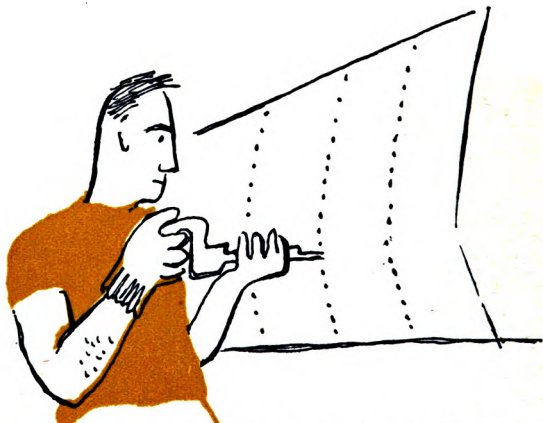


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hold on to your **teeth**



**ED ALWAYS WENT AT HIS RIVETING** as though he were fighting the war singlehanded. "Sure, I do," he would say when he was kidded, "I got a son in the Pacific and he may need this plane any day now. Hurry up, gang, and let's get it to him."

But one day Ed had to quit a rush job and go up to the nurse, holding his jaw. "Honest nurse, I hate to let the job down, but a guy can't work with a galloping toothache."

"Ed, is that the same tooth that was hurting you two weeks ago?"

"It sure is, only it hurts worse now."

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"Did you go to the dentist?"

"No, it stopped aching."

"Ed, you're being positively dumb about this toothache. What you're doing is *letting your teeth down*."

"You wouldn't kid a guy with the toothache, would you? How can you let your teeth down?"

**"You Don't Go to the Dentist Regularly.** You go when your tooth aches so bad you can't stand it. You expect him to stop the ache and save the tooth. But the responsibility is yours—you let the tooth decay."

"I didn't know it was decaying."

"The dentist would have known. It's his business to find decay early and stop it. It's your business to go to the dentist."

"I'm sure going now."

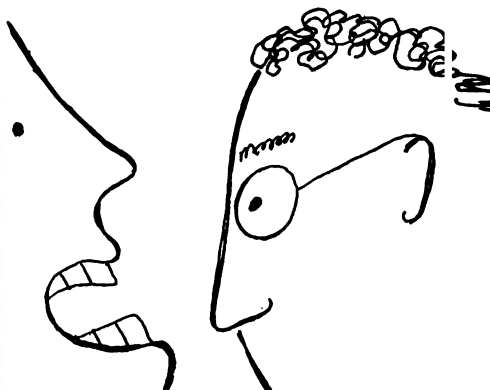
**"I'm a Reformed Character,"** Ed told the nurse next day. "From now on it's me for the dentist every six months. That sure was a good guy I went to. He told me all about this



tooth disease called dental caries, how it first makes a decayed spot so little you don't notice it. That's why he pokes around in your mouth with that little pick and mirror. It's a magnifying mirror. After he got through talking, I understood what you meant by letting my teeth down. I got two or three other teeth with holes in them. Gosh, I don't want to lose my ivories. I don't want that corn on the cob smile with a tooth gone here and a tooth gone there. It would spoil my beauty."

**Do You Want a Smile** full of teeth or a smile full of gaps? Your ivories can make or mar your appearance. And they work for you every meal every day of your life. They get the food ready for your stomach to do its job of digestion.


**Teeth Have Troubles.** Dental caries is the main tooth disease. It makes them decay and ache. If the decay goes on too long, you will lose the tooth. Very often the roots of decayed teeth get abscessed. The pus from an abscess may make you sick somewhere else in your body. *Pyorrhoea* may sneak up on you and loosen your teeth. *Gingivitis*, or sore gums, may make eating a pain.



**Take Your Teeth to the Dentist Regularly.** He's trained in **tooth** and mouth troubles. Go as often as he says **you** should. Regular care by the dentist is the only **way** you have of protecting your teeth. Regular **care** is cheaper than fix-up jobs on teeth that have gone bad.

Some people will have to go oftener than others because their teeth are more liable to decay. And don't forget—there are many diseases of the mouth that don't attack the teeth. Your dentist knows how to treat those troubles, too. People in certain occupations are liable to more mouth trouble than others. Among these are people who work with lead, mercury, radium, acids and other chemicals—and those in dusty trades.

**Maybe You Know of Somebody's Grandpop** who lived to be 90 without ever going to the dentist and all his teeth stayed sound and white. Don't let that keep *you* away from the dentist. Only a few lucky people escape dental caries. It's a question why some escape and some don't. Check up on *your* luck regularly with the dentist.



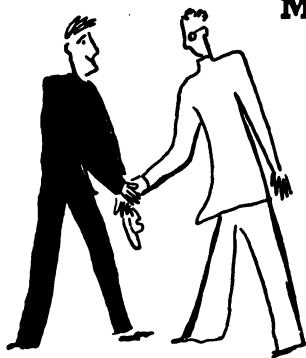
**You Owe It to Your Teeth.** You owe your children tooth protection. Start them going to the dentist when they are 2 or 3 years old. Taking care of the first teeth will guard the second teeth.

**Brushing Isn't Enough.** You brush your teeth for the same reason that you wash your face. You look better and feel more self-respecting if you are clean. *But you can't scrub out decay.*

**You Can't Eat Your Way** to healthy teeth. Fruits and vegetables full of vitamins are good for your health. So are milk, eggs, butter and cheese, meat, fish, and whole wheat or enriched bread. Beware of too much sugar! Well balanced meals will help your total health. But to hold on to your teeth, you must go to the dentist.

**Dentists May Be Scarce** in your town. Many dentists have closed up their offices and gone into the Army and Navy. People have to wait a little longer than they did before for appointments. In some places workers and employers have talked things over with the dental societies and arranged for evening office hours for workers.

**Companies and Labor Unions** are getting more interested in the mouth health of workers. Some plants have a dentist on the health staff. In some plants, the workers pay regular fees for dental service. In others, payment is made by their sick-benefit associations. A few plants give dental care as part of the medical service.



**Make a pal of your dentist  
and hold on to your teeth!**



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