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Democratic Watchman

Bellefonte, Pa., November 7, 1930.

Your Health
THE FIRST CONCERN.



Milk Contains Elements Vital to Healthy Teeth

There were dentists in the year 500 B. C.—oh, indeed there were! The painful probability is that they weren't nearly as far advanced in the business of tooth repairs as dentists are today, but dear me, you could hardly expect that.

Those ancient gentlemen who hung out their shingles and guaranteed to remove either the ache or the tooth in those dark times used wooden or ivory plugs for fillings. The writings of Herodotus tell us that—and, by the way of confirmation, the mummies dating from that period have wooden plugged teeth. The aged plug is often reduced to a mere fibre, but there isn't the slightest doubt that the centuries old filling once was a hard wood.

Four hundred years later, both ivory and wood filled the cavity, the wood being used to keep the ivory in its place. Visits to the dentists—oh woe!—were frequent in those days, because the ivory, ever in danger of falling, had to be wedged into position.

In Rome, Petronius, the Beau Brummel of his time, demanded gold in place of ivory—which innovation brought on his indiscreet head the imperial anger of Nero, who himself aspired to be a dictator of fashion, even in teeth fillings!

In Europe, later on, extraction was considered the only cure for a violently aching tooth.

In 1750 a Paris dentist introduced the transplanting of teeth. Many gallants of the period and the ladies, upon whom their affections were centered, bravely submitted to the painful operation. The story is even told that Louis the XVI and Marie Antoinette, in the days of their courtship, exchanged a tooth apiece.

Modern dentistry is based on the idea of prevention rather than the extraction of decayed teeth. Proper diet is the foremost preventive measure necessary to retain the teeth in prime condition. Fresh vegetables, plenty of raw ripe fruit, whole grain cereals and milk—a quart of milk a day—are vitally needed.

That's why, for one reason, food specialists urgently beg you to see that each child, each adult member of your family, drinks a quart of milk a day. Calcium, the element in which the American diet is perhaps most frequently lacking, is found more abundantly in milk than in any other food.

The person who drinks his quota of milk a day is most likely to maintain good teeth throughout life. The reason for this is that the mineral matter found in milk, together with the vitamin elements which nature has placed there, form the most perfect food combination for building teeth and bone known to science.

TEETH'S DECAY PREVENTED BY PROPER EATING.

Prevention of the decaying of teeth is possible, with the use of scientifically balanced diet supplemented with mouth washing with antiseptic solutions.

This has been proved by experiments conducted by Prof. Russell W. Bunting, University of Michigan scientist.

According to Dr. Bunting, keeping the teeth and the mouth generally scrupulously clean with germicidal washes is not enough to prevent tooth decay.

Proper food plays a vital part in the preservation of the teeth, as was shown by tests.

Dr. Bunting experimented upon school boys and girls. They were divided into three groups.

All three groups washed their teeth with germ-killing pastes and washes, twice daily.

But one group, in addition to the mouth cleaning, ate only a prescribed scientifically balanced diet.

After a whole year, none of these cavities grew worse. No new cavities were formed.

The members of the other groups were permitted to eat whatever they liked. Their diet was not regulated, and the result was that two-thirds of them developed dental caries or decaying of teeth.

The most striking thing about the decay preventive diet was that it was free of sugar.

The children in this group were not permitted to eat candy, ice cream, cake and pie. They used no sugar even with their breakfast cereals. They drank sugarless tea and coffee. Their reward was perfect teeth, at the end of the year.

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Do you know that more property is controlled by retail stores than any other kind of business in this country. There is more money invested in retail stores than in all the banks. Their sales exceed that of the steel industry.

More taxes are paid by retail merchants than by any other class.

More people are employed in retail stores than in any other trade. You can put the plus sign on anything you like in regard to the retail business. Therefore it pays to consider the ways and means of improving the greatest activity in Bellefonte today. This can be done by "Being a Booster for Bellefonte, and by Buying from Bellefonte Merchants." They are paying the heaviest taxes and are making Bellefonte the Business Center of the County.

LIFE IS A GIVE AND TAKE PROPOSITION

There was a time in the world when a man could do pretty much as he pleased. What one man did was of little concern to anyone else, for it had little effect on anyone else. Those days are gone, however, and they will never return. Today, no man can live entirely unto himself. Life is a complicated affair under modern conditions. No man in any community is entirely independent of all others in that community.

Organized society, in the form of governments, national, state and local, have recognized the new conditions and have decreed that every man must observe certain rules in his relations with his fellow men. He must not do certain things that would endanger the health of other people in his community. He must not do such things as would disturb the peace and quiet of his neighborhood. He must remember that he owes a duty to his community.

NOT QUESTION OF RIGHT.

A man may say that he has the right to spend his money where he pleases; that no one can stop him if he wants to buy his groceries, his clothes and his furniture in some city miles away from where he earns the money to pay for them. He is right. There is no law to prevent him from doing so, unless it is the law of self-preservation. The man who has the right to send his money away to some distant city instead of spending it at home, also has the right to send his children to that city to be educated in the schools, which his money helps to support, but he doesn't exercise that right. He sends his children to the local schools, the maintenance of which is made possible by the men who spend their money at home.

Life in any community today is a give-and-take proposition. A man can not take everything and give nothing and get away with it for any great length of time. He can not take his living from a community and give nothing back to help the other fellow make a living. If he cuts off the other fellow's living, he is bound eventually to cut off his own, for unless the other fellow has money to buy his labor or his goods he cannot make a living himself.

You may say that what you buy doesn't amount to much and the money that you send away to the mail order houses in other cities can not have any great effect upon the general business conditions in your town. Maybe it doesn't amount to much and maybe it won't have any great effect upon the community's prosperity in itself, but what will be the result if every person in the community, or half of them, or a tenth of them, take the same view of the matter. Your business, in itself, may not amount to much, but taken together with the business of a hundred others in the community, it amounts to a great deal. It amounts to the difference between a prosperous community and a "dead" one. It amounts to the difference, in the end, between good times and bad times for yourself and your own family. If you lived on a desert isle, it would make no difference where you sent your money, because it would make no difference whether you had any money at all or not. But you are not living upon a desert isle. You are living in a modern community. To do everything possible to build up that community is not only a duty which you owe to the community, but—more important still—it is a duty which you owe to yourself.

TAXES WILL INCREASE.

You have children to educate. You want your community to have good schools so that your children may have the same advantages that the children in the big city have. If you live on a farm you need good roads over which to haul your products to market. You may say that you pay your share of the taxes-out of which the schoolhouses are built and the roads constructed. Maybe you do pay your share, in proportion to the value of your world's goods, but where is the other fellow to get the money to pay his share of the taxes if, after you pay your taxes, you send the remainder of your money to some other community to help build their schools and construct their roads. The merchants of any community pay a very considerable part of the taxes collected in that community. Go to the tax books and you will find this to be the case. When the business of the merchant falls off and he carries smaller stocks and has less money in the bank, he pays smaller taxes, and as the amount he pays in taxes decreases, the amount you pay must increase if the schools are to be maintained and the roads kept up. It may be a man's own business if he wants to send his money to help build up big cities where the mail order houses flourish, but it's poor business for himself as well as for everybody else in the community in which he lives.

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