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Some Dental Patients Suffer From "Preventaphobia" "Preventaphobia" may well become a new word in dental circles. It refers to patients who may cringe at the prospect of brushing their teeth and "flossing" them because tooth care can be a painful procedure for them. These are individuals who suffer from overly-sensitive teeth.

Persons with hypersensitive teeth experience pain ranging from a slight "twinge" to severe pain. One or more teeth may be affected. Dental hypersensitivity is often related to exposed tooth dentin and cementum, the tooth structure under the enamel and gums, but also to some extent to an individual's threshold of pain, and perhaps also to emotional and psychic factors—often a consequence of suffering from the condition.

Although treatment for it used to involve many visits to a dentist's office, recent methods include home care and proper toothbrushing—both with a "therapeutic" toothpaste and toothbrush. Dentists often recommend a toothpaste containing a non-toxic strontium chloride and a toothbrush with extra-soft bristles. Commercially both are available under the name of Sensodyne.

Building Terrarium Is Easy; Costs Are Small

A terrarium can provide a subject for conversation as well as a live winter garden for your home, and it is surprisingly easy and inexpensive to construct.

A terrarium is a miniature garden and a genuine old-fashioned form of gardening. "And they are making a strong comeback in popularity," said Henry J. Smith, extension landscape horticulturist at North Carolina State University.

Smith suggested that all of the materials you'll need for starting a terrarium may be available in and around the house.

For example, you can use a goldfish bowl, a small or medium size aquarium, a large brandy glass or even a half-gallon or gallon jar. You'll need a piece of glass to cover the opening.

There are unlimited plants and materials you can plant in the ter-

rium. Native or wild plants lend themselves well to this use. Most flowering plants are not suited, but you may get blooms from miniature African violets or small wax begonias.

Visit a patch of woodland and look for potential terrarium plants. You won't need many. Mosses, ferns and seedling evergreens not over four to five inches tall are good subjects. The Partridge berry plant, with its red berries, adds interest if it is available.

Smith said there are many good cultivated plants that can be used in the terrarium, also. Most plant stores have a good selection of terrarium plants. For example, you're likely to find small dracaenas and table palms at the florist or nursery. These may look a little out of place with your native mosses and ferns.

If you want to give the

terrarium a miniature woodland effect, drop in an acorn or two, a few tiny cones from something like a hemlock tree, and a few rocks—weathered or moss-covered, preferably.

Then, if you want to go a step further, you might add tiny figures of animals, such as a frog, snail, deer or rabbit.

To get the terrarium going, Smith suggests putting in about four or five inches of rich, humus soil. Transplant the plants and put in other materials and water. Do not fertilize, because you want the plants to grow very slowly.

Cover with a piece of glass and place the terrarium where it won't receive direct sunlight. Do not water for several weeks at least and you may not have to re-water the entire winter, if the terrarium is covered securely and moisture cannot escape.



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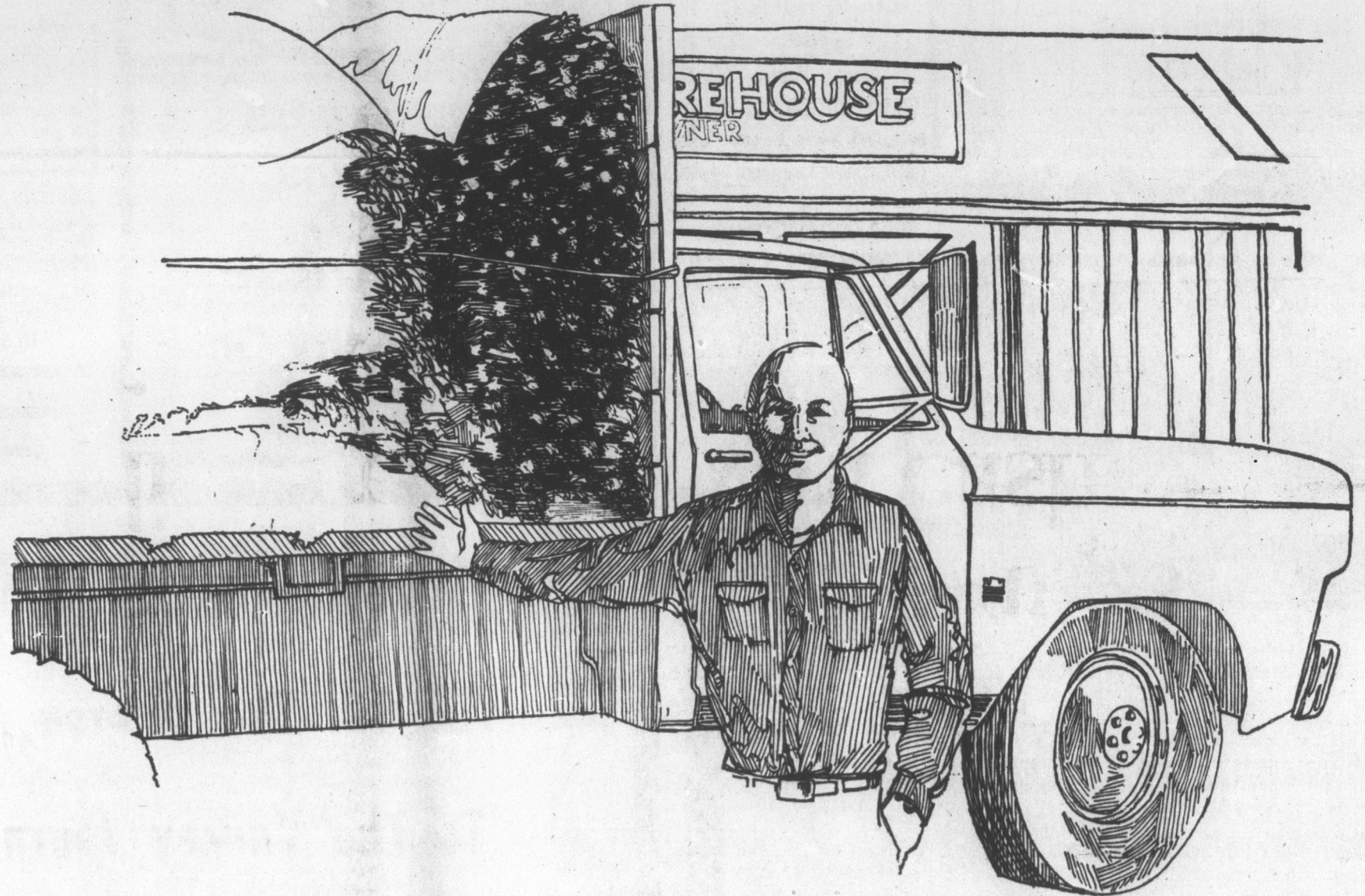
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