will right any wrong if given a fair chance and proper aid.

I thank you sincerely for your great help and remain,

Your grateful pupil,

CARL W. PANKRATZ.

**KIDNEYS WORKING NORMALLY, RID OF THAT  
BLOTCHY SKIN.**

Sandal, Wakefield Yorks, England,  
March 10, 1924.

Dear Mr. Strongfort:

It is somewhere near twelve months ago that I commenced on your Course of Scientific Physical Training and am pleased to say that it certainly supercedes the pill and drug habit which is so lavishly advertised in our numerous daily papers. I am pleased to say that you have been the making of me. I am getting along very nicely and my internal organs are far on the progressive way. I do not need to use any purgatives or salines any more, for my Constipation is now overcome and my kidneys are working normally, causing me to get rid of that blotchy SKIN and the unsightly skin disorder with which I was troubled, thanks to your progressive method of self-development. I shall always look forward to you for some timely advice.

Yours faithfully,

JOHN R. MILLER.

**LIONEL STRONGFORT**

*Strongfort Institute*

NEWARK,

NEW JERSEY