

CARE OF THE TEETH

The importance of this subject needs no argument. The teeth were placed in the mouth to chew for the human body to provide the first of the vital processes which go on within the body converting the food we eat into muscles, bone, hair and brain. With dirty, decayed, diseased, broken, missing teeth we can no more expect to properly grind our food than a miller with a dirty, broken or defective millstone could be expected to properly grind his corn or wheat.

A well cared for mouth and set of teeth are a mark of well being, refinement, and character. A pair of set of decayed, discolored and remnants of teeth are so many monuments to the owner's stupidity, ignorance and indolence. Bad teeth are an unnecessary evil, a sin of omission.

The Story of the Teeth.
At the age of about two and a half years a normal, healthy child has a full set of twenty temporary or milk teeth.

For a child to have good milk teeth the mother must be given proper care and diet, not only while nursing the child but also before birth. She and the father should be free of constitutional diseases such as tuberculosis and syphilis. If the baby is bottle-fed, its diet should be prescribed by a physician who knows the food a baby needs. Otherwise some things that help form teeth may be omitted from its food.

Beginning at about the sixth year the permanent set of thirty-two teeth begin to appear and twelve permanent ones come back of the last temporary molar teeth while twenty of them displace the twenty temporary teeth.

Do not forget that the last temporary tooth is in place by the time the child is two and a half or three years old; and that the next teeth are the so-called "sixth-year molars." They come in just back of the last temporary teeth above and below on either side. These are the first permanent teeth. It is with these teeth that many people make a great mistake. They mistake them for temporary teeth and neglect them if they begin to decay, thinking that they will be replaced later by others. But they are permanent teeth and once they are lost they will never be replaced.

Another important fact to remember is that the condition of the mouth and the permanent set of teeth depend to a very large extent upon the temporary set. If the temporary teeth are allowed to decay or are pulled out before they are ready to be replaced by permanent teeth, the jaw and face are deformed, and the permanent teeth come in irregularly. Furthermore, with decaying temporary teeth in a child's mouth, there is grave danger of having the permanent teeth decay early. This is why so much stress is put upon cleaning and treating temporary teeth. Irregular or "crooked teeth" can be straightened almost perfectly but the child must be under the care of a dentist early and for a long time.

Diseases of the Teeth.
"What causes more evil than alcohol?" they asked that wise and conservative physician, Sir William Osler. "Decayed teeth," he replied, without a moment's hesitation. Tooth decay is perhaps the most common of all diseases to which man is heir. Tooth decay sooner or later causes toothache, but toothache is not a foreboding of what is likely to result if the tooth are not properly treated by a dentist. "Toothache is a danger signal, but it is frequently sounded too late to enable the dentist to save the tooth. We used to think that toothache, the good old-fashioned "jumping toothache," was about the worst punishment any one could receive for the crime of decayed teeth. Now we are beginning to learn that the poisons from bad teeth and gums have a far-reaching effect in stomach disorders, rheumatism, heart trouble, and a vast variety of other disorders which cause ill health and disease in almost every part of the body. Bad teeth are more or less related to tuberculosis, so closely, in fact, that in the treatment of tuberculosis one of the very first things done is to put the patient's teeth in order. It is this far-reaching relation of the teeth to vitality, health, and efficiency that makes the Government examine our soldiers' teeth so closely.

It is cheaper, less painful, and better for the body to go to a dentist twice a year and have the teeth kept in good condition all the time instead of going only when one decays or aches.

The most frequent causes of tooth decay is unclean teeth and mouths. When particles of food are allowed to stay on or between the teeth, they ferment and form acid quite like the action of vinegar or sour milk. This acid thus formed attacks the tooth and in the course of time a place, probably a section already weakened by some childhood disease, yields to the dissolving effect of this acid and we have decaying teeth. To avoid tooth decay, the milk in and teeth should be kept clean and every tiny spot of decay filled at once by the dentist.

Tar is a deposit of a lime-like material, from saliva mixed with food particles, which forms around the necks of the teeth at the edge

of the gums. These deposits are not seen at first, being usually on the inner surface of the lower front tooth or on the outer surface of the upper teeth. They cause the gums to become swollen, sore, and bleeding. Later the gum tissue expands in large more delicate portions of the tooth to the possibility of decay. If this tartar is allowed to continue, small pockets form and eventually the tooth is lost. To avoid tartar, the teeth should be cleaned by thorough brushing at least twice a day and a dentist should examine the teeth regularly twice a year.

Care of the Teeth and Gums.
"A clean tooth never decays." To properly clean the teeth a tooth brush and tooth powder or paste, and dental floss or a piece of thread should be used. Tooth picks are hard to use because you can easily injure the gums and they will become diseased. Almost any of the prepared tooth powders, pastes, or dental creams now on the market will do the work, or even a plain white soap. Do not use a toothbrush with a flat bristle surface. It does not clean the teeth nearly as well as one having irregular or tufted bristles.

Most people think only of the teeth and forget the gums. The gums protect the roots of the teeth. This is a very important function, for when the root of a tooth becomes diseased it is very difficult to get it well. So a diseased gum may lead to a diseased root, which makes it necessary for the tooth to be pulled. Brushing the gums with a stiff brush will help to keep them from becoming spongy, soft and diseased. If diseased gums are neglected, sores will develop, and eventually have a bad effect on the entire system. The first suspicion of the presence of the disease is advised the necessity of consulting a dentist without delay.

While it is far preferable to brush the teeth the last thing before retiring, the first thing upon arising and immediately after each meal, many persons find it inconvenient to brush the teeth more than twice a day. After each meal, food particles should always be removed from between the teeth by means of dental floss, and, if possible, the mouth and teeth should be rinsed out by forcing a mouthful of water around and between the teeth, by means of the tongue and cheeks.

The second great factor in the care of the teeth is the making of regular visits to a competent dentist twice a year. By having the teeth examined, cleaned, and any slight decay remedied, the teeth and mouth will at all times be kept in excellent condition. Know that the dentist you go to see is a good dentist. The best dentist never advertises and are usually members of the State and local dental societies.

An special aid to the better care of the teeth of school children, the North Carolina General Assembly of 1917 enacted an excellent law, providing for the medical inspection of all school children every three years, and appropriated a fund whereby those children found to be suffering from decayed teeth and other dental troubles, or physical defects, may have these defects properly treated. Every school child in North Carolina should now have prompt dental treatment when in need of it.

If the teeth are kept clean and in good repair by regular visits to the dentist, and if they are properly exercised by thoroughly chewing plenty of course, rough food and avoiding soft, pasty, "pre-digested" foods, they will be stronger and healthier and will stay in good condition.

Bank of Elkin

The Bank of Elkin does not claim to be the largest bank in the world, or even in Surry county, but it does claim to be operated with the same care and precaution for the safety of their patrons as the most successful banking institutions of the country.

The Bank of Elkin, established in 1823, with Mr. W. J. Dyerly as president, has been successfully operated since that time. The present cashier, Mr. J. H. Breeson, has been in the service of the bank for the degree of success attained which may be attributed to his keen desire to be of service, yet using the strictest precautions in every matter of safety of each transaction.

Public funds, or those of individuals, receive more careful management than the average patron would imagine. Loans which total a sum of any consequence are passed upon by a loan committee, composed of men who are business successes themselves, and their judgment is used in forming the basis for a loan, which is a safeguard for depositors.

The firm also does a general insurance business, and caters to the needs of everyone who is interested. In any form of insurance protection, including health, accident, life, fire, tornado, fire, crop insurance, etc., if it's banking or insurance service you need, Mr. Breeson will gladly explain any detail upon which you wish enlightenment.

J. C. Penney Co.

In the few years that the local store of the J. C. Penney Co. has been in existence here, an enviable reputation has been built up in the department store field.

Not alone attracted by economy prices, but by a high quality line of merchandise, the public has been quick to realize this store as a place where quality and price meet. The store is now managed by Mr. John D. Atkins, who was appointed assistant manager, and his promotion is a source of gratitude to a large circle of friends, and through his stay here has become well and favorably known to the buying public and the citizens of the community in general.

The store is now stocked with a complete line of new spring and summer wearables for men, women and children, and it is a rare thing that a buyer cannot find what he or she desires in this large and well kept stock.

The local store is one of the more

than 1400 stores operating throughout the United States under the name of the original founder, J. C. Penney, and the well arranged, reasonable stocks of goods which are displayed there present a most pleasing appearance to the buying public.

Your visit will be received courteously whether or not you wish to make a purchase, for the management realizes that in the past many a sale has been created by the attractiveness of their goods and prices, though no special effort or persuasion was used to induce the transaction.

Turner Drug Co.

In commenting upon various local firms who always show a progressive spirit, it is not at all unusual to find the name of Turner Drug Co. well in the lead.

The original stock of drugs and fixtures became the property of Mr. W. D. Turner many years ago when he purchased the equipment from the former owners of the Surry Drug Co. A few years later Mr. George

E. Royall became associated with the firm, and a new building was erected, this being the present location, and since their removal to more commodious quarters the firm has enjoyed a constantly increasing patronage and holds the good will and high esteem of hundreds of customers and friends in Elkin and its surrounding territory.

The firm handles a general line of drugs, patent medicines, trusses, etc., and holds the distinction of being known as the Nyal Quality drug store.

Prescription work is also featured by this drug firm, and a slogan now popularly known everywhere through the famous characters of "Amos 'n' Andy," of "Check and Double Check," is rigidly applied to the prescriptions they handle.

The firm is proud to have been a contributor to the building fund and also a "good-wisher" to its success as indicated by the spirit expressed in their advertisement in this special edition.

Norland's national expenditure today is \$4,800,000,000, an increase of \$3,375,000,000 over the 1913-14 figure.

Nevada Fighting To Hold Divorce Trade

Carson City, Nevada.—By an unanimous vote the lower house of the legislature today passed a bill which provides that applicants for divorce can file their complaint and obtain a decree after residing in Nevada six weeks.

The bill now goes to the senate where its sponsor, Reno divorce attorney, predicted it would pass. Residence of 90 days is required at present before filing of a divorce suit.

The legislation to reduce the time to six weeks in Reno's answer to 90 day laws recently enacted in Arkansas and Idaho.

The bill provides that divorce complaints can set forth the grounds for divorce in the words of the statute only, thus eliminating all details of the domestic troubles unless the defendant requests a bill of particulars.

The largest ranch in the United States is said to be the King ranch near Kingsville, Texas. It contains 1,250,000 acres and is entirely fenced in.



The New Hugh Chatham Memorial Hospital

Has Our

Hearty Good Wishes!

We readily voice our hearty good wishes for the success of the new Hugh Chatham Memorial Hospital, which is about to open in Elkin. It has required money and time on the part of many citizens to see this project through to a successful termination, and to those who have put their shoulders to the wheels we offer sincere congratulations in that they have attained their goal. May it receive the support it will unquestionably deserve, and prove to be a benefit to the community and mankind in general.

This Is Very Important

Permit us to use a portion of this space to tell you about the new merchandise that is now arriving for spring and summer, including everything in ready-to-wear for ladies, misses and children; men's suits, hats, caps, shirts, underwear, ties, collars, belts; in fact, a little of everything for everybody, if it's something to wear. Prices are unusually attractive, and higher quality may now be obtained at substantially lower prices, enabling you to dress well at small expense. If you are seeking the triple combination of style, quality and economy, then this is the place you are looking for.

J. C. PENNEY CO.

Main Street

John G. Atkins, Manager

Elkin, N. C.