



# Soap Is Best Skin Cleanser

New York—You are probably skinner than you realize. The average person has approximately 17 square feet of skin weighing about five pounds.

Curiously, although we may urge others to "have your own skin" or "don't let it get under your skin," dermatologists say that few of us know how to take care of the skin we have.

Have you heard, for instance, that wind in an open convertible "freshens" your skin? Or that sun tends to make the skin dry? Or that the dandruff you tan, the better it is for your appearance of youthfulness? Each of these ideas is a popular fallacy.

What actually happens, often, when you ride in an open convertible, is that many tiny bits of airborne grit are driven deep into your skin.

FOR OILY skin, interestingly, sun actually helps the situation by promoting peeling you don't notice so that clogged oil ducts can drain normally.

And while a dark tan may help you look youthful for so long as the tan lasts, an excess of sun may leave you with wrinkles as souvenirs of the tan once it's gone. The reason, doctors explain, has to do with "subcutaneous fat lobules," but the thing to do is easier to understand: If you weren't born black, don't struggle to get that way, settle for becoming tan or light brown.

One of the greatest skin care products ever made is popular among dermatologists, who both recommend it and use it often themselves. The product, low in cost and nationally available, is soap. Plain soap. Nothing, doctors say, does a better job of cleansing the skin.

And clean skin is especially important in summer, for extra perspiration means extra bits of soil, flowing to the skin through the pores. Skin cleanliness not only promotes beauty but also helps prevent minor skin infections that may lead to blemishes.

Give a kind thought, during summer, to your Malpighian cells. They are the tiny, busy bits of you that release melanin pigment to make you tan and shield your skin against sun injury. But the cells work gradually, and the sun often works faster, hence the popularity of such creams and lotions as Brantley's to protect against burning and promote a longer lasting tan.

If you are itching to avoid poison ivy, keep in mind a surprising fact about this skin problem: Unlike other ailments to which we gradually build up immunity, with poison ivy many of us gradually lose what-

# Michigan Week Covers Eight Days

Michigan Week in 1969 will begin Saturday May 17 and run through Saturday May 24, the first time that the official dates have shown it as an eight-day week.

Dale L. Sellers, president of the Greater Michigan Foundation, in announcing the dates asked communities to begin planning now for the next year's celebration.

He asked organizations of all kinds to enlist their members in the year-around citizen promotion of Michigan. The Michigan Week is intended to stimulate. Sellers is senior vice president of Bank of the Commonwealth.

The foundation's board of governors, meeting last week, decided to continue this year's theme, "Michigan—Land of Hospitality" through 1969.

Business places and individuals are urged to push the theme hard this summer when the state is crowded with visitors, as part of the effort to build a solid reputation for Michigan as the friendliest state in the nation.

## Court Upholds Textbook Law

WASHINGTON -- The Supreme Court has upheld a New York law that requires public school systems to lend textbooks to children in parochial and other private schools.

The decision rested heavily on the view that parochial schools serve a secular educational function, as well as a religious educational function.

# 'Silent Spring' Warning Still Valid Problem

The problem with poisoning insects is that you might also poison yourself. Ever since Rachel Carson's "Silent Spring" a few years ago, with its warnings against the indiscriminate use of insecticides, there has been a growing concern about their safety.

Many advocate not using them at all. If you feel you must use an insecticide, use it properly and with precautions. Even the safest of bug killers can be dangerous if not used as directed.

First, read the label. Those that are labeled "nontoxic to humans" are the safest but must still be handled carefully. Even though exposure to the substance once may not be dangerous, there is a growing concern about cumulative toxicity, the effect of a long-term buildup. So use even the mild insecticides carefully. Use of the word "caution" also indicates a relatively mild insecticide. When you get to the word "warning," you know you have a more dangerous product. Follow directions to the letter. If you see the word "poison" and the old skull and crossbones symbol, skip it and pick another product. Leave that stuff to the professionals and stay out of their way.

THE INGREDIENTS might give you a clue, but most of the names are tongue twisters and so are come out all the time. Perhaps it is less toxic than malathion which is less toxic

than chlordane, which is less toxic than DDT—to name some common ones. And if you see sodium selenate, or parathion or TEPP listed, then stay clean, since these are among the most toxic of all.

Read the instructions carefully. Never mix different insecticides together. Never mix an insecticide in greater strength than directed—it's only the bugs you want to kill, not pets or children or yourself.

Determine what you need it for. If it is one type of bug you are concerned about, then pick the least toxic insecticide that will kill that bug.

Keep the kids and the pets away when you dust or spray, and for a good length of time afterward.

Keep insecticides out of reach of children. Such dangerous material should be kept under lock and key. Don't store them with food products. Never use garden insecticides inside the house.

Keep the insecticides in their original containers and keep the label clean and intact. When the containers are empty, get rid of them. Wash out bottles and cans before tossing them in the trash can.

NEVER MIX the soda in which a girl in a bathing suit or a man in Bermuda shorts is spraying or dusting insecticides. Keep covered. Wear clothes that cover you completely. Wear gloves, if working in close quarters or for a long period

of time, wear a respirator mask.

Since your clothing is bound to become contaminated, wash it when you are finished spraying.

Wash hands and face immediately. Wash before eating or smoking. Don't smoke while spraying.

Watch out that some products may be inflammable. Assume they are if they have an oil base.

Overkill is not a good idea. Fogging apparatus is dangerous. It drifts where you don't want it. If you can apply a small amount of insecticide to a plant or in a crevice, then don't spray.

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## RECIPE

# RUM COLLINS

The first collins was concocted with rum, during the American Revolution. Still unbeatable.

1 oz. lemon juice and 1 tsp. sugar (or use a prepared collins mix). Add 2 oz. white or silver Puerto Rican rum, shake with ice, strain into a tall glass full of ice cubes, and top with club soda.

**PUERTO RICAN RUM** is light and dry and outsells all others 3 to 1

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