

Acne -- Most Common Of Skin Diseases

Plumblin

By J.D. SHACKELTON

If you have acne, or if you've ever had it, you're not alone. Acne is the most common skin disease people get. While its occurrence is most common during the teenage years, it is not unusual for the condition to show up in adults and even children.

Acne is a disease of the sebaceous glands and their hair follicles or roots. These are most common on the face but are also found on the back, chest and upper arms.

Normally the glands

produce an oily substance called sebum which rises to the top of the hair follicle and flows out onto the surface of the skin. The purpose of this oil is to keep the skin and the hair from becoming dry and brittle. The basic problem of acne is that the pores through which this sebum passes become plugged, trapping the material beneath the skin.

As this sebum builds up under the skin surface the blocked pore results in a whitehead and later in a

blackhead as it becomes mixed with bacteria and pigmented skin cells. Whiteheads and blackheads are non-inflammatory. That is, while they are a cosmetic nuisance they will generally not cause substantial scarring.

In more serious cases of acne this accumulated sebum and bacteria, trapped beneath the skin surface, ruptures into the deeper layers of the skin causing an inflammatory response. The result is a series

of red lesions which are tender and sore. Worst of all, they often heal slowly and leave considerable scarring, both physically and psychologically.

It is important to note that diet plays no role in the treatment of acne. Too much chocolate might give you a couple of cavities and a few extra pounds but it will not cause you to have acne.

Proper care and treatment of acne involves careful attention to how you treat your

skin. Never pick, scratch or squeeze whiteheads or blackheads. To do so might rupture the pimple and transform it into an inflamed and potentially scarring lesion. For proper cleansing of the skin there are a number of commercial medications available to aid in acne treatment. As for makeup, oil-free cosmetics are recommended.

In many cases, mild forms of acne will respond well to these medications and there

will be no significant scarring. However, in more severe cases where the disease does not respond to these preparations and where there is evidence of scarring, a dermatologist should be consulted. A dermatologist is a physician who specializes in the care and treatment of skin disorders.

While there are a number of medications a physician can prescribe for acne, it is important to treat this condition early.

And as Jesus passed forth from thence, He saw a man named Matthew sitting at the receipt of custom; and He saith unto him, Follow Me. And he arose and followed Him.—Matthew 9:9.

Be ye therefore followers of God, as dear children—Ephesians 5:1.

Following can be done in one of two ways. We can imitate like monkeys, attempting by outward action to reproduce what we see; or we can imitate as children. The first kind of following is ludicrous and artificial. The second kind is delightful and natural.

Children follow the example of their parents not only because of what they see, but because they have the nature of the parents in them by birth. That makes all the difference in the quality of their imitation. In order to follow God, not as religious monkeys but as dear children, we need His nature in us. We must be born from above by His Spirit.

Being born again is not the goal of believing the Gospel any more than being born is the object of physical life. Neither are we only to think of heaven as the reason for being born from above. We are to be born again for one reason only — to make us delightful and natural followers of our Lord. The proof that I am born from above is not in an experience I once had at a church altar, but in the fact that I am more and more like my Father in heaven. Many of us plug ourselves into a formula we have about salvation and then say we are born again. But God's Book lays the axe to the root of the tree: "For as many as are led by the Spirit of God, they are the sons of God." (Romans 8:14).

Those who hold Jesus to be only a great teacher say that we should imitate His life and teaching. But Jesus says we cannot do it until we have His life within us. The call of Jesus is the call for us to abandon our former pursuits and let Him replace the old life entirely with His life.

When Matthew abandoned his tax table he did something very significant. For him, following Jesus was no mere sentiment, no more change in philosophy or religious opinion. It was a radical severing of the man from his life's ambitions and the total submission of his life to the control of another. If Jesus Christ is not God, then Matthew has lost all, for he held nothing back.

Religion is the shallow and mechanical imitation of the outward forms of Godliness, or what we think is Godliness. This can vary from the serenity and propriety of "high church" worship to the ignorant and restrictive burdens of legalism. The distinction between the two is only cultural and totally outside; inside they are brothers.

If we are born again, the Holy Spirit is making the rule of Christ more and more practical and effective in our lives. Are we following Jesus by letting Him have that personal control of our daily

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