Lancaster Farming, Saturday, Oct. 19, 1974–23



Francis Goring is a Trojan corn researcher from Windfall, Indiana. Here he manipulates his specially modified one-row corn picker through

a row of one of the 52 varieties planted on the Charles Cassel farm, Lititz.

YOUR AMAZING SKIN

It's the body's largest organ-one of the most ingenious collections of "equipment" on the face of the earth--yet few people really know how the skin works,



why skin problems arise, or what to do about them.

If you're like most people, you have about 17 square feet of skin, which weighs a little more than six pounds. Its thickness ranges from 1/8th to 1/32nd of an inch.

The skin has between two and three million sweat glands. Many people think that these glands put out visible perspiration only when the body needs to be cooled, but actually the process is more complex. Most of us are probably always sweat-ing. Scientists call it "imperceptible perspiration" which cannot be readily seen. We also sweat in reaction to emotional situations, like

Sweating caused by high environmental temperatures is more familiar to most of us. When the temperature is high enough, blood in the skin becomes heated and heads for the temperatureregulation center in the brain. There a message is sent to the skin: increase perspiration. And increase it does as the sweat glands go into action. The process is continuous, even though we aren't always aware of it. Even during the cooler months, the sweat glands perspire about a quart a day.

In 'addition to temperature regulation, the skin performs a variety of other useful functions Most people, for example, have heard that the top layer of skin is made up of dead cells. But less

anger or fear or excitement. to the sun.

Many people find themselves at a loss because of another skin problem--dandruff. This disease is caused by excessive secretion of the skin's oil-producing glands. Physicians blame it on a variety of reasons: constitutional predispositions, infections, or changes in the behavior of internal glands, but

Eugene Hoover, Lititz, local Trojan seedman, proudly displays a brimming handful of his company's

well known is the great value of these dead cells. They can't be easily infected and therefore serve as an invaluable shield against bacteria, viruses and other threats to health.

Another little known skin function is performed by highly specialized cells in the skin that produce a pigment--melanin--which is responsible for darkening the skin. Oddly, though many people believe that this darkening is entirely responsible for increasing the body's resistance to the sun, the thickening of the skin is also responsible. In fact, a thick skin is an excellent defense against sunburn and for good reason. Prominent dermatologists maintain that sun can cause premature skin aging. They also blame dry, coarse and leathery appearance of the skin, pigmentary changes and wrinkling on too much exposure

product, grown for testing on the Charles Cassel farm just outside Lititz.

many agree that the treatments should include proper rest, exercise and hygiene and a thorough hair cleaning

at least once a week with a good anti-dandruff shampoo containing pyrithione zinc.



FROM **BOU-MATIC TECHNOLOGY**

