

Be careful when having fun in the sun

With the sun shining brightly and spreading warmth it certainly is a great time of the year to be carrying out an activity in the outdoors.



Outdoors

Mike Hayakawa

But whether you are wetting a line on a body of water, doing some gardening or playing a round of golf, there is a precautionary measure that must be taken.

And it doesn't have to happen when the sun is shining brightly or if it is a hot day during the spring or summer months.

Without proper protection from the sun's ultraviolet rays at this time of the year when they are at their strongest, staying outdoors for any length of time is a guaranteed way to get a sunburn.

This can be a painful experience.

In extreme cases though, it could result in melanoma - a

form of skin cancer.

Dr. Charles Lynde, a noted Markham dermatologist, pointed out a year ago that statistics from the United States reveal an increase in the presence of melanoma over the last 60 years. This is due largely to a depleted ozone layer which enables the sun's rays to penetrate the earth's surface more freely.

In the 1930s, Lynde noted there were close to 1,000 cases a year. Since the 1970s though, it has multiplied to almost 50,000 cases a year.

To prevent sunburn or melanoma there are several preventive measures that can be taken.

One is to strategically carry out your activities when the sun's rays are not at their optimum strength. This would include first- or late-afternoon hours.

What you wear can also provide relief. Preferred apparel would include a wide brim hat, long pants or loose-fitting, long-sleeved shirts.

There's even some outdoor clothing

on the market today that have a Sun Protective Factor rating. As in the case with sun block, the higher the number the more protection that is provided.

On the subject of sun block, which should be applied to facial areas, including your nose, ears and neck, a suggested rating to apply is anything over 15. Lynde suggested

PIKE TOURNAMENT A SUCCESS

The recent Lake Simcoe Pike Tournament proved to be a success as tournament spokesman Wil Wegman noted that 25 two-man teams took part in the one-day competition with anywhere from 30 to 40 northern pike weighed in.

Of that total, some 22 healthy fish of sizes ranging from 18 inches to 10 pounds were transported by the Ministry of Natural Resources to Fairy Lake in Newmarket and were live released.

Winning the tournament was the team of Terry Ayres of Bradford and Herb Quan of North York with a three-fish limit weight of 19.80 pounds.

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