

## Good Teeth—For You, Your Child Your Community

By ERNEST A. BRANCH, D.D.S.

The Council on Dental Health of the North Carolina Dental Society is sponsoring this series of articles on Dental Health. The writer, Dr. Ernest A. Branch, is the Director of the Division of Oral Hygiene of the North Carolina State Board of Health. In this article, Dr. Branch answers another question.

### WHY DO YOU NEED GOOD TEETH?

The very obvious answer to this is, "The better to chew with, my dear." We might add the better looking to be with and the healthier to be with. A more dignified and grammatical answer is that good teeth are desirable because of their esthetic and health values.

It has been truly said that "nothing does more to aid good appearance and beauty than a full set of healthy, well-formed teeth." Conversely, nothing detracts from good looks more than unsightly teeth. To present an attractive appearance, teeth need not be perfectly shaped and spaced, but they do need to be there and in a clean, healthy condition.

Let's take a tip from Hollywood. Have you ever seen a glamorous heroine of the screen with teeth that mar her smile? Of course not, for the screen stars are aware of the importance of good looking teeth to their careers. This tooth conscious attitude of the film star is one which might well be emulated by others. For man or woman, adult or youth, beautiful teeth are definitely an asset, both socially and economically. The business executive, salesman, teacher, secretary, college student, and teenager

know that good teeth contribute to a pleasing personality. What kind of teeth does your smile show?

Even more important is the relationship of teeth to health. Digestion starts in the mouth, hence the health of the mouth influences this life process. While the teeth are doing their part in preparing food for digestion, substances in the saliva are producing the first digestive changes in the starches.

Therefore, thorough chewing of food is necessary, not only as a mechanical aid, but also as a factor in the proper functioning of the digestive substances of the saliva. Of course, proper chewing depends upon good teeth, and adequate nutrition depends upon being able to chew.

As potential sources of infection, diseased teeth and gums may affect very seriously the health of the body. They harbor germs and bacteria and provide favorable conditions for their propagation. Even more serious is the fact that diseased teeth may constitute a focal point from which infection enters the blood stream. This is called focal infection and may affect very seriously the health of the individual. Many of the degenerative diseases, that is, diseases of the heart, lungs, and kidneys, are caused by focal infection and often these diseases start in childhood.

It will be agreed then that good teeth are a health and personality asset. Results justify the effort required to give them the proper care. Learn the facts about teeth and their care and act accordingly.

In the next article Dr. Branch will begin at the beginning to explain the facts about teeth.

—perhaps the clarity of the water accounts for this. Use fairly large plugs, say 5/8 ounce. Retrieve very slowly, and the closer to freeze-up the slower the retrieve should be.

The bass will fight in slow-motion, too. So your big thrill comes from the excellent chance of catching a lunker worth mounting. Or from his delicate, delicious flavor—far superior to what he'd have at any other time of the year.

## SPORTS AFIELD

By Ted Kesting

Fall is the time of year for catching really big fish of all species. But it is only bass, and these just in the most northern states, that call for different angling methods from those used in the spring and summer.

The first good fall fishing period usually begins somewhere around the first of October. The bass have moved in from the scattered, deep holes and they are feeding voraciously. Jason Lucas, Sports Afield's angling editor, says he has found the best fishing in water of moderate depth—8 to 12 feet deep. The ideal spot is somewhere around this depth along the outer edge of a weedbed. Where there are no weeds, a similar depth at a sharp drop-off is a very good bet. Use a fast-moving deep-running plug. As for color and size of lure, use about the same that you used earlier in the season.

The second good fishing period begins after a hard frost or two, when the weeds have dried and sunk to the bottom and the water is crystal-clear. This is the time for the really big bass. As in the early fall fishing, bass are inclined to stick to water about 8 to 12 feet deep.

Trotting is the simplest way to find them—this is the one time of the year in most places when trotting is about as good as casting. And this is the only time when a plug moving steadily seems to get them about as well as one that's jerked and stopped. With either method, it's a good trick to go in a long zig-zag down the shoreline to try water of different depths.

When you catch one, stop. If you are trotting with a long line out, back up to the spot where he struck. This is the time of year when it's more than likely that a number of bass are close together there. The best and quickest way to find out is to stop and cast around in a circle.

A plug that runs 8 feet deep is all you need. Most of the time it seems useless to try anything else. A dull-colored plug is almost invariably best

## It Isn't True

"I can tell I don't have TB because I don't feel sick." When you hear anyone make that statement, speak right up and say, "It isn't true." Tuberculosis is an insidious disease. A person may feel perfectly well and yet have the disease in its early stages.

By the time the familiar symptoms of TB appear on the scene—incessant cough, fever, night sweats, and loss of weight—the disease has probably been at work for some time and curing the patient may be a long and difficult job.

TB found early is relatively quick and easy to cure. Before long, the patient is out of the hospital, back home, and back on the job.

How can you tell whether or not you have TB? There is one sure way—chest X-ray.

Every adult should go to his doctor for a physical checkup and a chest X-ray once a year, oftener if there is reason to suspect that he has been exposed to infection from an active case of TB. The eye of the X-ray can see beneath the surface. With this and other scientific tests, the doctor can discover tuberculosis before there are any obvious outward signs of the disease.

You may feel fine, but a chest X-ray can help you make sure that you don't have TB.

Love is the greatest gift of the gods if you have any idea of what we mean.

## It's In The Book

What Do You Know About Motor Vehicle Laws?

What is the legal definition of reckless driving?

B.O.—Mebane.

The Motor Vehicle Manual says in section 20-140: "Any person who drives any vehicle upon a highway carelessly and heedlessly in wilful or wanton disregard of the rights or safety of others, or without due caution and circumspection and at a speed or in a manner so as to endanger or be likely to endanger any person or property shall be guilty of reckless driving, and upon conviction shall be punished as provided (by law)".

## Bugs In Spotlight At Cotton Meeting

The Seventh Annual Beltwide Cotton Insect Control Conference is scheduled at Memphis, Tennessee, December 16-18, the National Cotton Council has announced.

Nearly all public and private entomologists working on cotton insect control will attend the conference sponsored by the Cotton Council.

Also present will be a number of farm organizations and cotton industry leaders along with representatives from more than 200 commercial chemical companies, application equipment manufacturers, and commercial applicators.

## FHA Members Active At School Last Week

The calendar of the Edenton High School Future Homemakers of America for last week was as follows:

Sunday—Church Day. The club attended church in a body.

Monday—Publicity Day. Bulletin boards were put up and FHA Week was publicized.

Tuesday—Fun Day. This was initiation day for 24 new members. It was climaxed Tuesday night with a party at the school.

Wednesday—Mother's-Day-Off. The Future Homemakers prepared the evening meal for the family and helped the mothers with their duties.

Thursday—C. C. C. Day. Courtesy, cooperation, and cleanliness were stressed and practiced at home and at school.

Friday—School Way. An assembly program was given to interpret the

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meaning of F. H. A., its aims, goals, and purposes to the entire high school. Saturday—Finance Day. This day was observed a week early when a cake sale was held downtown.

It was an enjoyable and beneficial week for the Future Homemakers. Plans are now being made to help a needy family at Thanksgiving with clothing and food. There are also plans for beginning correspondence with Future Homemakers in foreign countries.

During the National Education Week FHA members invite all to visit the school.

## Dr. A. F. Downum Will Attend Annual Meeting Of Optometric Society

Dr. A. F. Downum will leave Sunday morning to attend the fall educational meeting of the North Carolina State Optometric Society at Greensboro.

The meeting, running from Sunday through Tuesday, will feature three outstanding speakers in the field of optometry, Dr. John C. Neill of the Pennsylvania State College of Optometry, and Dr. W. Jerome Heather, director of professional relations for the American Optical Co.

Also to be considered at the meeting is a more complete public relations program for the society. Ralph E. Mulford, a Charlotte public relations consultant, will be present at the meeting to help with this problem.

Dr. James A. Palmer of Charlotte is president of the society which has a membership of over 200 active members.

## Legal Notices

NOTICE

By virtue of a Deed of Trust executed by William C. Lindsay and Ella Blanche Lindsay September 6, 1952, registered in book No. 63, p. 554, to Herbert Leary, Trustee, default having been made in payment of note secured thereby, I will sell for cash before the Court House door in Edenton, N. C., on Saturday, December 12, 1953, at 12 o'clock M., the following described real estate, to-wit:

1. The lot on the West side of Court Street, in Edenton, N. C., beginning at a point on said street, 451 feet from the S. E. corner of the County Court House; thence Westwardly parallel with King Street, 130 feet; thence Northwardly parallel with Court Street 40 feet 6 inches; thence Eastwardly parallel with King Street 130 feet to Court Street; thence Southwardly along Court Street 40 feet 6 inches to place of beginning.

2. The lot in the Town of Edenton: Beginning at Northwest corner of the T. C. Bateman lot; thence Westwardly parallel with King Street 24 feet to the M. E. Moore line; thence Southwardly parallel with Court Street along the M. E. Moore line 40 feet to the Kramer-Cheshire-Rogerson line; thence Eastwardly parallel with King Street along the Kramer-Cheshire-Rogerson line 24 feet; thence Northwardly parallel with Court Street along the T. C. Bateman line to the place of beginning.

This 9th day of November, 1953. HERBERT LEARY, Trustee.

Nov12,19,26,Dec3c

North Carolina  
Chowan County  
Rosa Lee Payton,  
Plaintiff  
vs.  
Joseph Payton,  
Defendant  
NOTICE SERVING SUMMONS  
BY PUBLICATION

The defendant above named will hereby take notice that an action entitled as above has been commenced in the Superior Court of Chowan County, North Carolina, for the purpose of obtaining an absolute divorce from the said defendant upon the grounds of abandonment and separation for the statutory period of two years; and the said defendant will further take notice that he is required to appear at the office of the Clerk of the Superior Court of said County, in the Court House in Edenton, N. C., within twenty days after December 12, 1953, and file a written answer or demur to the relief demanded in the complaint in said action, or the plaintiff will apply to the Court for the relief demanded in said complaint.

This 6th day of November, 1953.

(S) E. W. SPIRES,  
Clerk Superior Court,  
Chowan County,  
North Carolina

HERBERT LEARY,  
Attorney

Nov12,19,26,Dec3c

North Carolina,  
Chowan County.

EXECUTRIX NOTICE

The undersigned, having qualified as executrix of the estate of Sarah F. Boyce, deceased, late of Chowan County, N. C., this is to notify all persons having claims against said estate to present them to the undersigned on or before the 22nd day of October, 1954, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment to the undersigned.

This 19th day of October, 1953.

LEON W. BYRUM,  
Administrator of George  
Byrum, Deceased.

Oct.22,29,Nov5,12,19,26,3c

In The  
Superior Court  
persons indebted to said estate will please make immediate payment to the undersigned.  
This 15th day of October, 1953.  
ETHEL H. BOYCE,  
Executrix of  
Sarah F. Boyce, Deceased.  
Oct29Nov5,12,19,26Dec3c

North Carolina,  
Chowan County.

EXECUTRIX NOTICE

The undersigned, having qualified as Executrix of the estate of E. N. Elliott, deceased, late of Chowan County, N. C., this is to notify all persons having claims against said estate to present them to the undersigned on or before the 22nd day of October, 1954, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment to the undersigned.

This 22nd day of October, 1953.

ELIZA KNIGHT ELLIOTT,  
Executrix of  
E. N. Elliott Estate.

John W. Grahar,  
Attorney for Estate.  
Oct 22,29,Nov5,12,19,26c,jwg

North Carolina,  
Chowan County

NOTICE OF ADMINISTRATION

The undersigned, having qualified as Administrator of the estate of Geo. Byrum, deceased, late of Chowan County, N. C., this is to notify all persons having claims against said estate to present them to the undersigned on or before the 22nd day of October, 1954, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment to the undersigned.

This 19th day of October, 1953.

LEON W. BYRUM,  
Administrator of George  
Byrum, Deceased.

Oct.22,29,Nov5,12,19,26,3c

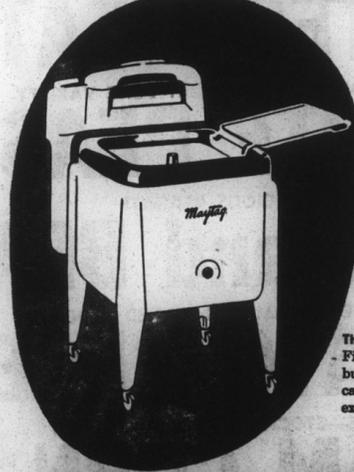
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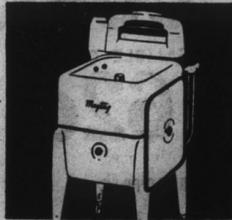
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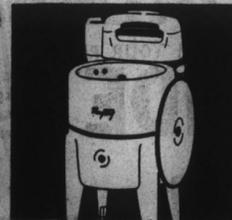
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