

Health Tips for Summer Trips

Whether you're travelling around the world or relaxing at home, you'll have a more enjoyable vacation if you have a healthy one. Here are some health and safety points to keep in mind for summer 1984.

THE DARK SIDE OF SUMMER SUN

Sunbathing is a favourite summer activity but, as anyone who's suffered through a bad sunburn knows, the sun can also ruin your vacation. In the long run, overexposure to the sun can also lead to premature aging that produces wrinkles and a leathery textured skin.

Excess sun exposure, like all ultraviolet irradiation, can also cause skin cancer. Most skin cancers occur on body areas that aren't protected from sunlight such as the face, ears, and hands. This type of cancer is more common in tropical parts of the world and among people who work outdoors. Fortunately, skin cancer is rarely fatal, but it can spread and its treatment can leave scars, so it's well worth making an effort to reduce your skin cancer risk.

SUNSAFETY

Moderation is the key to safe sunbathing - along with some well-planned protection against the ultraviolet rays which are responsible for sunburn, long-term skin damage, and skin cancer.

When buying a sun-screen product, look for a SPF (Sun Protection Factor) rating on the package. SPF ratings range from 2 (minimum protection) to 17 or more (maximum protection). Low-SPF products can be used by people who tan quickly and never burn. Fair-skinned people and others who burn easily should choose high-SPF products. Some experts suggest a SPF of 15 or more for individuals who always burn and never develop a protective tan, and a SPF of 8 to 14 for those who burn easily, but do so gradually.

Even if you never burn at home, keep the sun in mind when you travel. In tropical regions, the sunlight is intense enough to burn almost anyone. The sun's ultraviolet radiation is also stronger at higher altitudes.

HEAT HAZARDS

Hot weather can also lead to heat exhaustion or to a much more serious problem - heat stroke.

During hot weather be sure to replace the liquid lost by your body in the form of perspiration by drinking plenty of water, fruit juice, or other water-based liquids several times a day. You might also add a little salt to your glass of water periodically during very hot weather.

Heat cramps and/or dizzy spells may be a

sign of heat exhaustion and that the body's cooling system is overtaxed. In this case, get out of the sun, rest, and drink fluids.

A more serious effect of too much sunshine is a stroke. If the body temperature rises, with accompanying headache, nausea, and/or vomiting, it's time to call a doctor. Meanwhile try to get the body temperature down with cold baths or by wrapping in cool towels.

DON'T HOLD THE MAYO!

Many people are uneasy about eating chicken salad, potato salad and similar dishes at summer picnics because they have heard that foods made with mayonnaise are the ones most likely to cause food poisoning.

However, scientists have shown that adding mayonnaise to a food does not make it more dangerous. Foods containing mayonnaise may actually be slightly safer than similar foods without mayonnaise because the acid in the mayonnaise slows the growth of the bacteria that cause food poisoning.

Mixed foods, like chicken salad, probably got their bad reputation simply because they undergo a lot of handling during preparation, and this can contaminate them with bacteria. Also bacteria will multiply rapidly in non-acid foods such as chicken, meat, milk and eggs when storage conditions are poor.

But while the "mayonnaise theory" has been shown to be a myth, food poisoning itself is no myth and no joke. (Ask anyone who's experienced it). Outbreaks of gastrointestinal illness caused by bacteria in food are especially common during the hot summer months when foods may be carried on picnics without proper refrigeration.

SAFE SUMMER FOODS

To prevent bacterial food poisoning, the basic rule is to keep hot foods hot and cold foods cold. One practical way to keep foods safe for a

summer picnic is to keep them in a cooler with ice or reusable cold packs until you're ready to eat.

If you're carrying hamburgers or other raw meat for a cookout, they should go into the cooler, but keep them separate from other foods. Uncooked meats contain relatively large numbers of bacteria, some of which could be harmful. Cooking will kill these bacteria, making the meat safe to eat. These bacteria can cause problems, however, if they contaminate other foods such as salads which don't receive further cooking before they are eaten.

Traveller's diarrhea can often be prevented if you follow some simple rules. Don't eat anything that isn't cooked except for fruit that you've peeled yourself. Don't eat salads. Don't drink beverages with ice in them. Don't brush your teeth with water that you wouldn't consider safe to drink. Also, if you're going to an area where traveller's diarrhea is particularly common, you may want to check with your physician first to find out about medicines which you can take with you for the prevention and treatment of this problem.

Immunizations are still necessary for travel to some parts of the world. Although countries no longer require smallpox vaccinations (since there hasn't been a case of smallpox anywhere in the world for more than five years) you may need other "shots," not only to protect your health, but to protect your travel plans, too. Immunization requirements are primarily designed to keep certain diseases from entering a country, so you may find yourself in great difficulty at the borders if you haven't had the appropriate immunizations.

Check with the Simcoe County District Health Unit for information about the immunization requirements of your destination.

Relive the past in Liberty Days

Muddy York brings the 19th century to vibrant life during Liberty Days, upcoming on July 28 and 29 at Penetanguishene's Historic Naval and Military Establishments. The performances are free with site admission.

Anne Lederman and Ian Bell are Muddy York. Musicians, historians, dancers, dramatists and actors--the pair interact with their audiences in a uniquely personal way as they provide a slice of 19th century life, as demonstrated in song and dance.

Their Penetanguishene performances, especially tailored to the Naval and Military Establishments Liberty Days celebrations include three 45-minute sets: "A Sailor's Life", "A Soldier's Life", and "Life in a Garrison Town". Penetanguishene was a garrison town between 1828 and 1856 and the presence of the naval and military personnel at the Establishments heavily influenced the growth and character of the community.

Anne Lederman and Ian Bell have gone to the roots of Ontario for inspiration in their recreations of Upper Canadian music and dance. Some of the tunes are written down; most were passed on in personal performances, rooted in memory.

Ian Bell plays the button accordion, the

guitar, string bass, fife, and hammer dulcimer (a piano prototype) as well as various percussion instruments.

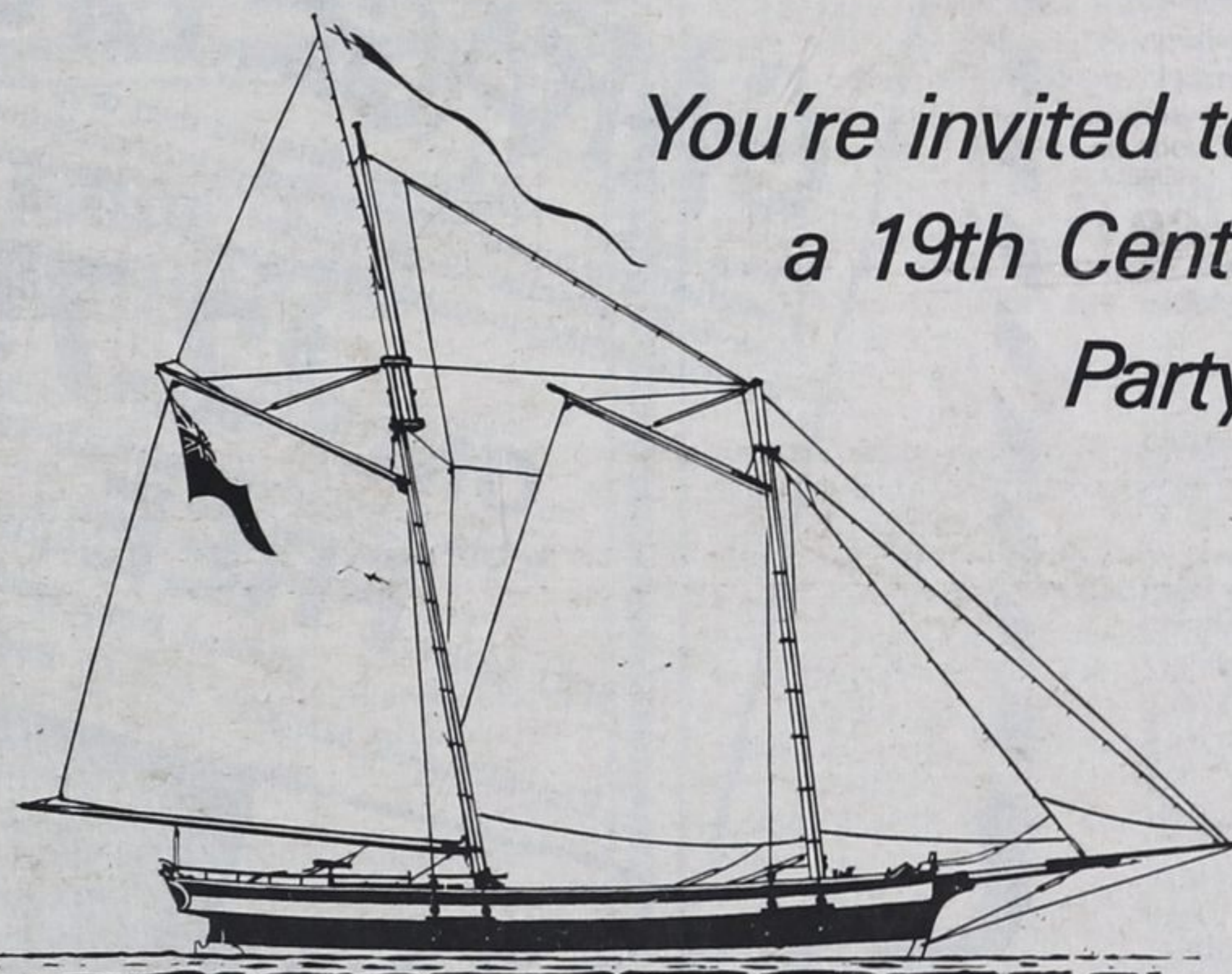
Anne Lederman plays the fiddle, the long-necked mandolin, the piano and some percussion instruments. The pair perform in period costume.

The 19th century Liberty Days celebrated the return of sailors to port, and were enlivened with music and dancing. Muddy York recreate the exhilaration and good humour of those days in three performances each afternoon on Saturday and Sunday afternoons, July 28 and 29. The pair will perform in the storehouse theatre.

Other Liberty Day events include the annual Tecumseth Trophy sailing race, special musket drills and salutes, a 19th-century food fair and first person interpretations which enable the visitor to eavesdrop on the 19th century household of Captain Roberts. Energetic visitors will be invited to participate in sawing and peg driving competitions.

Liberty Days, July 28 and 29, are fun days for the whole family.

The Historic Naval and Military Establishments are located at the end of Church Street, Penetanguishene.



You're invited to
a 19th Century
Party

LIBERTY DAYS

Sat. & Sun., July 28-29
1:00 to 5:00 p.m. at the



Historic Naval
and Military
Establishments
(1817-1856)
Penetanguishene

Liberty Days recall the festive days of the 19th Century when British ships and crews returned to port. This year, featuring the historical music group-MUDDY YORK

ALSO: •Musket salutes •19th Century Food Fair •Role playing
•Roving musical troupe •Travelling Sutler •Sawing competitions.

AND The Tecumseth Trophy Sailing Race July 28



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