

Proper skin care should be started early in life

NEW YORK (UPI)—Proper skin care must begin early in life, if the potential wrinkles of the future are to be avoided.

It is easier to prevent than to iron out, says Dr. Irwin Lubowe, a practicing dermatologist in New York, known in medical circles for his research in the care and treatment of the skin and hair.

The woman in her late 40's or 50's who arrives at the doctor's office with the announcement, "I'm beginning to wrinkle and I think it's time to do something about it" is wrong on two counts, says the physician.

One, she isn't just beginning to wrinkle. The process has been going on for 20 years or more.

Two, the best time to do something about it has already passed.

"Care of skin throughout earlier life would have been far more satisfactory than anything I can do to help her now," says the dermatologist.

But don't despair, ladies. The physician adds there are aids for the aging skin—and he discusses them at length in a book just published, called "New Hope For Your Skin" (Dutton).

He mentions gentle massage, diet, cosmetics which disguise and various types of surgery including plastic.

Of hormone creams, the physician says, "effective hormone creams are potent and should be used only under the supervision of a physician if continued for a long time. Certain hormone creams are available at cosmetic counters without prescription, but these contain hormones in such small quantities that they can't do any harm when used improperly. By the same token, the hormones aren't present in sufficient quantity in these creams to produce any unusually good results."

Lubowe mentions that many skin specialists hold that the sun, the action of its ultraviolet rays on the skin over the years is a major factor, perhaps the only factor, in the aging process.

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Low-cost methods of water harvesting seen in future

TEMPE, Ariz. (NEA)—Western ranchers — particularly hard-hit by this year's severe drought conditions — may be able to harvest runoff water for their livestock at a cost of no more than 36 cents per thousand gallons within the next few years.

Several low-cost methods of water harvesting — collecting water from soil specially treated to increase rainfall runoff — have been developed by agricultural engineers at the U.S. Water Conservation Laboratory here at Tempe, outside of Phoenix, Ariz.

Currently, farmers and ranchers in 29 states are receiving emergency assistance from the Agriculture Department as streams, wells and reservoirs dry up.

New Mexico, Texas, Oklahoma, Colorado, Nevada, Wyoming and Montana, the country's primary cattle ranching states, are among the worst hit. Many of the grazing lands in these states are located in low-rainfall areas where there is no dependable water supply. Water harvesting methods, which are still being tested at Tempe, would be extremely valuable here.

On his recent western tour, President Kennedy attempted to collect water.

One of the prohibitive factors in water harvesting developed in water harvesting developed in the past has been the cost. A considerable amount of hand labor is required to construct the collection areas on hillsides far from highways.

Initial cost of the treatments under test, including site preparation, materials and installation, has ranged from 45 to 10 cents per square yard. Annual costs, including repair and replacement, run slightly less than 5 cents per square yard.

Lloyd E. Myers, director of the Water Conservation Laboratory, predicts that in several years these treatments will be perfected to the point where they can be installed and maintained for a cost of just 2 cents per square yard. In an area where the annual rainfall averages 10 inches, 1,000 gallons of water would cost 36 cents. In a 20-inch precipitation zone, the cost would drop to 18 cents.

Water harvesting is nothing new. The British obtain most of their water on Gibraltar by collecting runoff from the rocky slopes in corrugated iron aprons. In the U.S., state departments have constructed small catchment structures to store rainfall for wildlife.

The tremendous potential of collecting rainfall has never been tapped. The average streamflow in the United States is about 1,200 billion gallons per day. The average national precipitation is three and a half times larger than this.

Two years ago, engineers tested a 2,500 square-foot sheet of rubber as a rain collector. Today, despite buffeting by winds and storms and exposure to frost, the treated area is still capturing 100 per cent of the runoff.

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