

Numbers can help prevent sunburn

United Press International
MEMPHIS, Tenn. — People who want to get a summer tan should watch their numbers, according to one researcher.

Most sun care products carry a Sun Protection Factor number, from 2 to 15. The higher the number, the greater the amount of protection from the ultraviolet rays of the sun.

Dr. Robert Sayre, director of a research center for a major

manufacturer of such products, says fair-skinned people should use a relatively high number in the first days of exposure from the sun before dropping to a lower number after the skin has become conditioned to the sun, Sayre said.

Sayre also warns that sun exposure is cumulative. "Your body has a computer," he says, "that logs every unprotected hour."

Lye makes good paint stripper

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No matter how you look at it, stripping off old paint to get the wood ready for a new paint coat is a messy job. But it's getting to be expensive, as well.

Many homeowners are discovering what professional painters and furniture refinishers have known all along: one of the best and least expensive ways to strip a large surface of old, hard

paint or varnish is with a strong solution of household lye in water. You can buy powdered lye at the supermarket or hardware store for less than \$1 a can.

Mention of the word lye (sometimes called caustic soda or sodium hydroxide) often brings to mind some great danger. But an article in Popular Mechanics Magazine says anyone who is used to handling the common brands

of drain and oven cleaners should not have any trouble, if they exercise caution. Most of these cleaners are lye. It's the same lye that Grandma used to make soap.

Lye has no toxic fumes. It's nonflammable, so it won't explode in your face if you get near a flame.

However, in its dry form it can be dangerous to inhale. And when diluted with water it can irritate skin or injure

your eyes if you get splashed. For insurance, be careful not to splash it on your skin. Wear rubber gloves, long sleeves, goggles and — when working with powdered lye — a face mask to keep you from inhaling the dust.

Keep a garden hose handy in case some gets splashed on your skin. It should be rinsed off quickly.

Make lye remover in a steel or iron pail only. Other mate-

rials may dissolve or crack. Add 13 oz. lye (always lye to water, rather than water to lye) to one quart of lukewarm water and stir with a wood stick. Add this to two more quarts of cool water in which you have dissolved 4 heaping tablespoons of laundry starch.

Heat the mixture but do not boil it and do not use a pail that is more than half filled by the mixture.

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\$100	500	1:40,000	1:3,077	1:1,539
\$50	1,000	1:20,000	1:1,539	1:769
\$10	5,000	1:4,000	1:308	1:154
\$5	10,000	1:2,000	1:154	1:77
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SAFWAY

Lightning can strike same place

United Press International
Lightning not only strikes twice in the same place but it can kill without hitting its victim.

Meteorologists report 15 people each year are killed by lightning and another 250 are injured during thunderstorms.

"Lightning is such an intense thing, a person can be hurt or killed by lightning striking nearby," said Nathan Reiss, an associate professor of meteorology at Rutgers University.

"It does not actually have to pass through them to kill them," he said. "If hit directly, they would be burned to death, but most likely it would interfere with the heart beat. It is like an electric shock."

Harry Gaynor, president of the National Burn Victims Foundation, based in Orange, N.J., said lightning victims often are attending athletic events when they are struck.

"Golfers out on a golf course with their golf clubs extended into the air can be hit," he said. "And at ballgames, people may not seek proper shelter."

The flashing bolts that fill the sky in the midst of a thunderstorm can stretch from 200 feet to as long as five miles and can reach 100 million volts of electricity, according to Harry Woodworth, a spokesman for the National Weather Service office in Newark, N.J. He said feelers of electricity come down from the clouds and start up from the ground in discharging energy.

Although the odds are generally in a person's favor since relatively few are killed by lightning, Gaynor said, "Why take a chance? You may just happen to be in the wrong place at the wrong time."

These experts' suggestions of ways to avoid being struck by lightning:

- Get inside a home, large building or metal vehicle.
- Driving is all right, but avoid touching any metal which would act as a ground if hit.
- Avoid standing under trees because lightning is attracted to the highest point.
- Avoid lakes and large bodies of water, which are good conductors of electricity, which spreads the voltage beyond the area struck.
- Avoid using the telephone except for emergencies. If lightning hits electrical wiring it is likely to travel along the wire to the phone.
- Keep away from a plugged-in television set which could explode.

A lightning feeler from the ground searches for the highest point, like the top of a tree, to start its jump and then reaches to meet the streak from the sky, Woodworth said.

"If you start to feel your hair standing up on your head, that is usually the lightning looking for a place," he said. "Sometimes it strikes from the sky, sometimes from the ground."

His advice is to hit the ground to avoid being struck.

"Lightning not only strikes twice in the same place but it usually finds a spot that it likes and returns there," Reiss said. He offered the example of the Empire State Building in New York City, a tall pointy object which, he said, is often hit.

Reiss warns, however, people can easily get struck at the other extreme, standing in a flat, open field.

"You may very well be the highest thing around," Reiss said.

"Lightning is always dangerous. The more intense the thunder, the more frequent the lightning. The more lightning, the more chance you have of getting struck."

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