

Good Teeth—For You, Your Child Your Community

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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.

Present Status of Fluoridation

The current state of fluoridation cannot be termed the status quo, in the popular use of that term, for it is constantly changing. Fluoridation is a going concern with each week, even each day, showing more and more evidence in its favor and phenomenal gains in its acceptance as a preventive measure. From figures released November 1, 1953, we find that in the Nation 15,914,227 people in 833 communities are drinking fluoridated water. To this number will be added 14,749,994 citizens of 366 communities in which fluoridation has been approved. The figures for North Carolina show that fluoridation is in operation in 20 municipalities serving 513,620 people and that it has been approved in 7 more towns with a combined population of 146,797. In our own State, then, more than 660,000, or approximately one-sixth of the population, will soon be using fluoridated water. These figures do not include the 3,000,000 people in the United States and an appreciable number in North Carolina who have been drinking water containing naturally borne fluorides all of their lives.

It might be well to define the term, fluoridated water. It is water to which a small amount of a fluoride salt, a natural constituent of water, has been added in order to supply the deficiency and bring the content to a certain level which has been found to be beneficial in reducing the incidence of tooth decay. The generally accepted amount is one part per million. This is such an infinitesimal amount that a person drinking 8 glasses of water a day for 16 years will consume only an ounce.

We believe that the fact that many water supplies are deficient in this natural element is to be accounted for through soil erosion. The fluoride salts which are added to water are the same ones which occur naturally. It will be seen, then, that fluoridation is a matter of nutrition and not medication. Adding fluorides to water is comparable to fortifying flour, that is, returning to refined flour the minerals and vitamins which were taken out during the milling processes.

Last week we cited a few of the many pilot studies in fluoridation. There are now, as there have been for years, many groups of physicians, dentists, bio-chemists, and other scientists devoting much time and thought to this field of research. The aver-

age citizen, or even dentist, does not have the time or the training in research techniques to read and evaluate the voluminous reports of the various studies, experiments, and tests in order to decide for or against fluoridation. As in many other matters pertaining to health we must rely on authoritative sources for information and advice. Of course, we should be certain that our sources are authoritative.

Fluoridation has the backing of an impressive array of scientific organizations. Among them are the following groups with the dates of endorsement.

State and Territorial Dental Health Directors, June 8, 1950

American Association of Public Health Dentists, October 29, 1950

American Dental Association, November 2, 1950

State and Territorial Health Officers, November, 1950

American Public Health Association, November, 1950

United States Public Health Service, April 24, 1951

North Carolina Dental Society, May 1, 1951

National Research Council, November, 1951

American Medical Association, December, 1951

The unqualified endorsement of these societies and associations should assure even the most faint hearted and cautious that fluoridation is a safe and effective public health measure. North Carolina communities were "not the first by whom the new was tried." We hope they will not be "the last to lay the old aside."

The discussions of fluoridation will be interrupted next week in favor of some seasonal suggestions in regard to Christmas confections and dental health.

Marine Enlistments Now For Two Years

Sgt. Clifford A. Jackson, Marine Recruiting Sergeant for Eastern North Carolina, states that for the first time in the history of the modern Marine Corps, qualified young men will be accepted for enlistments of two years. Sgt. Jackson also discloses that the men enlisting during the month of December will not have to report for active duty until January or February. The men will be enlisted immediately and their date of service for pay purposes and time needed to fulfill the 8 years obligated service will start as of that date, but those enlisting will be given orders to report for active duty during January and February. This will allow them to remain home for the holidays with families and friends and at the same time they will know exactly when

North Pole? Bah! Santa's Safe in Turkey

St. Nicholas, less formally known as Santa Claus, was born, lived, and — "died" isn't the word — became a legend in the balmy climate of southern Turkey. The patron saint of children never shivered on an icy glacier.

He lived out his life, some 1600 years ago, in Myra, the present-day Demre, in the province of Antalya — Florida of the Mediterranean — where waterfalls cascade into the sea and white-crested mountains add majestic variety to the landscape.

St. Nicholas was Bishop of Myra for 17 years, 335 to 352 A.D. His church and sarcophagus are still to be found at Demre. It was here that his generous acts became legendary and gave him the "Santa Claus" character we know today.

This most jovial saint had reason to be happy in his surroundings. Antalya has been an Eden throughout history. Many travellers still come here by land and sea to pay happy homage to his cheerful spirit.



THE ONLY CHURCH SANTA CLAUS EVER ATTENDED
— Demre, Turkey — SANTA'S HOME TOWN

they have to leave and will have ample time to prepare and take care of the usual problems that arise when one is about to join the service. For further information contact Sgt. Jackson in person or by mail at his office, Marine Recruiting Sub Station, Post Office Building, Washington, North Carolina.

Sgt. Jackson also reveals that groups of young men enlisting together will be allowed to report for active duty together and will remain in the same battalion during basic training.

Guard Against Fires At Yuletide Parties

Functions For New Year Can Be Especially Dangerous

This is the holiday party season. Large or small—in homes, places of business, churches, schools or other public buildings—such gatherings all have one thing in common: the threat of fire.

New Year's parties can be especially dangerous. If the Christmas tree has been left up for the occasion, chances are it will be tinder-dry by that time. But actually whether it is dry or fresh, a spark of flame can turn an evergreen tree into a roaring pillar of flame in a matter of seconds. Christmas greens and paper

simple safety precautions:

1. Check to see that the Christmas tree is not located near any stairway or elevator shaft which would provide a draft, and that it doesn't block an exit.

2. Someone in authority should inspect the tree to determine whether it is too dry to leave up.

3. Provide plenty of ashtrays for smokers. Don't allow smoking near the tree.

4. Be sure that all decorations have been flameproofed.

5. Avoid using net or gauze-like fabrics for dresses, costumes or children's clothing. Loosely woven fabrics can easily catch fire.

6. If loosely woven costumes must be worn, they should be flameproofed with the following solution: mix 9

ounces of borax and 4 ounces of boric acid in a gallon of water. Dip the fabric in this solution, wring by hand with about \$4,000 more the entire and hang to dry. Flameproofing must be repeated each time the garment is for use.

laundered.

7. Don't use candles for decoration, or let children carry them in tableaux or choir singing. Electric candles are just as effective, and much safer.

8. If there is an open fire, see that the fire screen is in place and that the tree and other combustibles are not near the fireplace.

Building Fund Day At Methodist Church

Next Sunday will be observed as Building Fund Day at the Methodist Church, when members of the congregation and other friends are requested to give a gift toward completion of the new Church School building.

The first floor of the new building is almost completed and the pastor, the Rev. E. B. Edwards, says that project can be completed and be ready for use.

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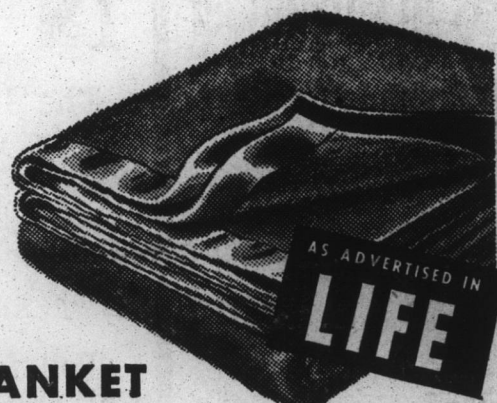


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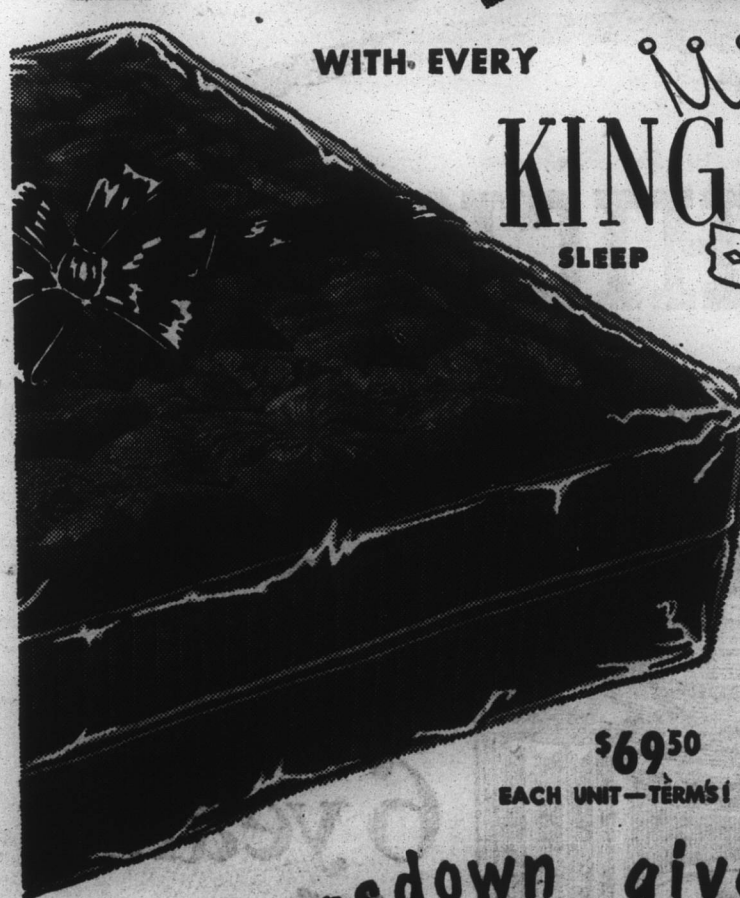
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