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# SUMMER SUN AND SUMMER TAN PREPARATIONS

THE sun has always called forth worship. The present day shrines are the beaches. There you will see the devotees of our times, and without a doubt, some turned into burnt offerings. You will see others busily anointing themselves with sun-tan preparations, hoping thereby to join the sunbathers but miss the burning ardent sun-followers suffer with undoubted fortitude.

There is much misguided enthusiasm for health in these practices. There is no sense at all in the first, the making a burnt offering of yourself. Yet you see this mistake repeated year after year, either in the unnaturally red skins, scaling and peeling in strips and large flakes, or in the end, results as excessive tanning. Every time this sun burning happens there are three to four days of real discomfort, of burning sensation, pain on movement and extreme tenderness to any touch, ending up with tanning after a

This is the text of a talk on health broadcast recently from ZB, YA and YZ stations of the NZBS by DR. H. B. TURBOTT, Deputy-Director-General of Health

week or so. Repeated doses of the burning procedure leads to excessive pigmentation. The skin is only trying to protect itself. The body has gained nothing, for there is no beneficial effect from such sunburn, and a thick tanned skin has no merit, rather the opposite. What have you accomplished when you get sunburnt? You have suffered a painful inflammation of the skin, marshalled the body's defence processes unnecessarily, put an extra strain on the pigment-producing function and in so doing acquired ultimately a thick coat of tan that hinders the skin's ability to absorb sunlight.

Believe it or not, the skin cannot take too much sunlight. Continuous exposure weathers and ages it. Look around you at the faces of those whose occupations keep them out of doors! You will see wrinkled and coarsened skins. Go

on sunbathing heavily for two or three months each summer and you will thicken and darken your skin to a degree that will take years to undo. Skin cancers are not uncommon where the sun is allowed to have a provocative role over a span of years.

Now I'm not against sunbathing! On the contrary, I want you to understand the rationale of it and derive benefit instead of wasting your time frizzling and subsequently suffering. The good in sunbathing comes partly from the fact that you relax and derive a sense of well-being from the play of air and sun on the skin, and partly from the formation of vitamin D in the skin by those same ultraviolet rays that cause sunburn. Note that point! The same ultraviolet rays! A little of them, beneficial vitamin D! A lot of them, sunburning and all benefit lost!

This brings me to suntan preparations. They are meant to avoid the burning, but in blocking this, they also stop vitamin D being made in the skin. With efficient suntan preparations you neither burn nor tan, and gentle tanning is desirable for the beneficial chemical change in the skin. In true tanning the ultraviolet rays of the sun, within the burning range, cause new pigment granules to form in the skin's deepest cells. These heavily pigmented cells migrate towards the surface, the movement taking a few days. That is why there is no darkening of the skin at once after sunbathing, and the pale brown shows up later. Light tanning—not too heavy—is desired. Some sunburning is needed to get this effect for it is only the ultraviolet rays



within the burning range that give it. This is why you will not use sun tan preparations if you are seeking health benefit from the sun. They use chemicals to screen out the burning rays. It is the right use of these rays that you want, not their elimination. Yes, you may become more tanned after the use of sun tan preparations, but this will not be true tanning. It will be the

darkening by ultraviolet rays beyond the burning range of some pale pigment cells that remain from a previous coat of tan. This is the only kind of tanning permitted by sun tan preparations. Unfortunately it is the ultraviolet rays that cause sunburn that initiate the chemical change in the skin leading to vitamin D formation.

I have tried to explain a paradox for you. Light and air playing on the skin is healthful. Combined with swimming the effect is enhanced, the skin circulation improves, and a summer spent sensibly will probably give you a supple, glowing skin, with an extra store of vitamin D for the winter. However, you can overdo a good thing. Sunlight taken in gradually increasing doses lightly tans and is healthful. Too much, too quickly, means sunburn, and the loss of all benefit, and you cannot dodge the dilemma by using sun tan preparations.

## The 1957 N.Z. Brass Band Contest

THIS year the New Zealand Brass Band Contest will be held at Napier, occupying the five days from Friday, February 22, to Tuesday, February 26. This is three days less than in preceding years, but in this 1957 Contest each of the grades will have just one test, instead of two for each of the three top grades as in the past.

The chief judge will be A. H. Baile, conductor of the St. John Ambulance Band, Sydney, who has judged on three other occasions in New Zealand. The other judges will be W. G. Richards of Wellington and L. R. Francis of Wanganui.

In addition to numerous broadcasts from 2YZ, results from the 1957 Contest will be announced in the news links from YA and YZ stations each day, and there will be four linked broadcasts of record-

ings made on the spot. The first of these will be on Saturday, February 23, at 7.30 p.m. (YAs, 3YZ, 4YZ) and will be from the D grade Hymn and Test Selection. Because of this broadcast *Theatre of Music* will be heard at 8.0 p.m., and *A Word from Children* will be dropped for that evening.

On Sunday, February 24, at 9.15 p.m. (YAs, 3YZ, 4YZ) performances from C and B grade Test Selections will be heard. On Monday, February 25, at 9.30 p.m. (YAs, 3YZ, 4YZ), A, B and C grade Hymn and A grade Test Selection performances are to be broadcast. (*Pappy Cheshire's Ranch Round-Up* will be dropped this evening.) On Wednesday, February 27 (YAs, 3YZ, 4YZ) at 9.15 p.m., some of the successful soloists will be heard, from recordings made after Monday and Tuesday's competitions.