

Exercise to shape up for newest swimsuits

If you've already resigned yourself to another summer under the beach blanket, hiding with jealous envy and hating all those bikini-clad women, come out from under by turning over a slightly new leaf. It isn't too late to put into action some sort of exercise routine. It doesn't have to be ultra-rigorous and you may not lose weight, but you will tone up what you've got and be able to wear some of the nifty swimsuits available for summer days.

Start the routine by deciding what you like to do. Even if it's watching television work exercises into it by doing leg lifts while sit-

ting in the chair or jumping jacks during commercials.

There are other routines, though, that offer more scenic views and will not only get you in shape but provide an activity you can do with a friend or family.

Consider bike riding as an easy alternative to the 500 push up and 200 knee-bend routine.

But don't simply ride around the block at a turtles pace. Rather, ride over to Cranbrook and take a bicycle tour of the grounds at a speed that won't kill you but will make your legs ache and produce at least one drop of sweat.

ala mode

THE TOUR is not only pretty, but it's an easy ride with occasional hills. And when you get done with Cranbrook, ride around the nearby tree lined neighborhoods.

You can also use your bike instead of your car for quick errands to the store or to a friend's home. But if bike riding isn't exactly your favorite thing, try jogging. Once again, make it more interesting than your own neighborhood. Drive (or walk) over to Quarten Lake and do a couple of quick runs around the grounds while enjoying the swans, ducks and people that are always around.

If swimming is more your sport, but you don't have a pool and are still avoiding beaches, try the indoor nighttime-adult swim at area high schools and junior highs. You'll have to check with the recreation office to find exact times but 20 laps in one evening should help wear you out and tone up those slightly flabby legs and arms.

Tennis, too, provides great exercise, even if you can't play well. And if you don't want to be seen on the courts, early morning hours like 5 or 6 a.m. on any of the public courts will give you a good work out and privacy at the same time.

THE TRICK in exercising for people who hate it is doing something you like to do but doing it harder and more vigorously and more frequently than usual. Don't overexert yourself to the point of extreme pain and exhaustion but do work up a sweat and tire some muscles.

In addition to exercise, try not to eat so much. And if you should get so ambitious as to go on a diet, plan ahead to cheat. That way you can gauge yourself.

Once you've toned up and at least partially slimmed down, dive

not only into the water but into any number of new suits available for summer months.

One-piece versions are the best for those with weight problems. They cover up lots but still reveal enough to be slightly sexy (if that's what you want). In clinging nylon, they also help add shape.

Consider the suit that hugs the body and ties with strings at the neck in halter style. The strings are easily removed for an even tan and the suit still stays up.

Something more conventional, but this season looking good, is the v-neck one piece but in terrific prints and stripes and featuring the lowest of backs.

If you dare to go two piece, bandage are the newest way to top off the bikini. Without a strap in sight, some are simply a band of fabric around the bustline or tie in front, making them adjustable for any figure.

There also continue to be the two pieces with halter styled tops, one version baring more in the front with simple strings.

Finally, if you're determined to hide, do it in a comfortable terry cloth or cotton caftan. With or without hoods, the cover-ups are easy to wear and attractive.



Eggshell color is the color of a hooded caftan with dropped trumpet sleeves and khaki top-stitched bikini.



Tie the straps around the neck or remove them on this nylon-Lycra one-piece suit

Sun worshippers face more than summer tan

By **MARY SALPUAKAS**
In the old days, it was working people who had skin tanned from the sun; affluent people wouldn't think of it.

Today, a tan is a status symbol that alarms skin doctors but brings them more business.

"They're darn fools," said Dr. Alva D. Rush of Birmingham, talking about the sun-starved persons rushing to beaches, golf courses and tennis courts or even just working in their gardens without adequate sun protection.

The sun, according to Dr. Rush and other dermatologists, is very tricky, even for those who have had no problems with their skin, but more so for those who have.

"Sun ages skin," said Dr. Louis A. Fabian of Troy. "Over 10 years with several tans and some burns, a person is much more apt to get skin cancer."

"A person of 20 doesn't buy that," he said, "but at 30 you can't reverse the damage done."

PATIENTS WITH acne often try to substitute a tan for their regular treatment.

"A little tan can be drying on the back, chest, face," said Dr. Fabian. "But a minute too much, and the

surface pores plug up, and it's not one or two pimples but 100."

Summertime should be good for the skin, Dr. Fabian said.

People relax. There's no pressure, which is a tremendous factor in acne," he said. "Activities and physical conditioning are good, as long as you don't get too hot and sweaty too often."

MEDICATION FOR other illnesses, even some foods, can suddenly interact with the sun's rays and bring on an allergic reaction, said Dr. Fabian.

Those who have high blood pressure or who are on sulfa or even just use saccharine — a derivative of sulfa — for sweetening, ought to avoid the sun particularly, he warned.

But for some, just eating parsnips or figs and going out in the sun could mean trouble.

THERE ARE also things applied to the skin that can react with the sun to cause an allergic problem — perfume, antibacterial soap or even, at times, sunscreen lotion.

A "tremendous" number of perfumes bring reactions, said Dr. Fabian.

And although he recommended that everyone use a sunscreen with a substance called PABA to keep out harmful rays, it too can produce an allergy.

He said more people are becoming aware how important it is to prevent skin cancer and atrophied wrinkled skin.

"I see more than a half dozen skin cancer patients a week," he said.

AROUND AGE 45, many people begin to see brown blotches on their skin, after many summers in the sun, and networks of blood vessels, which are permanent. They may also get keratosis, red scaly patches.

Once they get a cancerous skin lesion, there is a 75 percent chance they will get another within five years.

"Skin cancer can eat up the nose, the eye," said Dr. Fabian, but it doesn't travel or go inside.

Another kind of brown blotches, connected with the sun, is a condition called chloasma, which affects women who are pregnant or on birth control pills. The most vulnerable group is the light skinned people and the most vulnerable part of the body is the nose, said Dr. Rush.

Fashion Calendar

SPECIAL EVENTS
June 22-23—Informal modeling of Germaine Monteil cosmetics at Saks Fifth Avenue, Somerset Mall.
June 23— Informal modeling of the Adele Simpson collection for fall at Jacobson's, Birmingham.
June 25— Informal modeling of St. John Knits for fall at Jacobson's, Birmingham.

CLUB SHOWS
June 25— Farmington Country Club in conjunction with its 1975 Ladies Invitational Golf Tournament presents a fashion show by Margot's of Birmingham. The day begins at 8:45 a.m.



You are invited to an informal showing of the Fall 1975 collection of St. John Knits

Thursday, June 26
10:00 A.M. - 4:00 P.M.

Come see how lovely autumn will be... see handloomed day and evening dresses, pantsuits and ensembles with hand-crocheted finishing. From the collection: brick or black easydress of wool/polyester. 2-16 sizes. \$150

Jacobson's
BIRMINGHAM

You are invited to our informal showing of the Autumn 1975 collection by

ADELE SIMPSON
Wednesday, June 25 10:00 A.M. to 4:00 P.M.

The Grand Lady of American couture designs for today's woman... totally feminine, tastefully elegant dresses and ensembles for daytime and evening. Always a perfectionist with a feeling for color and fabric, she has created a wardrobe that combines beauty with function, understatement with superb detail. Sizes 6 to 18.

Jacobson's
BIRMINGHAM