

IT'S TRUE: YOU CAN GO BLIND!

EVERYONE laughed at the Christian Brothers when they warned that sexual self-gratification could make you go blind. But the Brothers could have the last laugh. Because, according to the latest research from America, their dire warnings could be based on fact! The bad news from scientists is that masturbation and vigorous sexual intercourse CAN lead to sudden loss of vision.

The good news is that it's very rare, usually temporary, and tends to affect mainly people who are 30 or over.

But there are now several documented instances where Love At First Sight has suddenly turned into Love At Short Sight. The researchers encour-

tered six cases in which patients reported sudden vision loss — and after questioning, admitted that their problem occurred during sexual activity. Dr Thomas Friberg of the

Shock new report about 'bad habit'

University of Pittsburgh says: "In the early 20th century, visual symptoms were believed to develop as a result of self-gratification." But he says such warnings could well have derived from real events such as those documented by his team.

holding his breath while stimulating himself.

■ A 24-year-old woman found that her left eye suddenly became blind during the peak point of stimulation as her boyfriend used a vibrator on her. Doctors found a large haemorrhage which later cleared slightly.

■ A 48-year-old man suffered sudden vision loss. It began during vigorous sex with his new girlfriend. He was found to have a haemorrhage and a retinal tear in his right eye.

Dr Friberg reassures us that sex-linked vision loss is a rare event. But he says the risks can be minimised by common sense. DON'T hold your breath for long periods during sex, and DON'T indulge in intense physical exertion if you're usually inactive.

Age may also play a role," he points out. Five of our six patients were older than 39 years."

Cases

Among the cases they encountered were:

■ A 53-year-old man was engaging in an auto-erotic activity when he experienced sudden, dramatic decrease of vision in his right eye. He was found to have a massive haemorrhage which healed completely within 10 months.

■ A man of 30 suddenly began seeing spots before his left eye while masturbating. Doctors later found several small haemorrhages which cleared up in a matter of weeks. It emerged that he had a habit of

Cranberries squeezed out

● THE Cranberries had to abandon a gig in America after a section of the crowd ran riot. The Irish band had decided to give a free concert at the Washington Memorial in the US capital.

● But instead of the expected 2,000 fans about 15,000 turned up. And after waiting 45 minutes for the band to appear, some of the crowd began to get out of hand.

● Clearly unwilling to "linger," they began slam dancing and throwing bottles at the stage. Then lead singer Dolores O'Riordan, wearing a floral mini-dress and shades, appeared with her group.

● However, the band were only able to do one and a half songs when the concert came to an abrupt end, with the mounted police wading into the troublemakers.

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Your Favourite Sun Tan Lotion could be preventing you from getting a tan...

(READ THE LABEL AND YOU WILL SEE FOR YOURSELF)

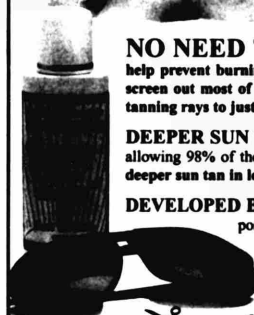


Now an entirely new concept for maximum tanning, with minimum time in the sun, and best of all virtually without burning.

NO NEED TO SUNBATHE FOR HOURS: Traditional sun lotions help prevent burning, screening out the hot burning (UVB) rays from the sun. Sadly they also screen out most of the tanning (UVA) rays. A traditional factor 10 for example will reduce the tanning rays to just 10%. Hence they can dramatically slow down the rate at which you tan.

DEEPER SUN TAN: This new lotion is designed to block out most of the burning rays while allowing 98% of the sun's tanning rays to remain. Now it should be possible to develop a much deeper sun tan in less time virtually without any risk of burning.

DEVELOPED BY CHEMISTS: We consulted the experts in dermatology to establish if it was possible to produce a suntan formula that would allow maximum tanning yet cut the risk of burning to a minimum. We knew the normal lotions screened out both the burning and tanning rays and we were intrigued with the possibility of developing a formula that would virtually eliminate the burning rays while allowing the maximum tanning rays through. The result is "Sunbed in a Bottle". The new concept in sun tanning lotions.



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