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For those New Bernians who seem to come up with at least one bad case of sunburn each year, here are a few pointers from the American Medical Association to set you on the right track.

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, along the shores of the Neuse and Trent, or in your own backyard. The idea is not to overdo it.

An over-exposure to hot sun can, as everyone knows, cause burns. 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 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., Eastern Standard Time. No sunburn is likely before 6 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. Since 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 several days or a week or two of relaxation.

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

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CONGRATULATIONS—New Bern's N. E. Ward, Jr., who looks a great deal like his father, the late "Frosty" Ward, is congratulated after being elevated to the rank of Colonel, while his wife and two children beam proudly. Last December he was presented

the Joint Service Commendation Medal for outstanding duty while serving in South Vietnam. Modest and unassuming, he appears to be as bashful and self conscious as a boy at Commencement as honor is bestowed.



TWINKLING TOES—Little girls are never happier than they are when the night of nights comes for their dance recital. These five young ladies, pupils of Billie Jean Taylor, make no effort to conceal their pleasure at the prospect of displaying their talent

to admiring parents and friends. Elizabeth Elam, Patty Jo Wilson, Cathy Brite, Sherry Tyler and Teresa Billings smile their prettiest for the spotlight as they go into their act.—Photo by Billy Benners.