

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.

Why, When, and How to Brush Your Teeth

Some of you may recall the adage, or add, "a clean tooth never decays."

This claim, which could not be substantiated and which was frowned on by the authorities who pass on such matters, was soon dropped. However, recent research studies and experiments present evidence that this may not have been mere propaganda. Of course, the catch is in the interpretation of a clean tooth and in the difficulty of keeping one's teeth clean. The results of carefully controlled experiments indicate that dental caries can be materially reduced by brushing the teeth thoroughly within ten minutes after each ingestion of food or sweets, or, when brushing is impossible, by rinsing the mouth thoroughly with water.

The findings of this research indicate the answer as to when to brush your teeth—as soon as possible after eating. This means after every snack as well as after every meal. It is obvious that most of us cannot do this, for many meals are eaten away from home and proximity to tooth brushing facilities. But most of us are like the farmer who did not need to buy a book on farming, because he "was not doing half as good as he knew how." In our educational program in the schools we stress brushing the teeth after breakfast, after the evening meal, and as many times as possible in between.

A very important part of keeping teeth clean is the tooth brushing technique. There is more to it than you think. To help the children learn the correct method, we say, "brush the teeth the way they grow, the upper teeth down and the lower teeth up, and don't forget the insides and the chewing surfaces." It takes time—at least two minutes. Try timing yourself. And take especial note of brushing down on the uppers and up on the

lowers—never sideways and across the teeth.

Now as to your tooth brush and dentifrice. There are many good ones on the market. We prefer a small tooth brush with flat, widely spaced bristles. It should be firm but not too hard and stiff. It is best to have two tooth brushes and to use them alternately. Tooth paste and tooth powder are both good. Their main function is to act as a cleansing agent just as soap does. A safe rule is to look on the package for the approval of the Council on Dental Therapeutics of the American Dental Association. Soda and salt make a very acceptable and inexpensive dentifrice. Combine them in the proportion of two parts of soda to one part of salt.

To summarize, we quote the following rules from a publication of the American Dental Association.

"Brush the teeth immediately after eating.

Brush the upper teeth with a downward motion.

Brush the lower teeth with an upward motion.

Brush the chewing surfaces with a scrubbing stroke.

Brush each area at least ten times.

Brush the surfaces next to the tongue as well as those next to the cheek.

Brush the teeth of each jaw separately in a definite order.

Place the bristles of the brush toward the roots of the teeth.

Rotate the brush so that the bristles sweep down over the gums and teeth in the direction of the biting or grinding surface."

Even though you brush your teeth regularly and well you should have your dentist clean them about twice a

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year. He can give them a more thorough cleaning and remove any tartar deposits that may have formed. This helps to prevent a common mouth condition known as gingivitis. It also helps the dentist to find any small cavities—and to fill them before it is too late.

Next week Dr. Branch will discuss Diet and Dental Health.

Weekly Devotional Column

By JAMES MACKENZIE

Last week I discussed what I consider to be the chief cause of juvenile delinquency: lack of consideration on the part of parents and other adults for the rights and privileges of children. This week I would like to touch on another cause, one quite different from the first: too much consideration on the part of parents and other adults for the rights and privileges of children.

Pity the pampered child, the child who has always had his own way, in other words, the spoiled brat, for he is the most unhappy child of them all. You will find one or two of these kids in any fair-sized group of children—the little boy who won't play baseball unless he can be the pitcher, the little girl who won't play school unless she can be teacher, the cry-baby, the bully, each is a victim of parents who don't care enough about their child's development to punish him when he does wrong, or even to teach him the difference between right and wrong. For whenever a child is like this it is because his parents have always let him have his own way. If he wants to stay out late at night and roam the streets, he is free to do so; if he refuses to do his share of the work around the house, or to obey

his mother or dad, no one objects. And when a child is trained to believe that others exist only to humor him and gratify his whims, it seems almost impossible for him ever to learn the law of give and take. The chances are that he will become a criminal when he grows up, for he has never been taught to respect the rights and privileges of others.

There is no longer any authority in many of our homes; or else, there is just as much authority as ever, but it is in the hands of the children. Someone has suggested that the modern concept of progressive education is responsible for this situation, but I do not think so. Someone else has suggested that some parents just love their children too much to deny them anything, or to punish them, but I do not think it is that, either. Frankly, I feel that some parents are just too lazy to punish their children; they find it easier to give in to their demands than to put a stop to them. The Bible says, "He that spareth his rod hateth his son: but he that loveth him chasteneth him betimes . . . Withhold not correction from the child: for if thou beatest him with the rod, he shall not die. Thou shalt beat him with the rod, and shalt deliver his soul from hell" (Proverbs 13:14; 23:13,14). Perhaps some parents who constantly pat their children on the back might do well to pat them a little lower and a little harder.

TOURISTS LARGEST INDUSTRY

Tourists are now the largest industry on the North Carolina coast, reports John H. Farrell, executive manager of the Southeastern North Carolina Beach Association at Wilmington. He estimated that in 1953 there were 1,557,000 visitors in the area, which includes 10 beaches, and that they spent \$46,710,000.

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Minutes Of Board Of Public Works

Edenton, N. C., Feb. 2, 1954.

The Board of Public Works met this day in the Town Office at eight o'clock P. M., in regular monthly session. Present: J. H. Conger, chairman, Ralph E. Parrish and Dr. J. A. Powell.

The following bills for the month of January, 1954, were examined and approved for payment:

Jas. R. Kearney Corp., \$423.92; American Public Power Association, \$28.44; Thurston Motor Lines, \$4.08; Graybar Electric Co., \$225.97; Mueller Co., \$117.24; Addressograph-Multigraph, \$4.49; Parker Publishing Co., \$10.36; Burroughs, \$1.74; Tidewater Supply Co., \$4.91; Gray & Creech, \$6.07; Edwards & Broughton, \$5.76; Electric Equipment Co., \$1.60; N. C. Board of Health, \$56.00; M. S. Davis, Jr., \$30.00; Ralph E. Parrish, \$250.00; M. G. Brown Co., \$14.00; R. C. Holland, Agent, \$9.63; Twiddy Insurance Agency, \$111.32; Chowan Herald, \$5.50; A. S. Smith Machine Co.,

\$115.81; R. J. Boyce, \$2.60; Bunch's Garage, \$8.32; Railway Express Agency, \$2.29; Edenton Ice Co., \$16.45; Norfolk & Carolina Telephone & Telegraph Co., \$26.80; Edenton Office Supply, \$73.74; Sinclair Publishing Co., \$1.98; Postmaster, \$64.72; Sinclair Refining Co., \$58.44; M. L. Bunch, \$4.60; Wm. F. Freeman, Engineer, \$5,303.24; Va. Elec. & Power Co., \$7,160.70; General salaries paid for January, \$2,994.58; total, \$17,145.30.

There being no further business, the Board adjourned.

ERNEST J. WARD, JR., Clerk.

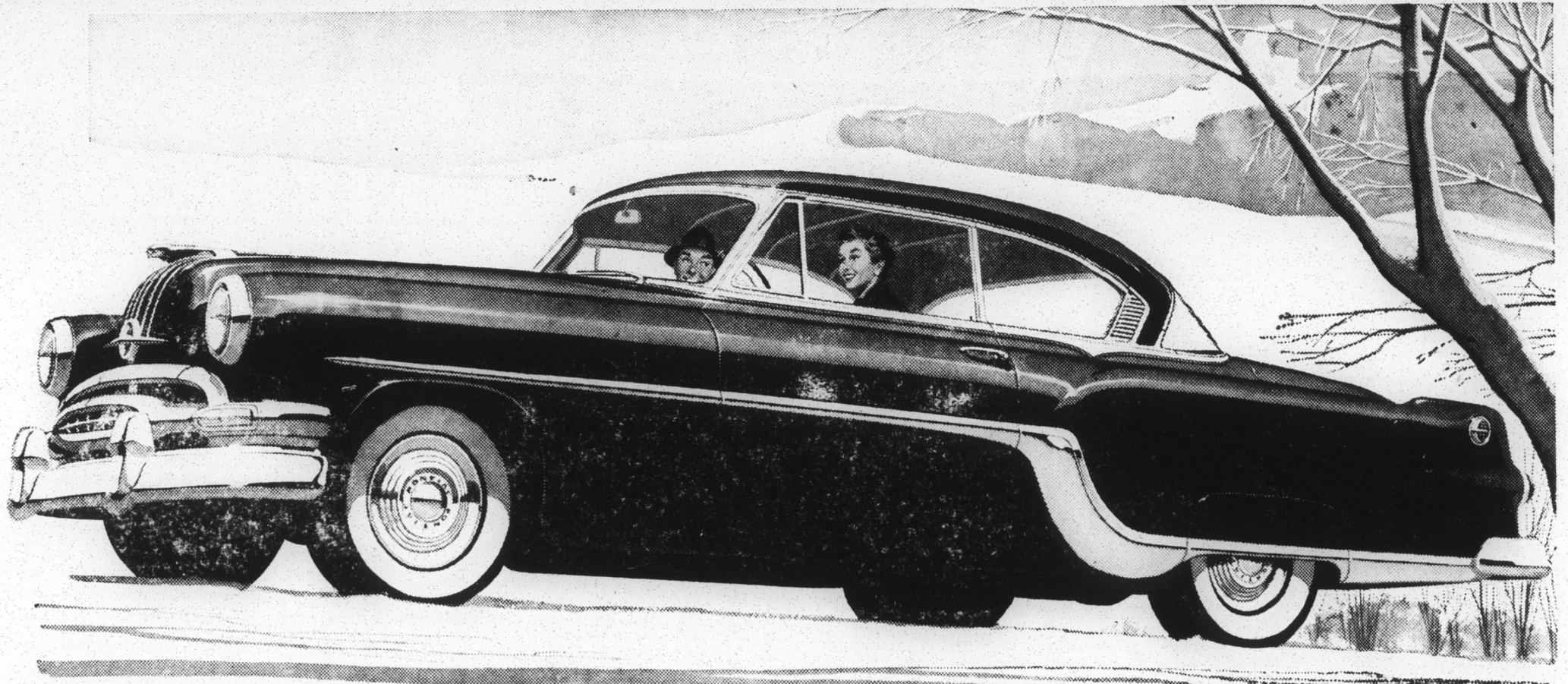
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