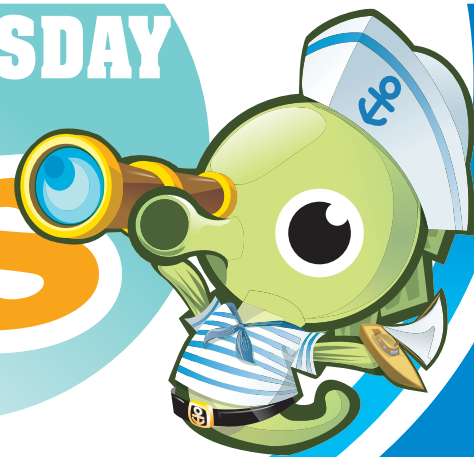


June  
2018

27

WEDNESDAY

# Goodies



## Hidden dangers of the Sun



Summer is here! Let's go to the beach!

**T**HIS summer, the Hong Kong Observatory (香港天文台) has issued many Very Hot Weather Warnings (天氣酷熱警告). Besides guarding against sunstroke (中暑), there is another equally dangerous 'killer' that we need to be careful about during summer. It is called UV (紫外綫).

Yeah, I can surf the waves!



### Editor's Note

Hi! This is the last issue for this academic year and you can all take a break now. Why not spend time at the beach? We are lucky in Hong Kong because we have fantastic beaches and the water is warm too. But remember not to stay out in the sun too long and also to wear a hat. Turn to P2 to learn more about the harmful effects of the Sun. On P6 is a story about a cat that predicts the World Cup results. I remember in 2010 Paul the Octopus predicted Germany beating Argentina; when that happened, the Argentines wanted to chop up and cook Paul! See you in September!



Simon





Siu fung

## What is UV?

THE full name of UV is ultraviolet light. Our Sun gives out **radiations** of different wavelengths. We can see some of the radiations, but there are some that we cannot see. Of the **visible** light, red light has the longest wavelength and violet light has the shortest. Ultraviolet light has a wavelength just shorter than violet ('ultraviolet' means 'outside violet'), so we cannot see it.

### Different kinds of UV

THERE are at least three kinds of UV light. They are called UVA, UVB and UVC. Of the UV light that reaches our Earth, over 98% of it is UVA, less than 2% is UVB, and there is almost no UVC.

### Harmful effects

UV light can be harmful to us. UVA causes our skin to become dark and **age**, as well as form **wrinkles**, while UVB causes our skin to become red and burnt. Worst of all, both types of UV can cause skin cancer!

Besides skin, UV light also harms our eyes. It also affects our biological **rhythm** and thus our sleep patterns.

That is why we have to protect ourselves against both types of UV light.

### Benefits

DO not think that UV light is only harmful! It is bad only when there is too much UV. Our body actually needs a good amount of sunlight and UV to be healthy. UV light helps our body to make vitamin D. Without this vitamin, our bones will be unhealthy. Also, vitamin D helps us absorb minerals like calcium (鈣) and magnesium (鎂). Therefore, we need sunlight and UV light, but it is important to protect ourselves against too much of them.

Remember to use sunscreen!

### SPF

IF you want to protect yourself from UV light, you can wear sunglasses and use **sunscreen**. When using sunscreen, you often see three letters – SPF. What does that mean?

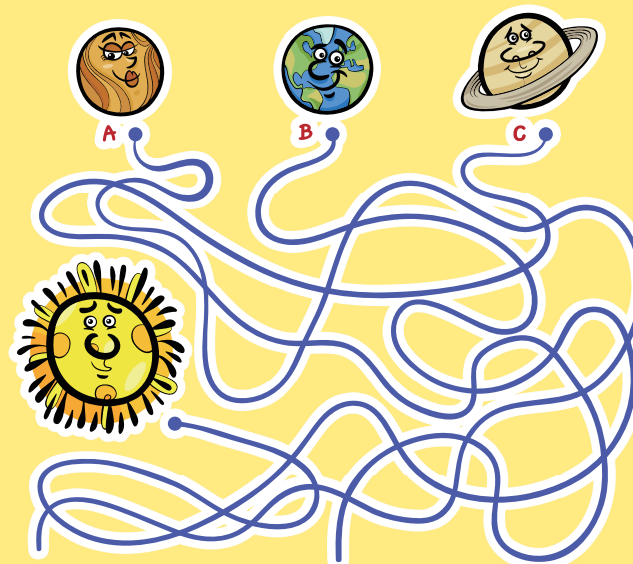
SPF stands for 'sun protection factor' (防曬系數). This number means the fraction of sunlight that can reach your skin. For example, a sunscreen of SPF15 means that only 1/15 of the sunlight reaches your skin. In other words, if your skin feels painful after one hour of sitting in the sun, you will feel pain after 15 hours if you uses the sunscreen.

sun oil



G FUN

Which planet will be able to visit the sun?



Answer on P12

