

“Sun Warning” Body Stickers Great For Kids

With skin cancer now reaching near epidemic levels, there has been a lot of interest in new “SunSpots” - stick-on patches that tell you if there is enough sun to cause skin damage.

Invented by Dr. Stuart Jackson, an Edmonton, Alta. medical physicist, the patent-pending product consists of 1-in. round stickers that go right on your skin. They change color in response to UV light and will tell you when a maximum level of sun exposure has been reached.

SunSpots Inc. president Lyle Durham is excited about the product’s potential and says it is particularly useful for children.

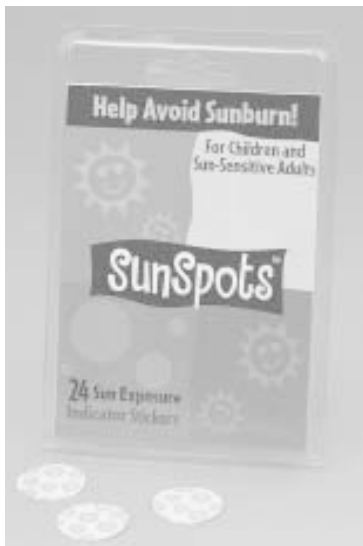
“An estimated 85 percent of a person’s lifetime exposure to sun happens by the time the person turns 18,” he says. “SunSpots should help lower the risk of children receiving sunburns and developing skin cancer later in life.”

SunSpots are also a powerful educational tool to bring awareness to young children.

“Kids love sticking things on themselves, so if it helps them to be aware of the dangers of getting too much sun, that’s a big benefit, also,” Dr. Jackson says.

SunSpots are safe and effective for all ages and meet all FDA standards. They are currently best suited for Type I skin (children and sun-sensitive adults), but the company will soon be releasing another version of the product formulated for darker-skinned adults.

SunSpot Stickers can be found in Canada at Value Drug Mart, IGA, Federated Co-op, and Shoppers’ Drug Mart. In the U.S., the product is most easily accessible over the



“SunSpots” go right on your skin. They change color if there’s enough sun to require sun screen.

internet at www.sunspotstickers.com. The special on-line, introductory price is \$5.95 U.S. for a package of 24 stickers.

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New Sunscreen Goes In Your Mouth

By Janis Schole

You can reduce the risk of sunburn by popping a new “sunscreen pill” before heading outside, says molecular biologist Dr. Barry Barclay of St. Albert, Alberta. He’s the inventor of “Inner Shade,” a patent-pending sun filter containing folic acid, niacinamide and vitamin B12.

Barclay says Inner Shade, which has been approved by Health Canada (like the FDA in the U.S.) is much more convenient than sunscreen lotions so people are more likely to use it.

After several years of study, Barclay’s research suggested that folate might be a natural sunfilter in the body, especially since the vitamin is found not only in the bloodstream but also in association with hemoglobin in red blood cells. To test this idea he experimented in both the laboratory and on himself.

“I have fair skin, burn easily and have done so every summer since I was a child. Last summer for the first time in my life I did not burn at all. I found that a daily supplement of folic acid of 2mg to 5mg per day allowed me to be in direct sunlight for up to 5 hours without sunburning,” he says. “Over the next year or so I enlisted volunteers, mostly friends, including a physician, several nurses and other healthcare professionals to test folic acid and other B complex vitamins as an oral sunscreen.”

All of the volunteers reported at least some degree of sun protection when taking the active ingredients in Inner Shade, according to Barclay. Any sunburn they did receive was far less severe than their companions and healed more quickly.

The formulation in Inner Shade was developed over the next few months to find the most effective combination of folic acid and the other B complex vitamins, niacinamide and vitamin B12. Barclay stayed within the same concentration ranges as products that had been used for many years.

He says the pills work best for adults if taken the night before sun exposure and then again in the morning.

Inner Shade is available in the U.S. as a nutritional supplement, which means the FDA has not been asked to approve it. It costs \$19.95 U.S. (\$29.95 Canada) for a bottle of 100 and comes with a 30-day money back guarantee.

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They Had The Last Word!

We recently came across an unusual book called “Having The Last Word!” written by Paul Jones. For 60 years, his hobby has been collecting unusual and often humorous graveyard verses found on headstones. He corresponds with clergymen, morticians, grave diggers, cemetery care-takers, etc. Jones himself has explored cemeteries and grave sites throughout the U.S. and England. Most of the verses were found in non-secular cemeteries, since many religious groups have strict rules as to what can be engraved on memorial stones.

Here’s a selection from his book, which sells for \$14.95 postpaid U.S. dollars. (To order, contact: Paul E. Jones, Box 608, Ridgway, Ill. 62979 (ph 618 272-3031).

• “Remember man that passeth by, As Thou are now so once was I. And as I am, so Thou must be, Prepare Thyself to follow me.”

Then a headstone behind it: “To follow you is not my intent, Unless I know which way you went.”

• “Here lies Lester Moore. Four slugs from a Fourty Four. No Les, No Moore.” (Bootheel Graveyard, Tombstone, Arizona)

• “Here lies Pecos Bill, He always lied and always will: He once lied loud, He now lies still.” (Tombstone, Arizona)

• “Here lies the bones of a man named Zeke; Second fastest draw in Cripple Creek.” (Cripple Creek, Colorado)

• “Here lies the body of Thomas Kemp, Who lived by sheep and died by hemp.” (An English sheep stealer who was hanged)

• “Here lies Butch, We planted him raw; He was quick on the trigger, But slow on the draw.” (Cemetery in Colorado)

• “Here lies Pete - he hunted rabbits; He got careless in his habits. Dragged his shotgun through a fence, Shot away his present tense.” (Wyoming)

• “Here lies Old Nick, Dead and in his grave, No more whiskey will he crave. But on this tombstone can be wrote, Many a gallon’s gone down his throat.” (Tombstone, Arizona)

• “Here lies George Johnson hanged by mistake, 1882. He was Right, We was Wrong. But we strung him up and now he’s gone.” (Bootheel Graveyard, Tombstone, Arizona)

• “Let cattle rub my headstone round, And coyote wail their kin. Let horses come and paw the mound, But do not fence me in.” (On a rancher’s stone in Hutchinson, Kansas)



• This was found on a marker for a horse thief:

“He found a rope and picked it up And with it walked away.

It happened that on the other end A Horse was hitched, they say. They took the rope and tied it up Unto a hickory limb.

It happened that the other end Was somehow hitched to him.”

• “Looked up the elevator shaft to see if the car was on the way down. It was.”

• “Fear God Keep the Commandments And don’t attempt to climb a tree. For that’s what caused the death of me.”

• “Here lies a father of 29. There would have been more but he didn’t have time.”

• “I told you I was sick.”



• “Here lies a man of good repute Who wore a No. 16 boot ’Tis not recorded how he died But sure it is, that open wide The gates of heaven must have been To let such monstrous feet within.” (Keeseville, New York)

• “If there’s another world She lives in bliss. If there is none She made the best of this.”

• “Here lies the body of Ephraim Wise Safely tucked between his two wives. One was Tillie and the other Sue Both were faithful, loyal and true By his own request in ground that’s hilly His coffin is set tilted toward Tillie.” (Farmer’s Almanac)