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For those New Bernians who have already had their first case of sunburn, and for those who haven't, a few pointers from the American Medical Association are worth passing along.

Actually, a good suntan has little or no physiological value. But there is a therapeutic result in the sense of relaxation and well being gained from basking in the warm sunshine down at Morehead City, or along the shores of our Neuse and Trent rivers. The idea is not to overdo it.

An over-exposure to hot sun can cause burnis, as almost everyone knows. Less known is the fact that continued over-exposure over a period of years can cause the skin to look weather beaten, wrinkled, leathery and coarse, in texture.

Human skins vary a great deal in the amount they can stand. Redheads, blondes, brunettes, blue-eyed, fair skinned and (literally thin-skinned) people need to be especially wary of direct hot sunlight. Dark-skinned, dark-haired, dark-eyed persons have more immunity—but no complete immunity—from sunburn.

The time of day of exposure is important. The burning ultraviolet is most intense from 11 a. m. to 2 p. m. No sunburn is likely before 8 a. m. and after 4 p. m. High noon is the hottest time of the day for sunburn. Rays from sand and water can burn, even though you may not be directly exposed.

First day, expose skin to sun for 15 or 20 minutes. This means 15 or 20 minutes each on face and back, and the time on which these figures are based is 8 noon. Second day, increase exposure by one-third, to a little less than half an hour. Third day, again increase by one-third, to from 30 to 40 minutes. And so on.

By the fourth dy, a new pigment should begin to darken your skin. In a week you should have enough skin thickening and pigmentation to give considerable protection against burning sunshine. As individual sensitivities differ, you must to some extent learn for yourself how much sun you can tolerate.

As you can see, it is wise where possible to already have a suntan before you go on your vacation to the beach. That isn't the most convenient thing in the world, if you're a New Bernian who works every day for a living. Prepared or not, we aren't foolish enough to believe that you'll spend just 15 or 20 minutes in the sun when you first get to the beach for a week or two of relaxation.

Most of the suntan lotions, according to AMA, contain chemicals called sunscreens, which absorb various wave lengths of burning ultraviolet rays to various degrees. The better lotions allow you to stay in the sun longer with less risk of burning.

They do not keep out all radiation, or else you would never tan at all. There's no really good way to tell which of



ONCE UPON A TIME—If you're a newcomer to town, or young in years, you never saw the Stewart Home that stood on what is now a parking lot at the northeast corner of Pollock and Craven. Long before its decline and demolition, the sprawling frame residence was surrounded by the picket fence seen here. You're a real oldster, with a good memory, if you recall that fence. In those distant days, what is now New Bern's City Hall, at the intersection's northwest corner was the local Post

Office, housing the Federal Courtroom in the second floor. Many a trial was held there. Best remembered of the judges who held sessions was Elizabeth City's stern but witty jurist, I. M. Meekins. He seasoned justice with droll humor, but never let it interfere with stiff punishment. The Stewart Home, in its twilight, was an object of neglect, but to the last it seemed to reach out for charm forever lost.—Photo from Albert D. Brooks Collection.

