

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

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

The Council on Dental Health of 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.

**Fluoridation—National and Controlled**  
Last week's article on the early studies of fluorides in water in relation to teeth brought us to the discovery that, though excessive amounts in the water caused mottled enamel, a small amount reduced the occurrence of dental decay without causing any mottling. By making studies in many communities using water with varying amounts of fluorides the scientists arrived at the conclusion that approximately one part per million (1PPM), varying slightly according to climatic and other factors, was a safe and effective fluoride content for drinking water.

All of the studies and experiments thus far had been made with naturally fluoridated water supplies. The logical sequence of events was for the suggestion to be made that fluorides might be added to water supplies which were deficient in this element in order to reduce the incidence of dental caries. With the fact well established that 1PPM was beneficial to dental health two questions remained to be answered: They were:

1. Did the use of fluoridated water have a harmful effect on any other part of the body?

2. Would results from drinking water to which fluorides were added be the same as from drinking water with naturally borne fluorides?

For finding the answer to the first question nature had already provided a laboratory with over 3,000,000 guinea pigs—the areas where the drinking water contained fluorides from the desirable concentrations up to five and ten times that amount and the people who had been drinking this water. From exhaustive studies to determine the prevalence of diseases or diseased conditions of body organs and structures in these areas there is no evidence that prolonged ingestion of water containing even more than the recommended 1 PPM of fluorine had, in any case, produced any harmful effects.

In 1945 studies were begun to find the answer to the second question, that is, to determine whether or not controlled fluoridation would give the same benefits as natural fluoridation. The experience in Grand Rapids, Michigan, has answered this question in the affirmative. Today, six-year-old children in Grand Rapids have 66 per cent fewer cavities than their teen age brothers and sisters had at the same age. The following is a brief account of this experiment.

To determine the effect of adding fluoride to water supplies, research workers of the Public Health Service

got together eight years ago with officials of the University of Michigan and the Michigan State Department of Health. They selected Grand Rapids, an industrial city of nearly 200,000 as the place for their study. The city fathers there agreed to cooperate, and on January 25, 1945, Grand Rapids became the first city in the world to add fluoride to its water supply.

"Before fluoridation and every year since, dentists have examined the teeth of Grand Rapids children and, for comparison, have made similar examinations in near-by Muskegon, Michigan, and also in Aurora, Illinois. They chose Muskegon because it is similar to Grand Rapids in climate and geography, and gets its water from the same fluoride-free Lake Michigan. Aurora was selected because its water supply contains about the same amount of natural fluoride that Grand Rapids is adding to its water. In 1945, Aurora children had about two-thirds less tooth decay than Grand Rapids children had before fluoridation.

"By 1952, tots six years old and younger drinking the fluoridated water of Grand Rapids from birth had the same low decay rates as their opposites in Aurora with its natural fluoride bearing water. The dental scientists also discovered substantial reductions in tooth decay in older children."

A similar test has been in progress in Newburgh and Kingston, neighboring towns in New York State. Beginning in May, 1945, sodium fluoride has been added to the water supply at Newburgh, bringing the content to 1.2 PPM, while the Kingston water supply has been left free of fluorine. Dental examinations of children up to 12 years of age were begun in 1944 and have been made every year since. Each successive examination has shown a decrease in decay in Newburgh and a constancy in the decay rates in Kingston.

Many other cities have obtained practically the same results by adding fluorides to their water supplies. Among the earliest of these are Sheboygan, Wisconsin; Lewiston, Idaho; Marshall, Texas; and Brantford, Ontario. Charlotte was the first city in North Carolina to adopt this preventive measure.

From these and many other studies it appears that the adjustment of the fluoride content of the water to approximately 1 PPM has resulted in a substantial reduction in dental caries in children.

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LIQUID OR TABLETS—SAME FAST RELIEF

### George Oakley Lanes Dies After Long Illness

George Oakley Lane, 70, died Thursday night at 8:30 o'clock at his home near Dillard's Mill following an illness of several years. He was a native of Perquimans County but lived in Chowan for many years. He was a retired grist mill operator.

Surviving are his wife, Mrs. Priscilla Lane; one son, Walter Lane and a daughter, Mrs. Jack Bond, both of Edenton.

Funeral services were held in the Rocky Hock Baptist Church, of which he was a member, Saturday afternoon at 2:30 o'clock. The pastor, the Rev. B. L. Raines, officiated and burial was in Beaver Hill Cemetery.

Pallbearers were Rodney Harrell, Mark White, Ellie Bunch, Ray Hollowell, Robert Evans and Carey Evans.

### Mrs. John A. Holmes Dies After Long Illness

Mrs. Willie MacDonald Holmes, 58, died at her home on Broad Street at 3:15 o'clock Friday afternoon after several years' illness. The wife of Superintendent of Schools John A. Holmes, deceased was a native of Mathews, N. C., but lived in Edenton 30 years.

Surviving are her husband, John A. Holmes; a son, John A. Holmes, Jr., of Raleigh; a daughter, Miss Mary MacDonald Holmes of Elizabeth City; a brother, Joseph M. Barrett and a sister, Mrs. J. Edgar Hood, both of Charlotte. She was a member of the Edenton Methodist Church.

Funeral services were held at the Willford Funeral Home Sunday afternoon at 2 o'clock. The Rev. E. B. Edwards, pastor of the Methodist Church, officiated, and burial was in Beaver Hill Cemetery. Stewards of the Methodist Church served as pallbearers.

Youth, what man's age is like to be doth show; We may our ends by our beginnings know. —Denham.

### Pvt. Leslie R. Nixon Serving In Germany

Army Pvt. Leslie R. Nixon, 20, whose wife, Maggie, and parents, Mr. and Mrs. Leslie W. Nixon, live on Route 2, Edenton, is serving in Germany with the 43d Infantry Division. The "Winged Victory" division is training as part of the NATO Army for the defense of western Europe.

Private Nixon, a heavy-weapon infantryman in the 172d Regiment, entered the Army last May, completed basic training at Fort Jackson, S. C., and arrived overseas during October.

### Edenton Jr.-Sr. Menu

Menus at the Edenton Junior-Senior High School for the remainder of this week are:

Thursday—Hamburgers, mashed potatoes, garden peas, beets, rolls, butter, cookies and milk.

Friday—Beef pan pie with vegetables, string beans, celery, rolls, butter, peaches and milk.

### PRESBYTERIAN SERVICES

Sunday School at 10 o'clock Sunday morning with classes for all. Morning worship service at 11 o'clock with a sermon by the pastor, the Rev. James MacKenzie.

Tuesday at 7:30 Boys' Brigade. Wednesday at 8, mid-week prayer service with special studies in the Book of Genesis. Thursday at 7:30, Young People's service.

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### CHRISTIAN CHURCH SERVICES

Services at the First Christian Church have been announced as follows by the pastor—the Rev. E. C. Alexander:

Bible School, Sunday morning at 10 o'clock; morning service at 11 o'clock; evening service at 7:30 o'clock. Wednesday Evening Bible Class meets at 7:30 o'clock. Everyone is welcome to young people's meeting at 8:30 P. M.; all services.

### REFUSED OFFER TO HELP RESTORE HIS SIGHT

Heartwarming story of a popular musician who, blind from birth, has refused many offers to help restore his sight. Look for this and many other features in the January 17th issue of

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