

FOR MORE FUN IN THE SUN

NAZIBA BASHER

Stepping out of the house, most people are busy squinting eyes, wrinkling noses, trying to avoid the scorching sun. Sunglasses and umbrellas spurt out, one after the other, and once the sunlight is out of sight, we think we're good to go. What we don't know is the amount of damage the scorching sun is doing to the biggest organ in our body- our skin. Sunburn is very common everywhere and can sometimes cause serious skin irritation. To keep yourself free from it, here are some things to help you recognise sunburn, and then treat it accordingly.

It's important to remember that there's no additional benefit to staying in the sun past the point of "pinking." For some light-skinned individuals with minimal previous sun exposure, this could only be a few minutes. You're only raising your risk of sunburn, which is something you definitely want to avoid. The risk of sunburn is higher if you have a lighter complexion. Telltale signs of sunburn include:

- Redness of the skin or erythema.
- Skin that's warm or hot to the touch
- Discomfort when skin gets touched or rubbed against clothes
- Peeling or flaking of the skin
- Extreme dryness or wrinkling of the skin

The benefits of sun exposure definitely outweigh its risks, but you do need to be smart about it. Taking a few sensible steps to avoid sunburn will ensure you're maximising the benefits while limiting any potential

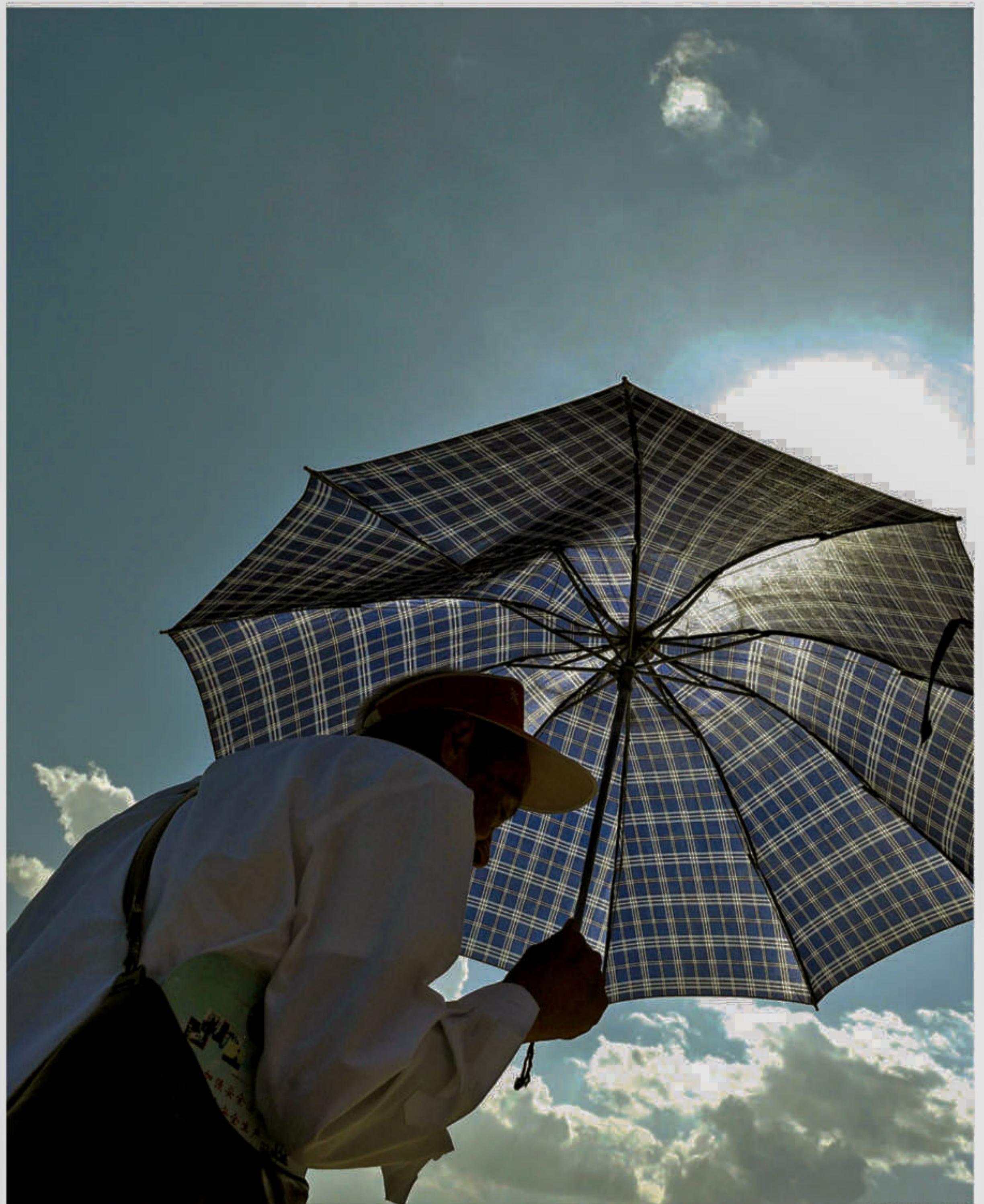


PHOTO: AFP

adverse effects. To continuously enjoy the positive effects of sun exposure without getting burned, here are some safety tips:

- **Protect your face and eyes by wearing a wide-brimmed hat or a cap.** The skin around these areas is much thinner than other areas of your body and is more at risk for cosmetic photo damage and premature wrinkling. If it's too hot to protect your skin by covering with light clothing, be sure to use a broad spectrum sunscreen on your skin - these products often contain zinc.
- **Limit your initial exposure and slowly work your way up.** If you are a fairly light-skinned individual who tends to burn easily, limit your initial exposure to just a few minutes, especially if it is in the middle of summer. The more tanned your skin gets, the longer you can stay in the sun without burning. If it is early or late in the season and/or you are a dark-skinned individual, you could likely safely have 30 minutes on your initial exposure.
- **Moisturise your skin naturally.** Before sunbathing, apply organic coconut oil on the exposed areas of your skin. This will not only moisturise your skin to prevent dryness, but will also give you additional metabolic benefits.

These tips can be very valuable to a Dhakaite. And with them, one can maximise their limit of fun in the sun. Now, summer can finally be worth its title!

Source: mercola.com

NUMBERS

57

This number has become synonymous to ambiguity and a threat to people's free speech. According to the legal experts, Section 57 of the information and communication technology (ICT) act-2006 is a threat to people's right to freedom of expression and speech. They believe the vague narrative of this section is misleading and is allowing its misuse against newsmen and social media users. The debate over section 57 is nothing new, however following the arrest of journalist Prabir Sikdar the section's controversy again comes into limelight.

IAN APPLE A DAY

SHUTTERSTORIES



COLOURS OF PINGLA NAYA

Pingla Naya in West Bengal, India, is the village of folk painters called Patuas. Apart from painting scrolls, they paint the walls of their homes and make wooden painted souvenirs and images. There are around 53 Patua families in Naya. They have painted their homes with potochitra motifs.

PHOTOS and TEXT: PRONOJ GHOSH

