

## A BATTLE OF WITS

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(1) Every summer millions of Americans catch that sun fever and flock to the beaches to spend relaxing hours enjoying the refreshing water and warmth of the sun's rays. Although the lifeguards are really there to prevent drownings, they are also ornamental showpieces for the resort area. Who can help but notice the luxurious tans that the lifeguards seem to acquire so easily? They are objects of immense admiration, the idols of the beach area, the envy of every white-skinned ghost who tries desperately to obtain some of that rich brown tint to his skin. Most people do not realize, however, the sheer agony these sun worshippers must suffer through before their tans become worthy of notice. Those first days of the summer can be torture if you are not well equipped to battle the sun for hours at a time. As a lifeguard having suffered the tortures of the sun, I have acquired some hard-earned wisdom that should help you to become a bronzed beauty rather than a big red lobster.

(2) When I climb up into my lookout chair for the first time every Memorial Day weekend, I cannot help but revel in the sun shining all over my body. Experience tells me, though, that when my skin turns a dark shade of red, it is time to apply an essential, suntan lotion with a minimum sun factor protection of four. Hot-dog amateurs who ignorantly think they can weather the sun all day long without protection soon realize that lotion must be applied frequently to keep the skin well moisturized and protected. Swimming is, of course, the predominant activity; however, remember to re-apply the suntan lotion after drying off because the water will intensify the sun's rays on your body. Perhaps it seems a cumbersome task, but many times I have seen a poor helpless female vainly trying to cover her back when a chivalrous knight of the beach offers his assistance to the damsel in distress. Thus, the suntan lotion has a two-fold purpose--one for protection and one for attraction.

(3) With such an emphasis on tans in the summer time, there is a wide and confusing market of suntan products to be found. Which is the most effective--oil, lotion, or gel? Which number should be used? Coppertone is, of course, a popular brand, "Florida's favorite and America's No. 1 suntan product." This slogan may be true, but there are also many more useful and effective types of sun protection, such as Hawaiian Tropic and Aloe Vera. Most brands use the number system beginning with sunfactor number two which provides twice your natural protection. The range goes all the way to fifteen, the highest sunblock, for those people with extremely sensitive skin. During those first tanning days, it is best to use a higher protection to keep the skin soft and rosy.

(4) My nose is a constant source of agony to me in the

summer. I think it has attracted about 99 percent of the sun's rays when, at the end of a hard day of work, my nose is so sore and burnt that I can barely touch it. After it has been red for days, reminding everyone of Rudolph in July, it will peel so completely that I seem to have two or three layers of skin on my nose. One cure I discovered is zinc oxide, a sure protection. Only do not be surprised if people stare at you oddly. Zinc oxide is almost like plaster, thick and white and cast-like. Despite its bizarre effect, it assures your tropical tan while the novices still have red and blistered faces. Another sensitive area of the face is the mouth, but there are solutions for sunburnt lips as well. Suzie Chapstick has become quite popular recently, and her products "aid prevention and healing of dry, chapped, sun- and windburned lips." Not only are chapsticks refreshing on those parched lips, but they come in a variety of flavors ranging from tropical pineapple to exotic chocolate.

(5) As the summer progresses, a smaller amount of suntan lotion and protection is necessary as your skin becomes accustomed to the burning rays. It is important, however, to have at least some lotion on your skin so that it is well moisturized, especially if you want to attract a fellow beach bum of the opposite sex. No one looks twice at a wrinkled prune.

(6) The sun can be a friendly helper or a gruesome enemy. When you grab your towel and head to the beach, you begin a battle of wits with that powerful yellow sphere of heat. Take it from a lifeguard who has battled with the sun many times over and, unfortunately, has not always been victorious: these "sun tips" can help you to victory. If you follow them, this summer when you step outside to join in the suntan rage, your body will acquire that deep, dark, and savage tan that may even be commendable by a lifeguard's standards.