

WHAT A SCORCHER!

Britain swelters as Summer comes in rich and true. Temperatures rocket up to the nineties and the heatwave is honoured with an official label. With the sun about the only thing in the nation's life not going slow, the national thermometer reaches near-boiling point. Those who can't forget records say it's the hottest weather since last July. Others are more honest and just say - PHEW!

London's own Riviera - the Serpentine Lido - is packed with sun worshippers. And if it isn't quite like the Cap d'Azur, the heat is certainly up to Nice strength. Ways of keeping cool are many and varied, some more successful than others. Here's one to make the rain-makers smile.

Night-time brings no relief and with midnight temperatures little below mid-day's, best solution for falling asleep is not to count the lambs jumping over the stile, but to dream of far-away places like the Sorrento pool at Miami - that puts a new twist on keeping cool.

It's a bull's eye for Florida's divers as they angle up a sure cure for heatwave hangovers.