

SUNBURN Just a few timely suggestions regarding sun-burn.... With these beautiful, bright sunny days everyone is eager to spend as much time as possible out of doors, and that is as it should be for sunshine is nature's way of providing health-giving vitamin D for the body, and our summer days are all too few not to make the most of them. But care must be taken not to overdo it. Too much sun can be very uncomfortable and may even have such serious effects as sunstroke.

The following are a few suggestions regarding sunning;

(1) Keep the head protected from the beating rays of the sun at all times.

(2) Sun-bathing should be done slowly, taking only a few minutes the first day and increasing gradually as the skin becomes less sensitive.

(3) Remember that the sun is hot although the atmosphere appears quite cool..... particularly in this part of the country where there is always a cool breeze, you are much more likely to get a severe burn than in a hot, humid climate.

(4) Sun-bathing is beneficial to the baby too, but great care must be taken not to leave the child exposed to the sun for too long a period. Start with just a few moments, gradually increasing and hold the child in your arms to protect it from the black-flies. The baby should never be left in the hot sun to sleep.... push the carriage into the shade and cover the carriage with a piece of netting or cheese cloth to protect against the flies.

(5) Children playing about should wear a hat or sun-bonnet to protect the head. If a child becomes pale, listless, and lacks appetite, chances are he's had too much sun and should be kept indoors in the cool.

(6) Sun-burn should be treated as a burn, using vaseline, olive oil or some such soothing ointment. If the burn is very severe, consult the doctor.

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CONGRATULATIONS Congratulations to the following Terrace Bay pupils who were promoted at the Schreiber Continuation School.

Promoted to Grade 10 - Glen Baillie, Virginia Covington, Laurie Marsh, Walter Sitko, Gordon Savoy and Donna Woods.

Promoted to Grade 11 - Benita Smith, Sue Lumbers and George DeLong.

Promoted to Grade 12 - Anita Duncan, Helen Harvey and Jack Shaunessy.

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SOFTBALL HOUSE LEAGUE STANDINGS

(Up to and including Saturday, June 21)

<u>Team</u>	<u>Played</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Post- Poned</u>	<u>To Play</u>	<u>Points</u>
Structural, Maintenance & Service	8	7	1	0	0	2	14
Pulp Conversion	8	6	2	0	2	2	12
Staff	8	3	5	1	0	2	7
Wood Preparation	7	2	4	1	2	3	5
Community Services	8	2	6	0	1	1	4
Steam & Technical	8	2	6	0	1	2	4

REMAINING GAMES OF FIRST SERIES MEN'S SOFTBALL

Postponed Games Coming Up

Tuesday, June 21st - Wood Preparation vs. Pulp Conversion (postponed from May 24th)
 Wednesday, June 22nd - Community Services vs. Steam & Technical (postponed from June 5)
 Thursday, June 23rd - Pulp Conversion vs. Wood Preparation (postponed from June 9th)
 Monday, June 27th - Community Services vs. Pulp Conversion (postponed from June 17th)
 Wednesday, June 29th - Structural, Maintenance & Service vs. Staff (postponed from June 19th)

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PICTURE OF THE WEEK AWARD TO MRS GORDON PAGE Every week Fryer's Studio of Fort William have a "Picture of the Week Award" and honours for winning the award went recently to Mrs. Gordon Page of Terrace Bay for a very beautiful picture of the three Page children. The prize was a large hand-coloured enlargement of the picture.

Along with all the other congratulations which have appeared in the newspapers and over the radio, we would like to take this opportunity of extending our congratulations.