

Tanning Salons Catching On, But Also Kindling Concerns

by Colleen Heild, CCRS Writer
Copyright 1980, The Collegiate Consumer Reporting Service

Tanning can now be as easy as taking a shower -- but perhaps a bit more risky.

Like in showering, you can stand quietly in a small, rectangular enclosure for a minute or two bathing. But bathing in the heat of ultraviolet light instead of water.

And like in showering, where you come out a bit cleaner, the commercial tanning salon booth leaves one a bit browner.

But just as too much showering can leave a person a little wrinkled, and a badly designed or incorrectly used shower can cause injury, tanning and tanning booths can also be risky for some people, experts warn.

"Tanning booths are all right if you want to get cooked," warned Dr. Fred Urbach, a leading skin specialist who stresses the hazards of using ultraviolet lamps for a quick tan.

The tanning salon industry, however, claims the rays received in the booths are no more dangerous than those emitted from the sun.

Still, the Federal Food and Drug Administration is concerned. Parlors specializing in nothing but bronzed bodies are mushrooming around the country, with more than 1,000 in operation. And as a result of the "tanning boom" and based on investigations of

alleged injuries received in the booths, safety guidelines have been estimated by the FDA. Spot FDA inspections of parlors also will soon begin.

In addition, a group of 14 dermatologists from the American Academy of Dermatology issued a warning Dec. 5 against the use of tanning booths.

This panel of photo-biologists, who specialize in the sun's effect of skin, stated that tanning creates dry, leather-like skin, purple blotches and scarring. Overexposure to ultraviolet rays often leads to skin cancer, they claimed. "Tanning is medically harmful," said Urbach, who is a Temple University dermatology professor. Speaking for the panel, Urbach added, "We don't think a tan is good for you. It's a status symbol."

The physicians also maintained that commercial tanning salons offer no adequate pre-tanning examination by a competent doctor. As a result, people with chronically sun-sensitive skin will be allowed to use the tanning facilities, taking the risk of irritating their skin, they said.

Those with a sunburn may receive further injury by tanning in the booths, and persons taking certain medications whose ingredients increase skin sensitivity, such as tetracycline and oral contraceptives, should also avoid

the salons, they said.

The doctors concluded that persons especially susceptible to harmful effects from ultraviolet rays are usually light-skinned, blue-eyed and fair-haired, leading Urbach to claim: "The people who can't get a tan want a tan the most."

The Academy and the FDA plan to develop a brochure to warn tanning booth consumers of the potential hazards involved.

In November, the FDA sent letters to manufacturers and operators of tanning booths, suggesting that special controls be implemented "as soon as possible," said Bill Rados, an FDA spokesman. The controls include: timers in the booths, goggles for the users, and a warning sign posted to list the possible dangers of overexposure. Ultraviolet bulbs used in the booths should also be partly shielded, the FDA recommended.

The FDA also advocates blocking off the booth with lines so consumers will know where to stand. Hand rails and proper ventilation to assure temperatures remain under 100 degrees are also suggested.

"A worrisome number (of booths) didn't have these" before the FDA issued the guidelines, Rados said. "I don't know how many have them now."

If the operators fail to comply with the safeguards,

FDA inspectors could cite the tanning salons and conduct follow-up inspections. And if the FDA still isn't satisfied, "The options include seizing the establishment or taking them to court. We have the force of the law behind these suggestions," said Rados, who added that initial spot inspections will be made in the coming weeks.

Since August 1978, when the first salon opened in Searcy, Ark., the FDA has received about nine complaints and several reports of sunburn injuries. One person reportedly started to faint in a booth and fell into an ultraviolet bulb. Some persons recently have complained that the bulbs burned their eyes, said Rados.

Immediate tightening of safeguards was recommended because a quick tan is apt to appear attractive in the winter months, Rados said. In addition, the salons would be especially popular with persons who want a slight tan before traveling to the beach, he said.

While the salons appeal mostly to customers between the ages of 18 and 45, persons in their seventies and eighties also use the booths, said Susan Barden, vice-president for Tantrific Sun, Inc., the largest and oldest salon franchiser, located in Searcy.

In response to the dermatologists' warning, Barden said: "It (a tanning booth) is the same thing as the sun. Dermatologists have been

telling people for years to stay out of the sun but are now concerned with tanning booths because they're a new thing."

"I've had a lot of dermatologists send us their patients (for treatment). Dermatologists use the same bulbs as we do."

The dermatologist panel acknowledged that some doctors use ultraviolet light for acne cases, but said the treatment is not extensive enough to produce a tan or burn.

Barden said the FDA recommendations include "a lot of things we were already doing." At the estimated 90 Tantrific salons around the country, for example, a prospective customer must be screened by a booth operator and a computer before being allowed to enter the booth.

Many factors can influence the amount of exposure needed for a safe tan. "Even drinking a diet soda one-half hour before entering the booth can make a difference," she said.

While clients may spend up to 10 minutes in the booth, most usually begin with one minute of exposure and build their tan gradually, she added.

She said persons determined to be unfit for tanning are turned away at Tantrific salons, particularly if a person had skin allergies or a past history of skin cancer.

Tanning salons usually charge \$35 to \$50 for 20 visits, Braden said.

Bishops Baseball Opened Saturday

The North Carolina Wesleyan baseball team opened its biggest and toughest schedule to date Saturday, March 1 against Atlantic Christian College in Wilson.

The Bishops will play 44 games this spring in what is considered to be the strongest schedule in Wesleyan history. Included on the Bishops schedule are Division I opponents, East Carolina, UNC-Wilmington, William and Mary, Duke, and Campbell, and three of last year's Division III regional representatives, Eastern Connecticut, Westfield State, and Virginia Wesleyan. And, not to be overlooked at NAIA powers Elon and Atlantic Christian and a full slate of DIAC foes.

Twenty-three of the Battling Bishops games will be against out-of-staters as they face teams from Virginia, Maryland, Massachusetts, Ohio, Pennsylvania, Connecticut, Maine, and West Virginia. Fortunately for Rocky Mount area fans, 28 of the Bishops games will be played at home and four of those games will be under the lights at Rocky Mount Municipal Stadium.

Between March 5 and April 2, the Bishops will play 22 games, 16 at home. Says Wesleyan Coach Tony Guzzo, "During that period we play 22 games in 19 days. That means we'll go as far as number five deep in our pitching staff. We have to take the northern teams as they come through on their southern trips."

BASEBALL '80

(Continued from Page 1)

worried about working on complicated things right now, but is more concerned with sharpening the fundamentals, and doing them right, and working on some of the "little things." It is said, "It's the little things that win baseball games..." The coaching staff feels that if the team plays sound fundamental baseball, gets good pitching, and does some of the little things right, the team can win. And this

year winning is the main concern, because "Winning isn't everything, it's the only thing." --Vince Lombardi

Opening day is Saturday, March 1 when the Bishops travel down the road to play the Bulldogs of Atlantic Christian College. The first home game is Wednesday, March 5, against St. Paul's College from Lawrenceville, Va.

Earl Roberson

REMEMBER THE OLD?

How many times have you walked into the game room and thought how drab and dull it looked? Well, you'd better look again. Things are changing.

During January Term the ball started rolling and our game room has been renovated.

Things are really looking brighter. The old, dark paneling has come down and

the walls have been painted white. The sisters of Sigma Phi Delta are planning to paint murals on the walls to liven up the room even more.

Movable, fiberglass benches have been added to make comfortable seating for 16 to 20 people at one time.

Better utilization of space has resulted because of the management of the games. Before long, new games will be added. One in particular is a large backgammon board.

But that's not all. Just in case you haven't noticed, other renovations have occurred in the Student Union.

For some people, the atmosphere in the snack bar is now more romantic with the dimmer lighting.

For others, the tone is a little more serious when the lights go down and the curtains are closed every Tuesday night. Now the snack bar is becoming a gathering place for the N. C. Wesleyan Coffee House. Anyone is welcome to come. Another dimension for everyone to enjoy has been added with the new curtains, which were donated by a Louisburg drapery shop.

Believe it or not, that is still not all! The Student Life Office and Sage are even sprucing up the cafeteria!

One night the walls were bare, the next, they were the new home for the scenic seashore wall hangings.

Murals aren't the only thing hanging around the cafeteria. Just before Christmas, the hanging plants were added to liven up the cafeteria even more.

Who knows what will happen next???

Jean Goolsby

1980 Baseball Schedule

| | | | | | |
|----------|--------|----------------------------------|---|------|-------------------------------|
| March 1 | Sat. | Atlantic Christian College | 2 | 1:00 | Wilson, NC |
| March 5 | Wed. | St. Paul's College | 1 | 3:00 | Rocky Mount |
| March 8 | Sat. | Salisbury State College | 2 | 1:00 | Rocky Mount |
| March 9 | Sun. | College of William & Mary | 1 | 1:00 | Rocky Mount |
| March 12 | Wed. | St. Andrews College+ | 2 | 1:00 | Rocky Mount |
| March 15 | Sat. | Southeastern Mass. Univ. | 1 | 1:00 | Rocky Mount |
| March 16 | Sun. | Southeastern Mass. Univ. | 1 | 1:00 | Rocky Mount |
| March 18 | Tues. | Mount Union College | 1 | 3:00 | Rocky Mount |
| March 19 | Wed. | Mount Union College | 1 | 3:00 | Rocky Mount |
| March 20 | Thurs. | Westfield State College | 1 | 1:00 | Rocky Mount |
| | | Muhlenberg College | 1 | 3:00 | Rocky Mount |
| March 22 | Sat. | Eastern Conn. State College | 2 | 1:00 | Rocky Mount |
| March 23 | Sun. | UNC-Wilmington | 1 | 2:00 | Wilmington, NC |
| March 25 | Tues. | Western Conn. State College | 1 | 3:00 | Rocky Mount |
| March 26 | Wed. | Univ. of Pittsburgh at Johnstown | 2 | 1:00 | Rocky Mount |
| March 27 | Thurs. | Univ. of Southern Maine | 1 | 3:00 | Rocky Mount |
| March 28 | Fri. | College of William & Mary | 1 | 3:00 | Williamsburg, VA |
| March 29 | Sat. | Virginia Wesleyan College+ | 2 | 1:00 | Norfolk, VA |
| March 30 | Sun. | Glenville State College | 1 | 2:00 | Rocky Mount |
| March 31 | Mon. | Glenville State College | 1 | 2:00 | Rocky Mount |
| April 1 | Tues. | Thomas College | 1 | | Rocky Mount |
| April 2 | Wed. | Methodist College+ | 2 | 1:00 | Fayetteville, NC |
| April 9 | Wed. | UNC-Wilmington | 1 | 7:30 | Rocky Mount Municipal Stadium |
| April 10 | Thurs. | Duke University | 1 | 3:00 | Durham, NC |
| April 12 | Sat. | St. Andrews College+ | 2 | 1:00 | Laurinburg, NC |
| April 16 | Wed. | Campbell University | 1 | 6:00 | Rocky Mount |
| April 19 | Sat. | Methodist College+ | 2 | 1:00 | Rocky Mount |
| April 23 | Wed. | East Carolina University | 2 | 6:00 | Greenville, NC |
| April 26 | Sat. | Atlantic Christian College | 2 | 6:00 | Rocky Mount Municipal Stadium |
| April 30 | Wed. | Virginia Wesleyan College+ | 2 | 1:00 | Rocky Mount |
| May 3 | Sat. | Elon College | 2 | 1:00 | Elon, NC |

+ Denotes Conference Games
Head Coach: Tony Guzzo
Assistant Coach: Jack Hester

Athletic Director: John R. McCarthy
Nickname: "BISHOPS"
Colors: Royal Blue and Gold