

Warns of Sunburn Dangers

Hygiene

With the present vogue of tanned skins and with our new knowledge of the health-giving properties of the sun's rays, the danger of severe burns from overexposure to the sun is apt to be forgotten.

A severe sunburn may be dangerous as well as uncomfortable. Burns from the sun's rays are comparable to any other kind of burns, and may even result fatally.

"With all its curative power, sunshine may become a menace to health when improperly used," warned Dr. James S. Walton of the New York State Department of Health. "The blistering caused by sunshine does not differ in any way from the blistering caused by fire or by live steam. Its destructive action on the skin is the same. Extensive sunburn causes the same high fever, delirium, serious

meningitis. Death may follow as in similar burns by other agencies."

Blondes and red-haired people are especially susceptible to sunburn. Some fail to tan at all but acquire a red, painful burn with every fresh exposure to the sunshine. Whether you will have one of these painful, lobster-red burns or just a fashionable coat of tan depends somewhat on the pigment of your skin. However, the best way to acquire the desired tan without danger or discomfort is to go at it gradually, keeping out of the hot sun during the middle of the day in summer time.

"If you would develop a tan, begin with five to ten minutes daily, before ten o'clock or after three. Increase the time of exposure daily by five to ten minutes, and in a week, in most cases, a light tan without burning

will have appeared. When this occurs, danger of subsequent burning is slight and the sun's healthful rays may be utilized freely," explained Dr. Walton.

The desired tan cannot be acquired in one heroic attempt, as so many seem to think. Exposure to the hottest sun for several hours the first day results in a painful burn, which blisters the skin so that it all peels off and the process must be started over again on the even more sensitive new skin.

Young children burn more quickly than adults and especial care must be taken to protect them. Severe burns resulting fatally to children are reported every year from seaside resorts, Dr. Walton stated.

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Emotions Important in Getting Skill

Psychology

If you have played tennis for years and set out to learn golf, will your tennis skill aid or hinder? Popular views on this question of transfer of skill are varied and conflicting, but experiments and analyses of bodily motion have produced some facts to go on, according to Prof. T. H. Pear, of the University of Manchester, given in a report to the British Association for the Advancement of Science.

The mental attitude and the emotions of the learner play an important role in his ability to make use of past experience. If he enjoyed the old skill and felt confidence in his powers, for example, this mental attitude may be transferred to the new task with favorable results.

"The attitude of analyzing movements, of demanding to know the reasons for them, the sentiments and ideals formed in connection with a particular teacher, or his method of regarding a certain skill, are probably the most powerful vehicles of transfer," Prof. Pear said.

Experiments have indicated that

the transfer of skill from one sport or task to another is very much less than might have been naively supposed, he stated. The world's best exponents of any complex skill are usually very careful to be specialists. There are even good grounds for feeling that if an expert in one sport learns a new complex sport he may interfere with his old skill.

"For example, while a figure-skater

learns always to lean towards the direction of his turns, a ski-runner may have to lean either towards or away from the direction," Prof. Pear explained. "An expert skater would find this very difficult to unlearn, while a novice at both sports would find less difficulty. Similarly, the oral learning of two foreign languages in the same year may cause interference."

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A Flying Laboratory

Radio

The flying radio laboratory of the Bell Telephone Laboratories is shown on our cover this week. Fully equipped with radio receiving and transmitting apparatus, this plane reveals the problems that the telephone engineers will have to confront when aerial travel is as common as rail-roading, and the flying traveller will want to keep in touch by telephone with his office. This is the plane from which telephone conversations were recently held with London.

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