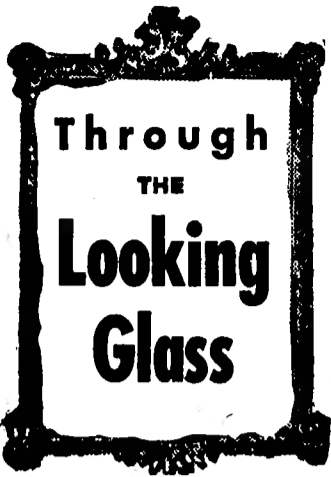


The NEW BERN

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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 baking 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 burns, as almost everyone knows. Less known is the fact that continued over-exposure over a period of years can cause the skin to look weater 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 not 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 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 day, 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 the suntan lotions is most effective for you until you try them. If you guess wrong, you're in for trouble.

Suntan pills, used under medical supervision and obtained by prescription, can help "easy burners" to be better protected against painful burn while acquiring a tan. They are not for self-dosage.

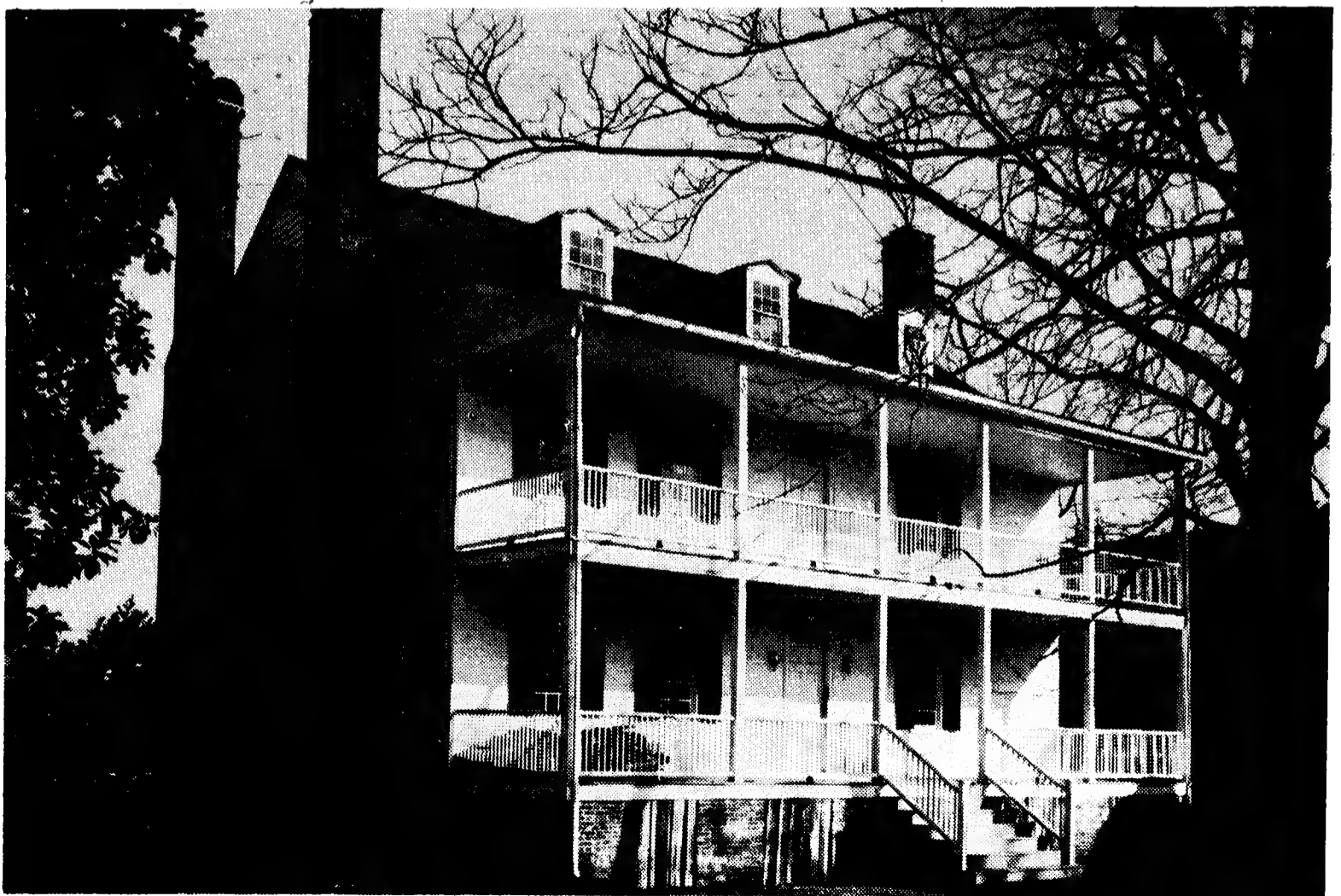
If you do get sunburned, treat it as you would any other burn. Use soothing lotions to ease the pain. If the burn is unusually intense, see a doctor. A lot of miserable New Bernians have found relief in calamine lotion, while others have had good results from olive oil and cocoa butter. In severe cases, a wet dressing of Epsom salts solution is recommended.

Sunburn can be serious, and
(Continued on Page 8)



IN THE LONG AGO—If you're a New Bernian considerably older than you care to admit, you'll remember this house. Needless to say, the three gents conversing at the gate have long since departed from the ranks of the liv-

ing. This photo was snapped on an October day, just 68 years ago, in an era when small talk was a luxury that everyone enjoyed.



NOT JUST IN FRONT—Thousands who pass the historic Attmore-Oliver house on Broad street have never seen the rear view of this grand old frame dwelling. As you can see here, its attractiveness is not confined to the front

portion. Thanks to the New Bern Historical Society, and generous contributions by citizens, it has been preserved for posterity.—Photo by Billy Benners.