

## 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 gives some timely pointers for the prevention of tooth decay.

### The Story of Tooth Decay

In the first article of this series, the arch-villain in the struggle for good dental health was identified as dental caries, or tooth decay. For a better understanding of this disease, its cause and prevention, it is necessary to know something of the structure of the teeth.

The parts of a tooth are: the crown, the part above the gums; the neck, the part at the gum line; and the root, the part beneath the gums—a single root for front teeth, double or triple for the others. The teeth are composed of four tissues: the enamel, the hard protective covering of the crown; the cementum, a layer of bone-like material covering the roots; the dentin, a substance softer than the enamel beneath the enamel and cementum; and the pulp, a soft spongy material in the center of the tooth, containing the nerves and blood vessels. Dental caries attacks and destroys these tissues.

The prevalence of tooth decay has been established. Practically everyone of us knows, from experience, something about this disease and has a personal interest in its control.

Dental scientists have been concerned for years over the cause, or causes, of dental decay. Many studies and experiments have been conducted in their efforts to arrive at the answer. In the light of their research findings the generally accepted theory is that decay is produced by an acid that is formed by the action of certain bacteria on the food particles, especially, sugars and starches, that adhere to the teeth. This acid destroys tooth tissue.

The mouth has been compared to a "tiny biochemical laboratory capable of manufacturing acids that can dissolve the enamel and eat through the dentin, thus laying the living pulp open to infection." The germ most responsible for this condition is called *lactobacillus acidophilus*. A definite relationship has been established between the presence in the mouth of *lactobacilli* and the occurrence of tooth decay. Refined starches, especially, fermentable sugars, are the materials from which these bacteria manufacture the destructive acid.

Decay attacks first the enamel of the tooth. It usually starts on a surface that is in contact with another tooth or in a groove in the chewing surface. Unless checked, decay will penetrate the enamel and the dentin until it reaches the pulp of the tooth. When the pulp becomes involved the tooth usually dies and, often, an abscess forms at the end of the roots. When decay has been allowed to run its course the only remedy is the extraction of the tooth.

Since there is no "cure" for dental caries, prevention is all the more im-

portant. The cause points to certain preventive measures. They are: first, keeping the teeth free of dental plaques (that gummy material in which the bacteria lodge) and second, eliminating the material on which the acid forming bacteria work. In other and simpler words, the prevalence of tooth decay may be reduced by brushing the teeth thoroughly as soon as possible after eating and by reducing the daily consumption of sweets. These control measures are simple and can be practiced by each of us. They are also effective. Start, today, adopt them for yourself and help your children to practice them.

Again, we stress the importance of the early detection of decay, by regular visits to your dentist.

## Hospital Patients

Patients admitted to Chowan Hospital during the week of February 1 to 7 were:

White—Mrs. Blanche White, Preston Morgan, Mrs. Evelyn Whitney and baby boy, Percy Harrell, Medlin Belch, Mrs. Laura Hopkins, Mrs. Sarah Hudson, Mrs. Elsie Hare and baby girl, Mrs. Mamie Hare, Mrs. Eva Modlin and baby boy, Mrs. Margaret Swain and baby girl, Master E. J. Rovee, Jr., John Small, Mrs. Flora Willard and baby girl, Mrs. Rachel Hughes, Mrs. Mary Barnes and baby boy.

Negro—Marjorie Jennett, Pearl Blount, Ethel Brothers, Adeline Leary, Gussie Elliott, Mietta Fayton, Cornelius Dail and Lucille Johnson.

Patients discharged during the same period were:

White—Mrs. Virgie Bond, Henry Gardner, Mrs. Chancey Comstock, Mrs. Lillian Elliott, Medlin Belch, Barney Poole, Mrs. Evelyn Whitney and baby boy, Mrs. Eva Modlin and baby boy, Mrs. Elsie Hare and baby girl, Mrs. Mamie Hare, Mrs. Blanche White, Ernest Patrick, William Perry, Percy Harrell, Alfred Winslow.

Negro—Hattie Hurdle and baby boy, Ethel Brothers, Gracie Brown, Jessie Jenkins.

Visiting ministers for the week of February 8-14 are: White, the Rev. Ralph W. Knight; Negro, the Rev. Mr. Wilder.

## T. C. Byrum Completes Orchard On His Farm

T. C. Byrum has, at last, an orchard to provide fruit for his family, and for the tenant families on his farm in Cross Roads community. Mr. Byrum states that he has been intending to do this for the last 32 years, but just neglected up until now.

The county agent is cooperating with Mr. Byrum in this project to make it a demonstration in producing the family fruit supply. He assisted in selecting varieties, laying out the orchard area, and getting it set. This work also was completed this week. From here on, Mr. Byrum plans to follow good fertilization and management practices to grow and maintain a top-notch home orchard.

Boldness has genius, power and magic in it. What you can do, or dream you can, begin it. —Goethe.

## Legal Notices

### NOTICE OF SERVICE OF PROCESS BY PUBLICATION STATE OF NORTH CAROLINA CHOWAN COUNTY IN THE SUPERIOR COURT

Clarence Jernigan,  
Plaintiff,

vs.  
Mary Bembry Jernigan,  
Defendant.  
To Mary Bembry Jernigan:

Take notice that  
A pleading seeking relief against you has been filed in the above entitled action. The nature of the relief being sought is as follows: plaintiff seeks an absolute divorce from the bonds of matrimony heretofore existing between the plaintiff and the defendant on the ground of separation for more than two years next preceding the bringing of this action.

You are required to make defense to such pleading not later than the 18th day of March, 1954, and upon your failure to do so the party seeking service against you will apply to the Court for the relief sought.

This, the 21st day of January, 1954.  
LENA M. LEARY,  
Assistant Clerk of  
Superior Court.

Jan28, Feb4, 11, 18c

### NOTICE OF SERVICE OF PROCESS BY PUBLICATION STATE OF NORTH CAROLINA CHOWAN COUNTY IN THE SUPERIOR COURT

Alice Cayton Butler,  
Plaintiff,

vs.  
Richard Orville Butler,  
Defendant.

To Richard Orville Butler:

Take notice that  
A pleading seeking relief against you has been filed in the above entitled action. The nature of the re-

lief being sought is as follows: plaintiff seeks an absolute divorce from the bonds of matrimony heretofore existing between the plaintiff and the defendant on the ground of separation for more than two years next preceding the bringing of this action.

You are required to make defense to such pleading not later than the 18th day of March, 1954, and upon your failure to do so the party seeking service against you will apply to the Court for the relief sought.

This, the 23rd day of January, 1954.  
E. W. SPIRES,  
Clerk of Superior Court.

Jan28, Feb4, 11, 18c

### NOTICE OF SERVICE OF PROCESS BY PUBLICATION STATE OF NORTH CAROLINA CHOWAN COUNTY IN THE SUPERIOR COURT

Mary Kennedy Elliott,  
Plaintiff,

vs.  
Joseph Henry Elliott,  
Defendant.

To Joseph Henry Elliott

Take notice that  
A pleading seeking relief against you (has been filed) in the above entitled action.

The nature of the relief being sought is as follows: an absolute divorce from the bonds of matrimony heretofore existing between the plaintiff and the defendant on the ground of separation for more than two years next preceding the bringing of this action.

You are required to make defense to such pleading not later than March 17, 1954, and upon your failure to do so the party seeking service against you will apply to the court for the relief sought.

This, the 26th day of January, 1954.  
E. W. SPIRES,  
Clerk Superior Court.

Jan28, Feb4, 11, 18pd

### ADMINISTRATOR'S NOTICE

North Carolina,  
Chowan County.

Having qualified as Administrator of the Estate of Henry Lee Wilson, deceased, late of Chowan County,

North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned in Chowan County, North Carolina, on or before the 19th day of January, 1954, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.

This 19th day of January, 1954.

L. C. BRIGGS,  
Administrator of the Estate  
of Henry Lee Wilson,  
(Deceased)

Jan21, 28, Feb4, 11, 18, 25c

North Carolina,  
Chowan County.

### ADMINISTRATOR'S NOTICE

Having qualified as Administrator of the Estate of J. J. Parker, deceased, late of Chowan County, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 5th day of February, 1955, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.

This 1st day of February, 1954.

A. J. PARKER,  
Administrator of the Estate  
of J. J. Parker (Deceased)  
Route 1, Box 45  
Hobbsville, N. C.

J. N. Pruden, Attorney,  
Edenton, N. C.

Feb. 4, 11, 18, 25, Mar. 4, 11, 18pd

### NOTICE OF SALE OF PERSONAL PROPERTY

Notice is hereby given as required by North Carolina General Statute 28-75 that the undersigned Administrator of the Estate of J. W. Cates,

deceased, late of Chowan County, North Carolina, will, at 12 o'clock noon on Tuesday, February 16, 1954, at the Court House door in Edenton, North Carolina, expose to public sale, and will sell, to the highest bidder for cash, the following described personal property to the Estate of the said J. W. Cates belonging:

Thirty (30) shares of stock Edenton Cotton Mills, Edenton, North Carolina, as evidenced by Certificate No. 375. Five (5) shares of stock in Bank of Edenton, as evidenced by Certificate No. 254.

Posted at the Court House door and four other public places this the 27th day of January, 1954.

JOHN W. CATES,  
Administrator.

Feb4, 11pd

## FOR SALE

Valuable Farm Land

2 MILES WEST OF EDENTON  
ON U. S. HIGHWAY 17

Peanut, Tobacco and  
Cotton Allotments

If Interested Write or Call

T. B. Smith

PHONE 386-J-2

Edenton, N. C.

## VALENTINE

# DANCE

V. F. W. Post Home

SATURDAY, FEBRUARY 13th

9:00 P. M.

Couples Only

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YOU HOW EASY IT IS TO USE THE

# Fast-Hitch

for the McCormick® Farmall® Super C



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Let Us Check Your Equipment Now For Repairs... Be Ready  
To Plow When The Time Comes!

## Byrum Implement & Truck Company

Edenton, N. C.

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4/5 Quart  
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BLENDED WHISKEY, 62% NEUTRAL SPIRITS DISTILLED FROM GRAIN  
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