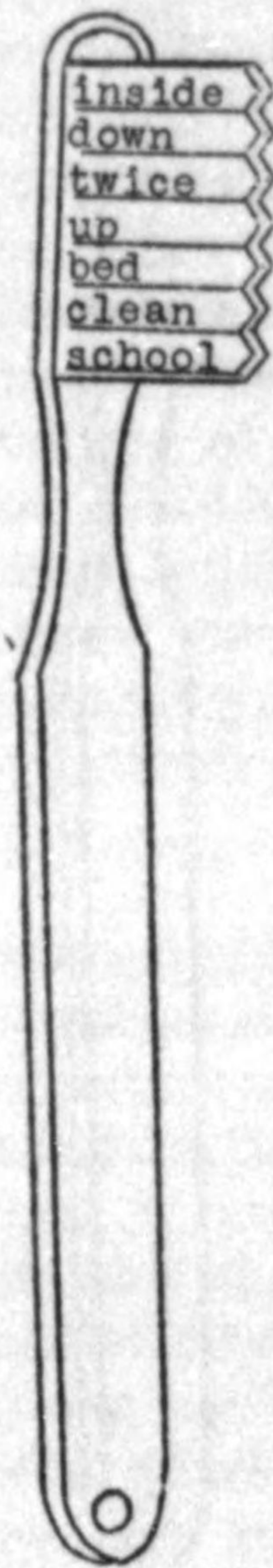


Fill the Blanks

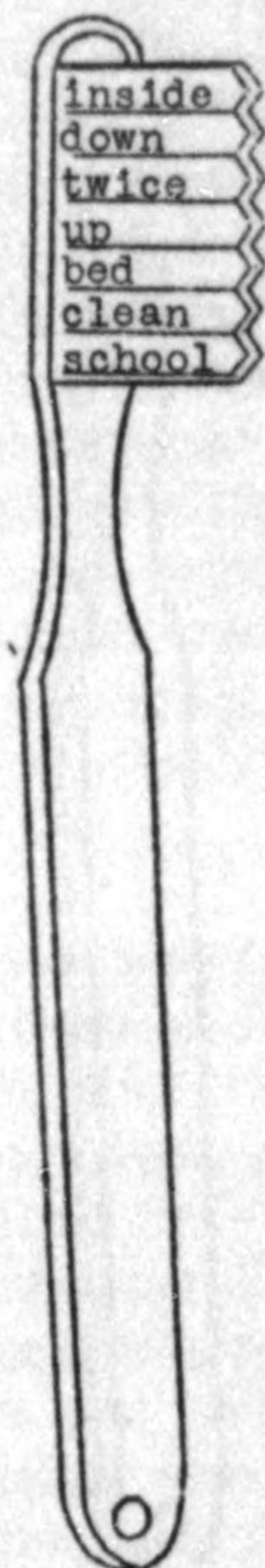
You will find the words that you need written on the bristles of the tooth brush.



1. I should brush my teeth to keep them.....
2. I should brush my teeth at least
a day.
3. I should brush my teeth before I go to
and before I go to
4. I should brush on my lower teeth.
5. I should brush on my upper teeth.
6. I should brush on the too.

Fill the Blanks

You will find the words that you need written on the bristles of the tooth brush.



1. I should brush my teeth to keep them.....
2. I should brush my teeth at least
a day.
3. I should brush my teeth before I go to
and before I go to
4. I should brush on my lower teeth.
5. I should brush on my upper teeth.
6. I should brush on the too.

Twenty White Horses

"Twenty white horses on a red hill;
Now they tramp,
Now they champ,
Now they all stand still."



When you were five or six years old you heard this Mother Goose riddle, and, maybe, you could not guess what the twenty white horses were. After you knew the answer, you said the rhyme to one of your playmates and, to help him guess it, you told him that the twenty white horses were in his own mouth.

You were right then but, if you were to tell one of your classmates, today, that he had twenty white horses in his mouth, you would be wrong. Do you know why?

Yes, the twenty white horses in this old, old rhyme were your teeth but they were your **BABY TEETH**. How do we know? because you had *twenty* baby teeth. You may have some of your baby teeth yet and, if you have, you must take good care of them. You wonder why you need to take care of teeth that will get loose and come out. The main reason is that you want to have a clean, healthy mouth. Another reason is that the first teeth are guides for the second teeth. When one of your second teeth is ready to come through, the baby tooth under which it is growing gets loose and comes out. If you lose your baby teeth too soon, your second teeth may not come through in straight rows. However, if you have neglected your baby teeth and they have decayed, the dentist may have to extract them.

The second teeth are called **PERMANENT TEETH**. The dictionary says that permanent means to "stay to the end." That is exactly what you want your second set of teeth to do, for, if you lose them, no other teeth will grow in their places. You will have thirty-two permanent teeth. Take care of them so that they will be really and truly permanent.

APPENDIX

Your first permanent teeth came through when you were about six years old. That is why they are called "six-year molars." The six-year molars are very important teeth. Take good care of yours because they will help to keep your permanent teeth in line after they have come through your gums.

* * * *

The following sentences tell some of the things that the story tells you about your teeth. Some of the sentences tell about your first set of teeth. Some tell about your second set of teeth. If the sentence tells about your first teeth, make a check (✓) at the end of the line under "First Teeth." If it tells about your permanent teeth make a check under "Permanent Teeth."

	First Teeth	Permanent Teeth
1. No other teeth will grow in their places.
2. They get loose and come out.
3. They are the guides for the second teeth.
4. The six-year molars come through when a child is about six years old.
5. There are twenty of them.
6. They should have good care until they become loose and come out.
7. They grow under the roots of the first teeth.
8. There are thirty-two of them.
9. The six-year molars help to keep the permanent teeth in line.
10. People call them baby teeth.



YOUR TOOTH BRUSH, RIGHT FOODS, CHEWING EXERCISE and YOUR DENTIST will help you to have good teeth. The parts of sentences written below will tell you about these four helpers. Read them. Write each one under the proper heading.

- will build my teeth.
- is furnished by chewing coarse foods.
- should be my own.
- will prevent small decayed spots in my teeth from becoming larger.
- should be visited twice a year.
- are necessary when I am growing because my teeth are being built.
- should be used before going to school and before going to bed.
- will help to keep my teeth clean.
- is necessary to keep my teeth and gums healthy.
- is a good friend.
- are milk, green vegetables, fruits, eggs, whole grain breads, meats and fish.
- will cause my jaws to expand and make room for my permanent teeth.

I. MY TOOTH BRUSH

1.
2.
3.

II. RIGHT FOODS

1.
2.
3.

III. CHEWING EXERCISE

1.
2.
3.

IV. MY DENTIST

1.
2.
3.

Now read number I silently, reading "My tooth brush" with each sentence. Try to remember three things about your tooth brush. Do the same with numbers II, III, and IV.

You have often heard that a horse's age can be told by looking at his teeth.

Did you know that a good dentist can probably tell your age by looking at your teeth? This is no magic trick of his. He can do it because he knows the ages at which the permanent teeth usually appear in a child's mouth. By studying the following chart, you, too, can know this.



THE SECOND TEETH AND THE AGES AT WHICH THEY USUALLY APPEAR

	Central Incisor	6- 8 years
	Lateral Incisor	7- 9 years
	Cuspid	9-13 years
	Bicuspids	8-12 years
	Six Year Molar	5- 7 years
	Twelve Year Molar	12-14 years
	"Wisdom Tooth"	17-25 years

The lower teeth have the same names and appear at the same ages.

Your dentist can tell something that is of much more important than your age by looking at your teeth. He can tell whether or not you have been eating the right foods.

The materials for building and maintaining your teeth come from the foods that you eat. The materials essential for building and maintaining good teeth are calcium, phosphorus, and the vitamins A, C, and D. Calcium and Phosphorus might be called the building materials, as the teeth are composed largely of these two minerals, and the vitamins might be called the builders, as each vitamin has certain work to do. Vitamin A is especially concerned with growth. Vitamin D helps the body to assimilate the calcium and phosphorus. Vitamin C helps the teeth to retain the calcium. All three vitamins are needed for the health of the teeth and gums. To have good teeth you must eat foods that contain these materials. The following table shows the best sources of these food elements.

Legend: Ca (calcium), P (phosphorus), *(fair), **(good), *** (very good).

Food	Vitamins					Food	Vitamins				
	Ca	P	A	C	D		Ca	P	A	C	D
Milk	***	***	***			Oranges	**		*	***	
Lettuce	**		**	***		Apples				**	
Cabbage	**	**	**	***		Eggs	*	*	***		**
Carrots	**	**	***	**		Fish		***			
Spinach	***		***	***		Beef		**			
Tomatoes			**	***		Cod Liver Oil			***		***

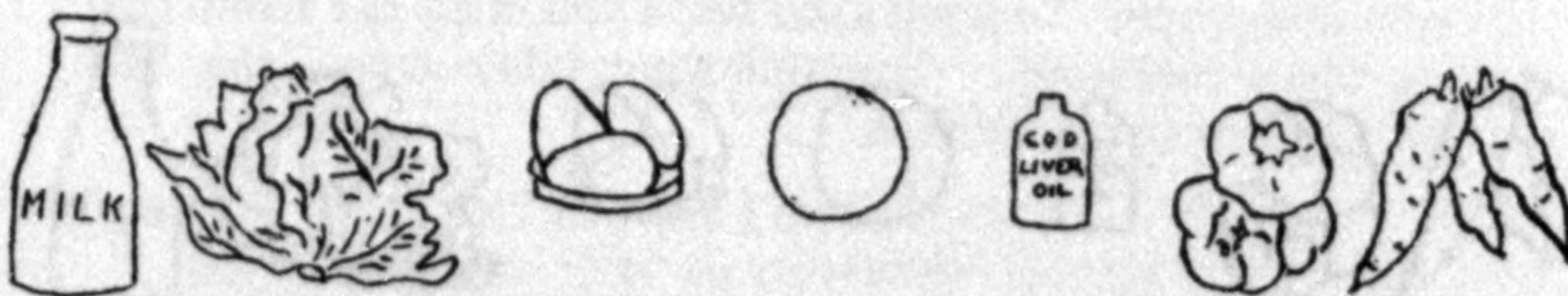
You will notice that cod liver oil is a food and that it is the best source of vitamin D. The sunshine is another source of this vitamin.

People who have studied foods and the relation of foods to teeth recommend that your daily diet include the following foods:

- | | |
|---|---|
| <i>One quart of milk</i> | <i>One additional fruit</i> |
| <i>One serving of meat or fish</i> | <i>Two or three vegetables, one leafy</i> |
| <i>One egg</i> | <i>Whole grain breads and cereals</i> |
| <i>One orange or tomato</i> | <i>Cod liver oil in winter</i> |
| <i>(Canned tomatoes and tomato juice)</i> | |

MAKE A LIST OF:

- A. The permanent teeth usually found in the mouth of a
 1. nine-year-old child.
 2. twelve-year-old child.
- B. The foods that are the best sources of
 1. Ca., 2. P., 3. Vitamin A., 4. Vitamin C., 5. Vitamin D.





JACK'S TRAVELOGUE

Whiteville, Friday, January 12, 1940.

We started the year right by giving three shows on the very first day. We were in Orange County. Hillsboro, the County Seat, is a very old town and was once the State Capital. In the cupola of the Court House there is a clock that was made in England in 1766.

Chapel Hill is in Orange County. The University of North Carolina is located there. It is the oldest State University in the United States. It opened January 16, 1795, but the first student did not get there until February 12. He did well to get there then, as he walked 170 miles from Wilmington.

Old East is the oldest State University building in the country. The bricks for it were made of clay and were burned with wood from the University lands. A friend in Wilmington gave some sea shells which were taken by boat to Fayetteville and then by wagon to Chapel Hill. The shells were burned in a kiln to make lime for the mortar used to hold the bricks together.

Lime is needed not only for good mortar, but also for good teeth and bones. It is called calcium and is an important element in our diet. Milk is a good source of calcium. That is why every child should drink a quart a day. Green vegetables also contain calcium.

Judy is always saying that vegetables will help us to have good teeth. Growing vegetables is her hobby. She certainly has had a good time this week in Columbus County because many vegetables are raised here. Some of the children have told her about their fathers' truck farms. The farmers raise vegetables and send them to big cities for the people, who haven't gardens, to buy.

We are sorry that we have to leave Whiteville and Columbus County this afternoon. All of the people have been so nice to us. Dr. Floyd Johnson, the County Health Officer, is one of my best friends.

