

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 explodes the popular belief that, because they are temporary, baby teeth do not need to be cared for—that their premature loss is not a matter for concern.

John dear, John dear, Can't you guess the truth?
John dear, the baby dear, Bless the little youth!
Do get up and make the fire, Turn the lights a little higher,
Go and tell your Aunt Mariah, Baby's got a tooth!

It is doubtful that John dear, Aunt Mariah, or even the baby's mother really appreciate the significance of baby's new tooth and the other 19 he will have by the time he is two or two and a half years old. It is strange that parents who are so pleased and proud when each new tooth appears can become careless and neglectful of these, same priceless and beautiful baby teeth.

As the title indicates these first teeth are of prime importance. In fact the scientific terms—primary, deciduous, or foundation teeth—indicate their place in the scheme of things dental.

Even though these first teeth are deciduous, they are very important not only for themselves and the functions they perform, but also in their role of laying the foundation for the

permanent teeth. Indeed, it is very unlikely that the second teeth will be permanent unless they have followed good foundation teeth.

Now, for a few facts. Baby's first tooth usually appears when he is about six to eight months old. However, at birth all twenty baby teeth were under his gums, deep in the bones of his jaws. They began to form early in prenatal life. The first teeth to erupt are central incisors, lower incisors first and then upper incisors. Of course, the time of eruption of all primary teeth varies with different children.

When the child has all of his 20 primary teeth, usually by the time he is two and a half years of age, the accomplishment might be appropriately observed and celebrated by a visit to the dentist. The dentist and mother should make this quite an occasion. A pleasant experience and the establishment of a friendly relationship between the child and the dentist will influence for good the child's future attitude toward "going to the dentist."

Early and regular visits to the dentist will help prevent many tooth troubles for the child. The early discovery and filling of cavities will not only prevent pain, but will also save the teeth. And they should be saved. The child needs them to chew with. They are also needed to serve as space retainers and guides for the second teeth. Their remaining in the child's mouth until their successors are ready to replace them will do much toward insuring straight, even, and permanent second teeth.

Look in your child's mouth and act accordingly.

In the next article Dr. Branch will discuss, "the most important tooth."



GARDEN TIME
ROBERT SCHMIDT
N.C. STATE COLLEGE

During the next two or three months is the best time to plant deciduous trees of all kinds. That gives them a chance to get well settled by the time the spring growing season arrives and they are more likely to survive than if planted later.

In selecting trees to plant in the farm yard or even on the front lawn we should keep the pecan in mind. In addition to the crop of nuts produced the pecan is a beautiful tree and is as valuable for shade as any of our deciduous trees. It is not necessary to plant more than one tree in order to get a crop of nuts although a better crop may result if more than one tree or more than one variety are planted somewhere near by.

For eastern North Carolina we recommend the Stuart, Cape Fear and Brake varieties. The Mahan variety is popular because of the large size of the nuts, but is not as resistant to disease. For the Piedmont, the Stuart variety is probably most reliable and in the mountains only northern varieties such as Indiana or Green River should be planted.

In buying trees there is no advantage in getting the largest trees. A five to six foot tree is a desirable size and will not cost as much as a larger one. Trees should be set slightly deeper than they were in the nursery and should be at least 60 feet apart so that they will not crowd when they are full grown. While preparing for planting take care that the roots of the trees do not dry out. Place them in a tub of water or cover them with wet burlap sacks.

Dig a hole large enough to take care of the root system without crowding and fill in around the roots with top soil. Do not put commercial fertilizer or fresh manure in the hole next to the roots. Each spring just

as the buds are swelling apply a well balanced garden fertilizer underneath the spread of the branches at the rate of 2 pounds for each year of age of the tree from the time of planting. For more complete information, write to the Department of Agricultural In-

ARMY QUARTERMASTER SOLDIERS test uniforms, equipment and their own endurance in extreme climates. On the Arizona desert near Yuma, scientists wait for them to finish one mile of the mile and a quarter hike across the shimmering sand dunes with loads ranging from 25 to 65 pounds. They walk this course four times daily.

formation, N. C. State College, Raleigh, and ask for Circular No. 342 on pecans.

New Program For Marine Enlistments

Sgt. Clifford A. Jackson, the local Marine Recruiting Sergeant, has disclosed a program recently put into effect by the Marine Corps. Young men are now able to enlist in the Marine Corps and have their service start immediately but they will not have to go on active duty until January or February. The men will go to Raleigh and if they pass all the examinations in the Marine Corps Reserve for a period of three or four years, then they will be sent home with orders directing them to report to active duty after the holidays.

When the men do go to active duty it will be for a period of two years, at the completion of which they will be released to inactive duty if they so desire to spend the remainder of their enlistment on inactive duty. However, the time between the date a man is enlisted and the date he goes to active duty will count for purposes of pay, total service, on the time needed for retirement and on the obligated service as required by selective service laws.

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Minutes Of County Board Of Education

November 2, 1953

The Chowan County Board of Education held its regular meeting in the office of the superintendent, Monday, November 2, at 10:00 A. M. The following members were present: J. I. Boyce, G. E. Nixon, Conroy Perry, Carey Evans and G. B. Potter, chairman.

The meeting was called to order by the chairman, by having the minutes of the last meeting read. The secretary read the minutes and upon motion made and seconded, same were adopted.

The secretary read the reports of the County School Fund Treasurer and the local School Fund Treasurer. A motion was made and seconded, the reports were adopted as read.

The bills for the month of October in the amount of \$4,623.91 were approved upon motion made and seconded: Vocational teachers' salary

and travel, \$718.00; veterans training program, \$654.76; teacherage fund, \$25.36; lunchroom program, \$41.73; capital outlay, \$133.76; Edenton City Schools (per capita), \$2,018.62; current expense, \$1,031.68; total, \$4,623.91.

There being no further business, the Board adjourned.

G. B. POTTER, Chairman
W. J. TAYLOR, Secretary

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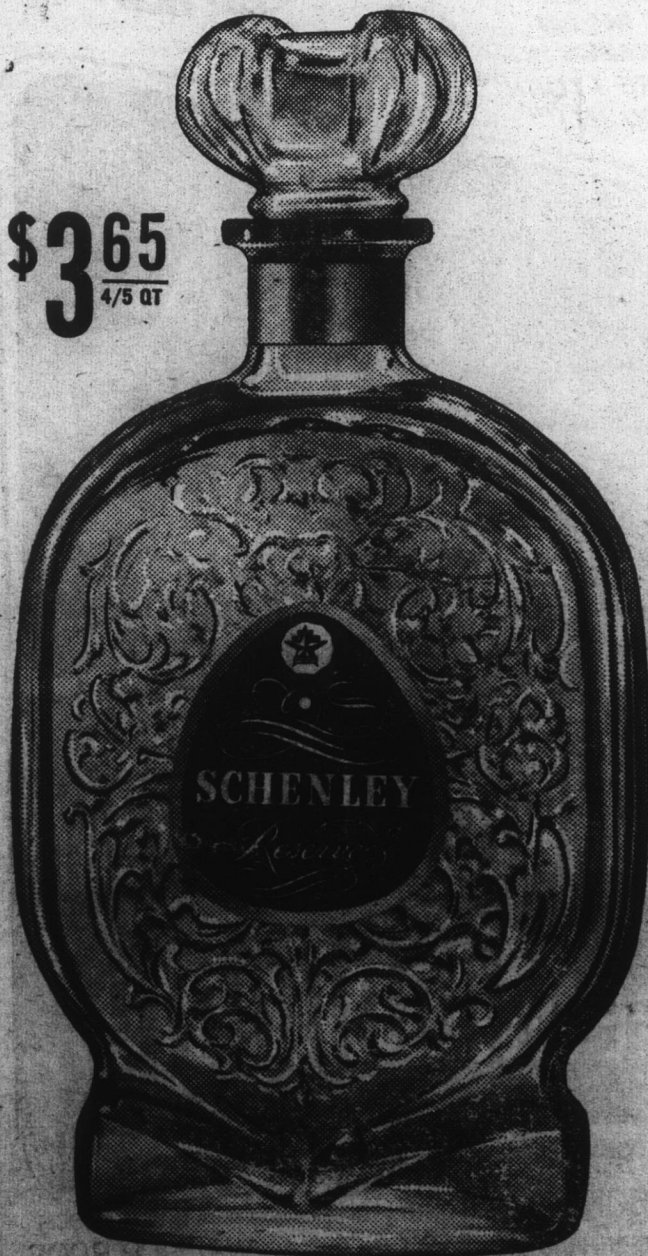
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Banking For Women

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