

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.

Topical Application of Sodium Fluoride to Children's Teeth
In previous articles the case for fluoridation of community water supplies, as an effective and safe large-scale means of reducing dental decay has been presented. Fluoridation, you will recall, is the adjustment of the fluoride content of the public water supply to one part fluoride to one million parts water. The results of much research during the past fifty years substantiate the finding that persons who have used fluoridated water since birth have two-thirds less tooth decay than those who have used fluorine-free water. Fluoridation has been endorsed by the leading dental, medical, and public health groups.

Today, we are thinking about the children who live in areas where there are no municipal water supplies—children who live on farms and in small villages. In North Carolina, with a predominantly rural population there are literally thousands of children who cannot drink fluoridated water.

Fortunately, these children, too, can benefit from fluorides. Researchers have discovered and perfected a method for applying sodium fluoride directly to the surfaces of teeth. This is called the topical application of sodium fluoride. Surveys have shown that this treatment has reduced dental decay by 40 per cent in large groups of children. Please note the modifying phrase, "in large groups of children." Parents should know that results vary among individuals and that every child may not be benefited. However, we believe, along with the Council on Dental Health of the American Dental Association, that the favorable results justify our recommending to parents the topical application of sodium fluoride to their children's teeth by their dentists.

For this partial protection against tooth decay a two per cent solution of sodium fluoride is used. The dentist cleans the teeth thoroughly before the first application. He then dries the teeth with compressed air. To the dried enamel surfaces he applies the two per cent solution of sodium fluoride, allowing it to dry on the teeth. A series of four separate applications is given at intervals of from three days to a week. Four applications are essential for maximum effectiveness.

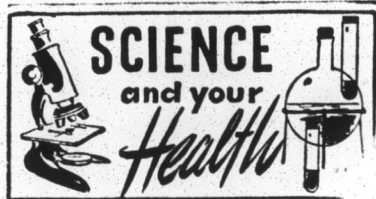
The first such series of treatments should be given when a child is three years old to protect his baby teeth. The treatments should be repeated at three to four year intervals, or at about the ages of 7, 10, and 13 years. In this way all teeth will be treated soon after they come in the child's mouth. If applications have not been given at the suggested ages, they may

be given later for they are effective at any age under 16.

As stated above, the topical application of sodium fluoride is recommended for children in rural areas and for children in towns which have not yet fluoridated their water supplies. Water fluoridation, where possible, is more economical and far-reaching as a preventive measure.

Neither the fluoridation of water supplies nor the topical application of sodium fluoride will prevent all tooth decay. Other measures recommended for the promotion of good dental health are:

1. Regular visits to the dentist for the early detection and correction of dental defects.
2. Brushing the teeth immediately after eating.
3. Eating a balanced diet with sweets reduced to a minimum.



COLD MYSTERY by Science Features

The common cold may be a simple illness to many people, but it is a complex problem for medical research. Scientists have made tremendous progress in developing drugs that cure and prevent serious maladies, but they are still trying to solve the mystery of the common cold.

The cold, as well as other respiratory diseases such as influenza, "strep throat" and pneumonia, is caused by some of the countless viruses that are in the air. The smallest known, they are drawn into the nose, throat and lungs by the air we breathe, and multiply in the cell linings.

Many of the viruses have been isolated and classified in the laboratories, but the common cold germ, thought to be the smallest of all, cannot be kept alive for study.

Statistics show that the average person has two colds a year that cause half of the absences from work, and are responsible for a 120 million dollar annual loss in wages.

It is paradoxical that there is no cure for this time-wasting annoying illness while serious respiratory diseases like pneumonia can be arrested with such new drugs as terramycin.

It's reassuring to know, however, that extensive research continues by the National Institute of Health, universities and pharmaceutical laboratories—so soon the common cold may go the way of other conquered diseases.



REJUVENATION DEPOT at Butzbach, Germany, does big business in Army tanks, armored cars and other heavy combat vehicles. The 51st Army Ordnance Group which supervises the repair shop has supplied U.S. Army, Europe, with more than 3,700 rebuilt combat vehicles most of which were "brought back to life" in this depot.

HEALTH FOR ALL

RATHER NOT KNOW

"I'd rather not know," said the ostrich, hiding his head in the sand when he saw the hunters.

He was an un-American ostrich. The American way is to want to know. No democracy could survive if everyone preferred not to know about crime and corruption. A good citizen looks the facts in the face, and then does something about them. But sometimes you'll hear a man who is a good citizen in every other way say that he'd rather not know whether he has tuberculosis.

It's a funny thing. You can't imagine his saying he'd rather not know he has mumps or small pox or the plague. Of course, the symptoms of those diseases would soon make him uncomfortable and he would head for the nearest doctor to find out what the trouble was. Our good citizen can have TB for some time without feeling or looking sick. So he is able to know, until the disease has made serious inroads on his constitution and he is a very sick man indeed.

While his head has been in the sand he has lengthened the odds on his recovery. It will take him longer to get well when he finally gets around to facing the facts. And, worse, he has endangered the health, the very lives of people near him—his wife and chil-

dren, his neighbors, the people he works with.

Tuberculosis is contagious. Our ostrich citizen caught the germs from someone without knowing it. He can pass them on just as innocently.

It isn't difficult to find out the truth. If you will go to your doctor

for a regular physical exam with a chest X-ray once a year, or as often as he advises, you can be sure that any signs of illness will be found. If TB should strike, it will probably be discovered before it has had a chance to do irreparable damage. In many communities, chest X-ray programs are carried on so that every adult has an opportunity to be X-rayed at little or no cost.

It takes only a few minutes to find out for sure that you don't have tuberculosis. A good citizen is not an ostrich.

It's a Chronic Failing
C. O.—You are on report for knocking this man unconscious. What have you to say?

Boatswain's Mate—Sir, I hit him, but he was unconscious before he joined this man's navy.

REARING FOUR BABIES AT ONE TIME

Mother of quads tells what it is like to raise four babies at one time—preparing 28 bottles of formula each day and using a total of 500 diapers each week. Look for this feature in the January 24th issue of

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REPORT OF CONDITION OF

THE BANK OF EDENTON

of Edenton, Chowan County, North Carolina, at the close of business December 31, 1953, a State banking institution organized and operating under the banking laws of this State and a member of the Federal Reserve System. Published in accordance with a call made by the State Banking Authorities and by the Federal Reserve Bank of this District.

ASSETS

1. Cash, balances with other banks, including reserve balance, and cash items in process of collection.....	\$1,704,005.75
2. U. S. Government obligations, direct and guaranteed.....	1,504,525.46
3. Obligations of States and political subdivisions.....	673,945.62
5. Corporate stocks, (including \$10,500.00 stock of Federal Reserve Bank).....	10,500.00
6. Loans and discounts (including \$18.85 overdrafts).....	1,422,735.77
7. Bank premises owned, \$30,524.77; furniture and fixtures, \$17,985.50.....	48,510.27
11. Other assets.....	19,937.39
12. TOTAL ASSETS.....	\$5,384,160.26

LIABILITIES

13. Demand deposits of individuals, partnerships and corporations.....	\$3,278,743.87
14. Time deposits of individuals, partnerships, and corporations.....	930,891.35
15. Deposits of U. S. Government (including postal savings).....	87,839.90
16. Deposits of States and political subdivisions.....	385,754.07
18. Other deposits (certified and officers' checks, etc.).....	74,140.15
19. TOTAL DEPOSITS.....	\$4,757,369.34
23. Other liabilities.....	85,715.20

24. TOTAL LIABILITIES (not including subordinated obligations shown below).....\$4,843,084.54

CAPITAL ACCOUNTS

25. Capital *.....	\$ 100,000.00
26. Surplus.....	250,000.00
27. Undivided profits.....	91,075.72
28. Reserves (and retirement account for preferred capital).....	100,000.00
29. TOTAL CAPITAL ACCOUNTS.....	\$ 541,075.72

30. TOTAL LIABILITIES AND CAPITAL ACCOUNTS.....\$5,384,160.26

* This bank's capital consists of: Common stock with total par value of \$100,000.00.
Total deposits to the credit of the State of North Carolina or any official thereof.....\$ 91,518.87

MEMORANDA

31. Assets pledged or assigned to secure liabilities and for other purposes.....\$ 710,000.00

I, John A. Kramer, Cashier, of the above-named bank, hereby certify that the above statement is true to the best of my knowledge and belief.
JOHN A. KRAMER.

Correct—Attest:

W. H. GARDNER,
J. H. CONGER,
JOHN W. GRAHAM,
Directors.

State of North Carolina—County of Chowan ss:
Sworn to and subscribed before me this 8th day of January, 1954.
(Seal) OLIVE P. DAIL, Notary Public.
My Commission expires February 5, 1954.

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