

Sense In The Sun

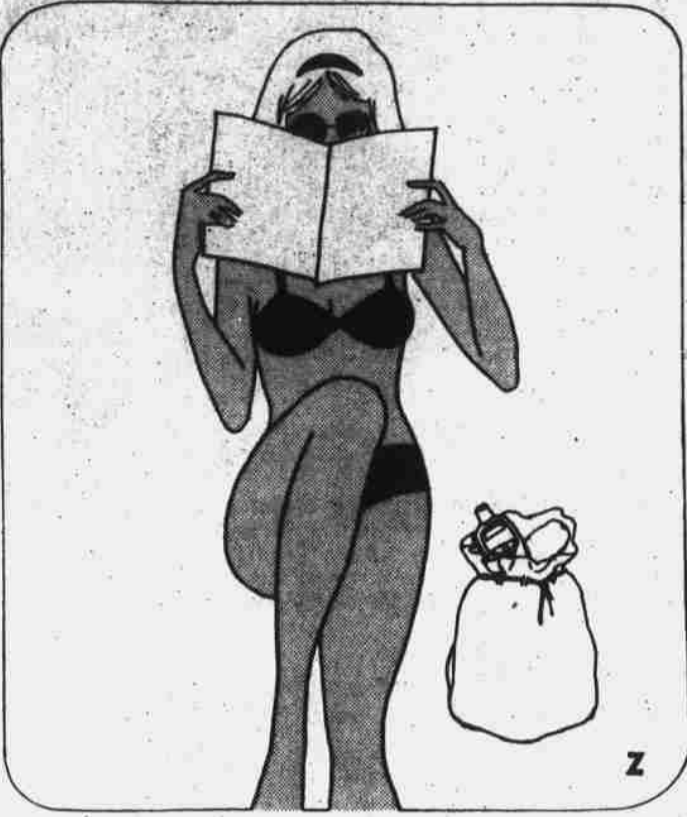
NEW YORK (ED) — The recipe for a successful summer includes a dash of exercise, a dose of sunshine, lots of outdoor activity. You never wet your toes? Be advised that swimming is one of the best body beautifiers. Swimming can burn up approximately 450 calories an hour... and what a great way to get in shape after a long winter.

When you mix water with summer fun ingredients, don't neglect sense-in-the-sun. A healthy helping of common sense can keep painful sunburn out of your life, turn a blah body into a portrait of tan health.

How can you acquire a tan people notice? The makers of Coppertone suggest:

Spend a few minutes each day for several days in your own backyard until your skin becomes "sun-conditioned." This moderate approach before you head for the beach will help you tan without burning.

Use a tanning preparation whenever you're outdoors. (You can burn playing golf,



THE WELL-TANNED WOMAN doesn't neglect the basics such as sun-glasses for her eyes, and liberally applied tanning lotion for her skin.

you know.) And reapplly often, especially after swimming. Your skin burns when you sit too close to a light bulb? You're ultra-sensitive, so choose a product formulated for fair skin, sun-sensitive types... one with extra protective power.

Wear protective gear... a floppy hat to hide your hair from sunrays, tinted glasses to prevent squinting, after-swim coverup. Add common sense to your summer fun recipe, and your dessert will be the best tan on the beach.



SUNSHINE isn't reserved for beaches. If you're an active sportswoman, protect yourself on the links with a tanning product.

Save Your Youngster's Tonsils

Your tonsils—often maligned and frequently removed—may be worth saving after all. That, at least, is what a growing number of pediatricians are telling parents, some most forcefully.

The strongest protest comes from academic pediatricians who say adenotonsillectomies, removal of tonsils and/or adenoids, should rarely, if ever, be performed.

Another View
Another group, in the main clinical pediatricians, believes the operation is useful in only about 2 to 10 per cent of children.

But currently this procedure is prescribed for more than 1 out of every 5 children, and performed on more than a million annually, says the Health Insurance Institute.

The current reservations over tonsil removal are based, in part, on the fact that in many cases diseased tonsils can now be treated by antibiotics.

There have also been some disconcerting findings about the removal of tonsils and the body's natural immunity mechanism.

Recent studies indicate that when the tonsils go so do a good many antibodies against bulbar polio. In addition, people without tonsils seem to be three times more likely than those with them to develop Hodgkin's disease.

Dr. A. Frederick North, Jr., of Washington, D.C., visiting professor of pediatrics at the University of Pittsburgh School of Medicine, provides an example of anti-adenotonsillectomy thinking.

"If I could issue a decree," he says, "I'd declare the T&A



an experimental procedure, equivalent to the FDA definition of an experimental drug to be used only in controlled trials.

"I think that maybe one child in a thousand should have it." He adds:

"Physicians who perform T&As see the operation as relatively benign, with very few deaths, or complications.

"Since the operation is so safe, they think: 'Maybe the kid ought to have the benefit of the doubt, and health insurance will pay the bill.'"

But it is estimated that the procedure causes from 100 to 400 deaths each year.

And often enlarged tonsils bother parents more than they do children, say medical authorities.

This occurs because tonsils usually undergo rapid growth at the onset of puberty, reaching adult size in a relatively short time. This is definitely not a sign that they must go.

The Colorado Medical Society offers this advice for parents:

• Don't pressure your doctor to take your child's tonsils out. Let the decision be based on sound medical evidence.

• Snoring is not a good reason for removing tonsils.

• Enlarged tonsils may be related to allergies rather than infections.

• Removing the tonsils will

MAKE IT A SAFE VACATION



A dose of precaution is the best medicine for guaranteeing that you'll get back from your holiday abroad safe and sound instead of sad but wiser.

Sunburn, for instance, is one of the commonest afflictions but also one of the easiest to prevent. The American Medical Association's advice to adults: 20 minutes maximum in the sun the first day with a 10-minute increase during the initial week — and half that dosage for children. As supplementary measures, wear a broad-brimmed hat and apply suntan lotion freely.

And keep your best feet forward, whether you're exploring castles on the Rhine, climbing Mexico's Aztec pyramids or poking through Corfu's Greek ruins. One foot blister can sideline you for the duration of your vacation. So be sure your shoes fit properly and that you wash your feet and change socks often.

Tourist tummy and similar gastric distresses are best headed off by patronizing hostels such as Holiday Inns, whose worldwide chain not only maintains American sanitary standards but keeps local doctors (as well as dentists) on call system-wide.

In most of Asia, Africa and Latin America, it's also wise to check drinking-water purity and avoid uncooked vegetables in folk restaurants.

THE AMERICAN WAY BIGGER AND BETTER
As the homeland of natural and man-made wonders, America has produced phenomena that stand head and shoulders above the rest of the world.

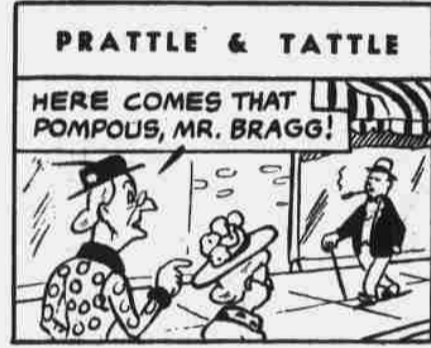
For instance, the planet's most massive living thing is California's giant sequoia, "General Sherman" — 272 feet tall and 101 feet in circumference at the base. The tree contains enough timber to build 10 five-bedroom bungalows.



Stamp Of Approval
When the first Holiday Inn opened in the newly independent nation of Lesotho, the government was so pleased that it issued a commemorative postage stamp bearing a picture of the 238-room vacation facility.



"HELLO. WOULD YOU TELL US WHERE WE CAN TRADE THIS ON A DUSTER."



the flying willoughbys



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