

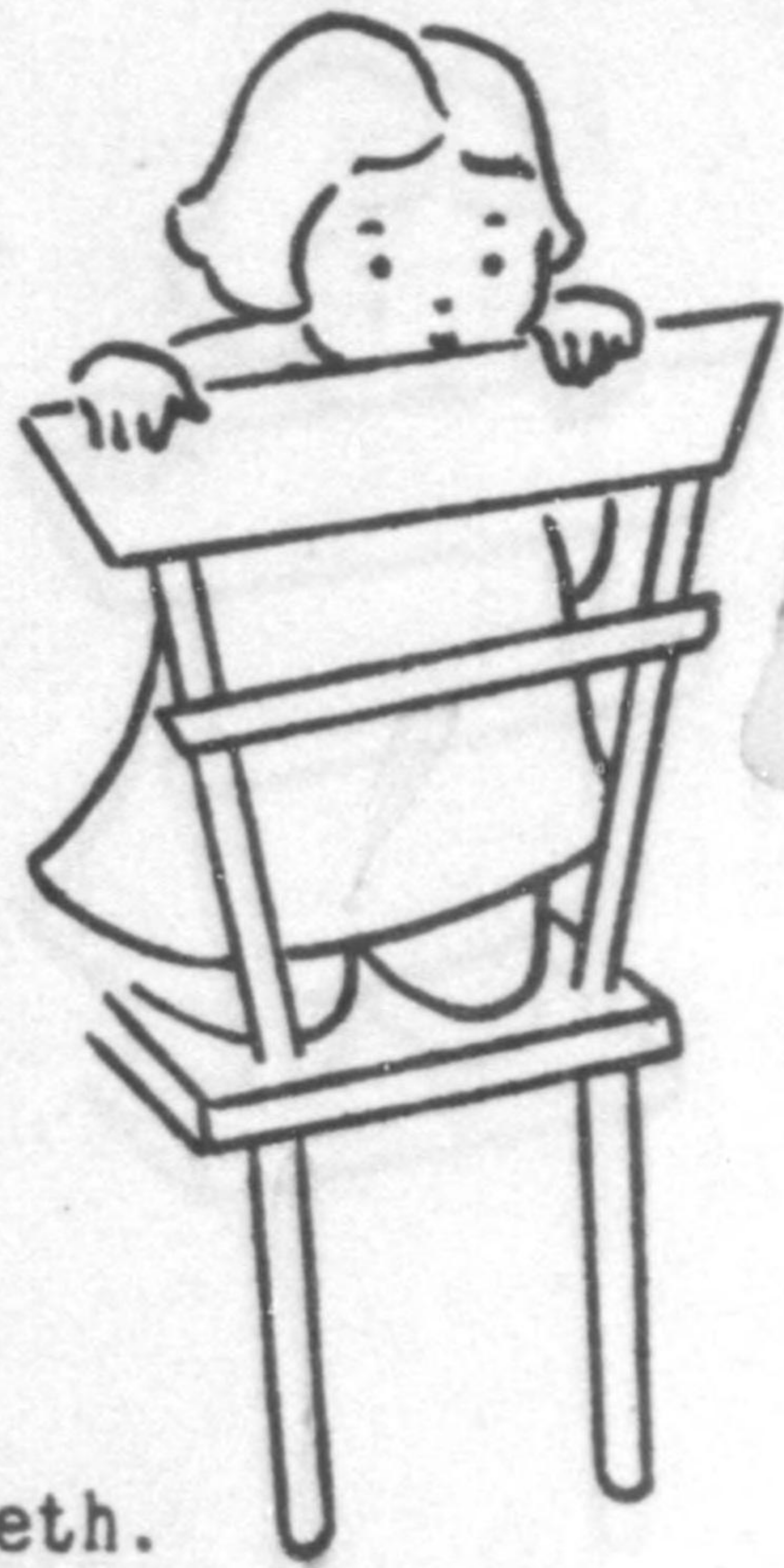
tells about your permanent teeth, make a check under "Permanent Teeth."

	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.

North Carolina State Board of Health
Division of Oral Hygiene

Carolyn Mercer

B 5



This is Nancy.
Nancy has
good
teeth.



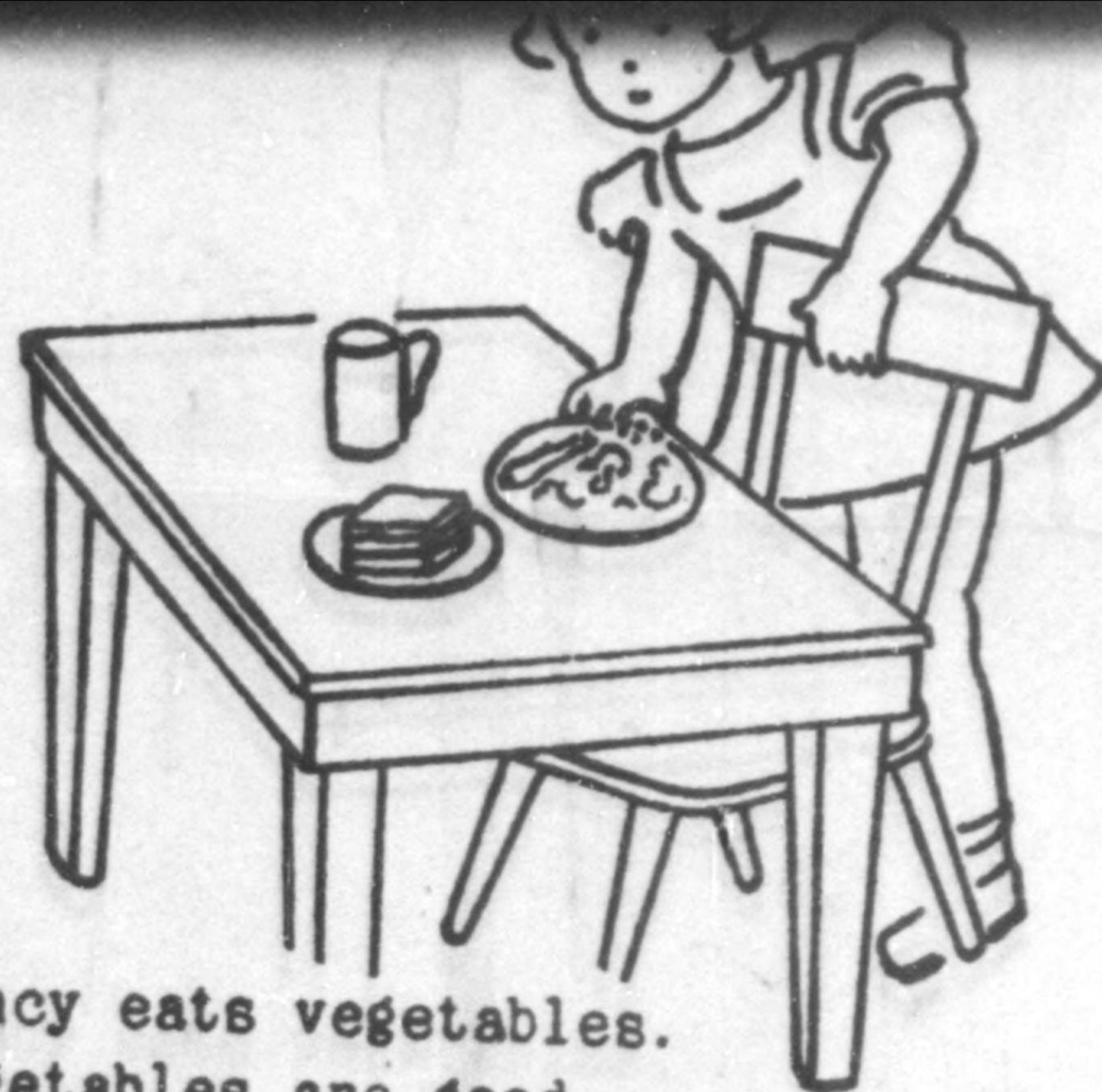
Nancy drinks milk.
Milk is good.
Milk is good for teeth.
Do you drink milk?



Nancy eats vegetables.
Vegetables are good.
Vegetables are good for teeth.



Nancy eats fruit.
Fruit is good.
Fruit is good for teeth.
Do you eat fruit?



Nancy eats vegetables.
Vegetables are good.
Vegetables are good for teeth.
Do you eat vegetables?



Nancy eats fruit.
Fruit is good.
Fruit is good for teeth.
Do you eat fruit?

Nancy brushes her
teeth.



She brushes them every
morning.

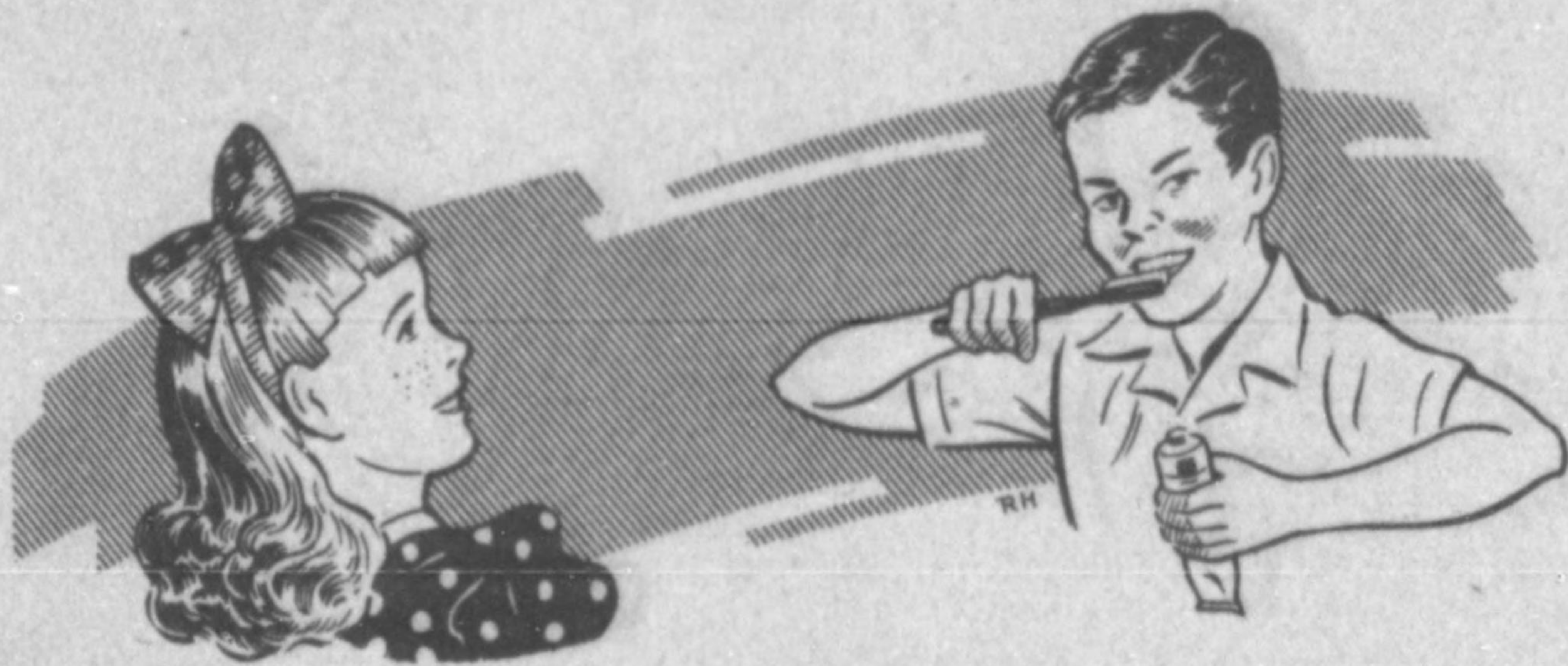
She brushes them every night.
Do you brush your teeth?

Nancy wants you
to have good
teeth.



North Carolina State Board of Health
Division of Oral Hygiene
Carolyn Mercer

B9 SAFEGUARD YOUR CHILD'S TEETH



Growth, development and well-being of the body require healthy teeth. Teeth are living tissue. They must receive proper nourishment and good care if they are to serve throughout life. Their work is to grind food so that it can be properly digested. Teeth are an important part of the body!

Healthy teeth improve appearance. The shape of the lower part of the face and one's appearance while talking or smiling depend largely on the teeth and jaws. With modern emphasis upon the importance of good attractive teeth, poor teeth are conspicuous. Healthy teeth are an asset to "making good" in both personal and vocational life.

KNOW THESE FACTS—HELP SAVE TEETH

1. First teeth are formed during prenatal development. Preparation for good teeth should begin before the child is born. Consequently, the general health and good food habits of the expectant mother are necessary to build healthy teeth.
2. Care of the child's first or deciduous teeth is *essential*. These first teeth are the child's only means of grinding food, until he is 6 years of age. They continue to play this important role until he is 10 or 11 years of age. Neglected decay of first teeth interferes with the best development of the permanent teeth.
3. Premature loss of teeth is the greatest cause of malformation of the jaws and so-called "crooked" or irregular teeth. Normal growth and development of the jaws depend on retaining these first teeth in a healthy condition until they are replaced by the permanent teeth.
4. The first permanent tooth to erupt is generally the *first molar*, often referred to as the 6 year molar. It usually appears before any of the first teeth are lost and comes into the mouth back of the last deciduous tooth. It will *not* be replaced.
5. To maintain general good health, food must be well-chewed. This requires healthy teeth and supporting structure.

CARE FOR TEETH

1. A good diet is necessary. All foods needed for good general health are also needed for healthy teeth and gums. Remember to include in each day's diet, milk, vegetables and fruit, meat, fish or eggs, and whole grain bread and cereal. All growing children need some additional source of Vitamin D as supplied by fish liver oils.
2. Increased sugar consumption increases the tendency to tooth decay. Strict control of the use of desserts with high sugar content, and of candy and "soft drinks" in a child's diet will help to keep tooth decay at a minimum.
3. Cleaning the teeth after each meal or at least twice daily is important. Cleaning removes food particles that may otherwise contribute to dental decay. Provide each child with a toothbrush and teach him to brush teeth up and down with a circular motion of the brush. A tooth powder or paste can be used, but remember it's the proper brushing that counts!
4. Watch for tooth decay. It is the most common defect of the human race. 8 out of 10 preschool children have decayed teeth. These decayed teeth often cause toothaches and frequently result in abscesses at the root ends. This condition will endanger general health and will cause loss of the tooth itself. *Tooth decay is very rapid in children.*

TAKE YOUR CHILD TO THE FAMILY DENTIST

Children should have their teeth examined by the family dentist at least *twice* a year. If any cavities are present the dentist will find them. He can then fill the cavities before any damage has been done to the dental pulp. First teeth, as well as permanent teeth, need regular care!

Early and regular attention by your family dentist will save teeth, prevent toothache and abscessed teeth.

Frequent trips to the dentist will save money. Early work is least expensive. A small cavity filled immediately costs less in money, time and suffering!

SAFEGUARD YOUR CHILD'S HEALTH AND APPEARANCE BY:

1. Correct care of the first teeth.
2. Proper diet.
3. Careful brushing of the teeth at least twice daily.
4. Regular periodic visits to the family dentist.
5. Cooperation with the school health program.

WISCONSIN COOPERATIVE SCHOOL HEALTH PROGRAM

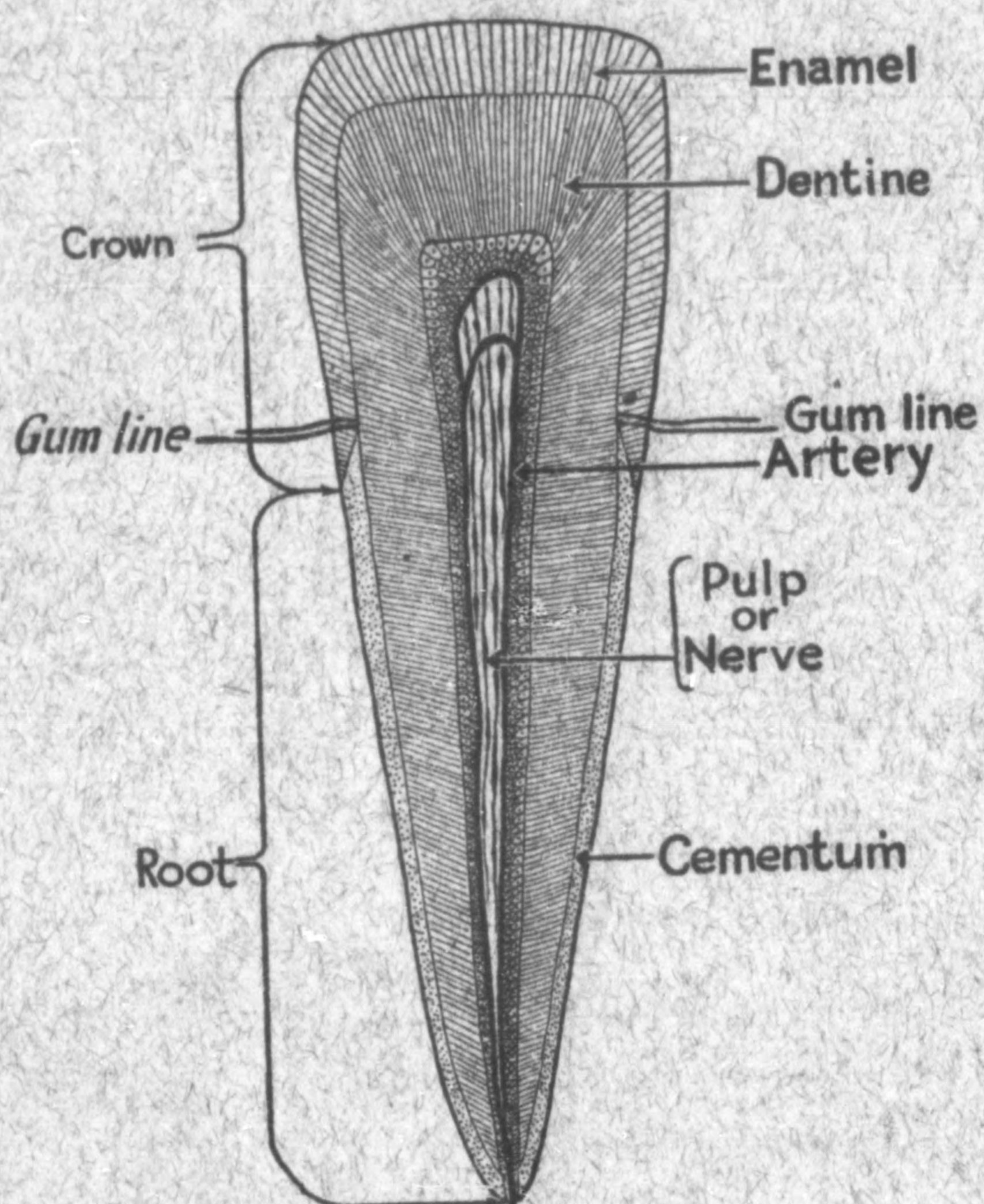
Carl N. Neupert, M. D.
State Health Officer

John Callahan
State Supt. of Schools

Endorsed by Wisconsin State Dental Society
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VERTICAL SECTION OF TOOTH



- A—Enamel, hardest substance in body, non-sensitive layer—no nerves or blood vessels, outer covering of tooth—insulator.
- B—Dentine, soft layer of tooth structure, gives the tooth its form and shape, sensitive.
- C—Pulp, composed of blood vessels, nerves and lymph vessels—the life of the tooth.
- D—Cementum, protecting layer around the roots, soft.

STATE OF ILLINOIS
DWIGHT H. GREEN, Governor



TEETH AND THEIR PRESERVATION

EDUCATIONAL HEALTH CIRCULAR No. 120

DEPARTMENT OF PUBLIC HEALTH

ROLAND R. CROSS, M.D., Director

Prepared by Division of Dental Health Educa-
tion, Cooperating with Committee on Dental
Health Education, Illinois State Dental Society

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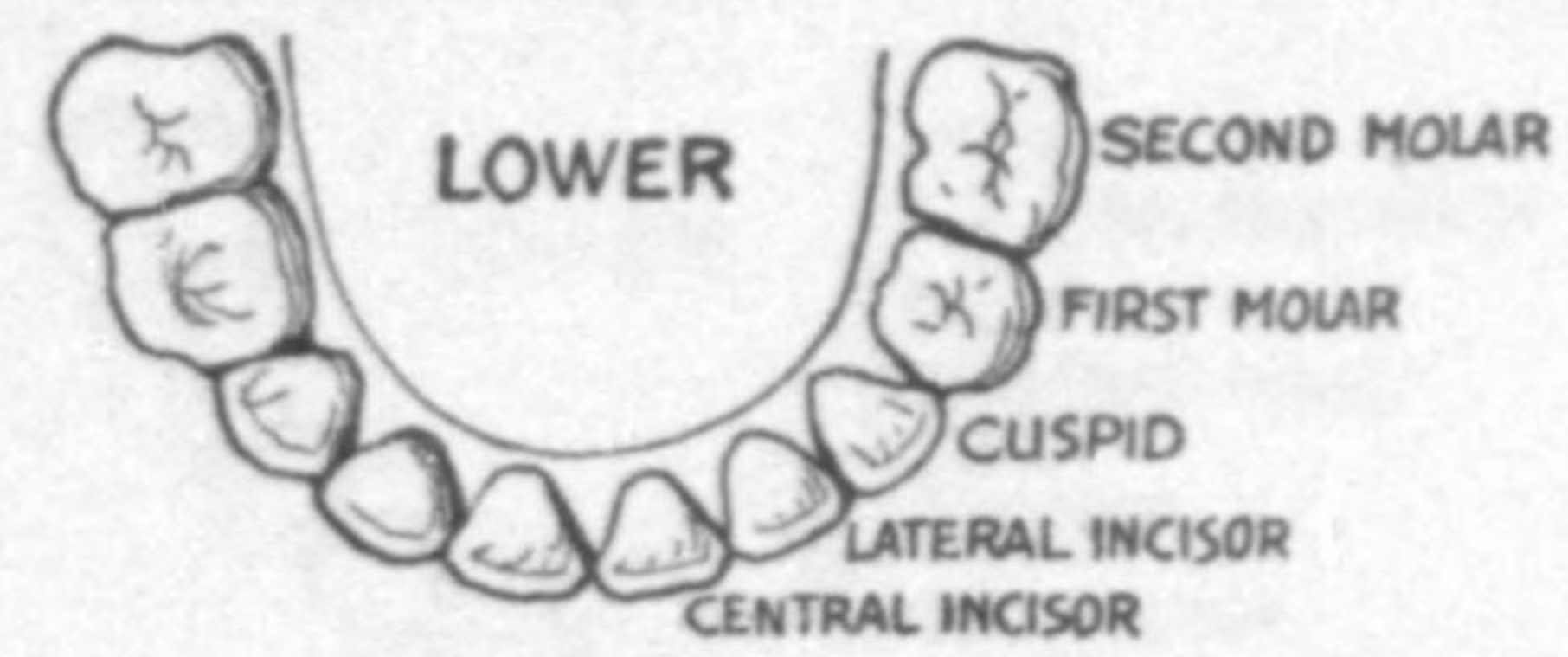
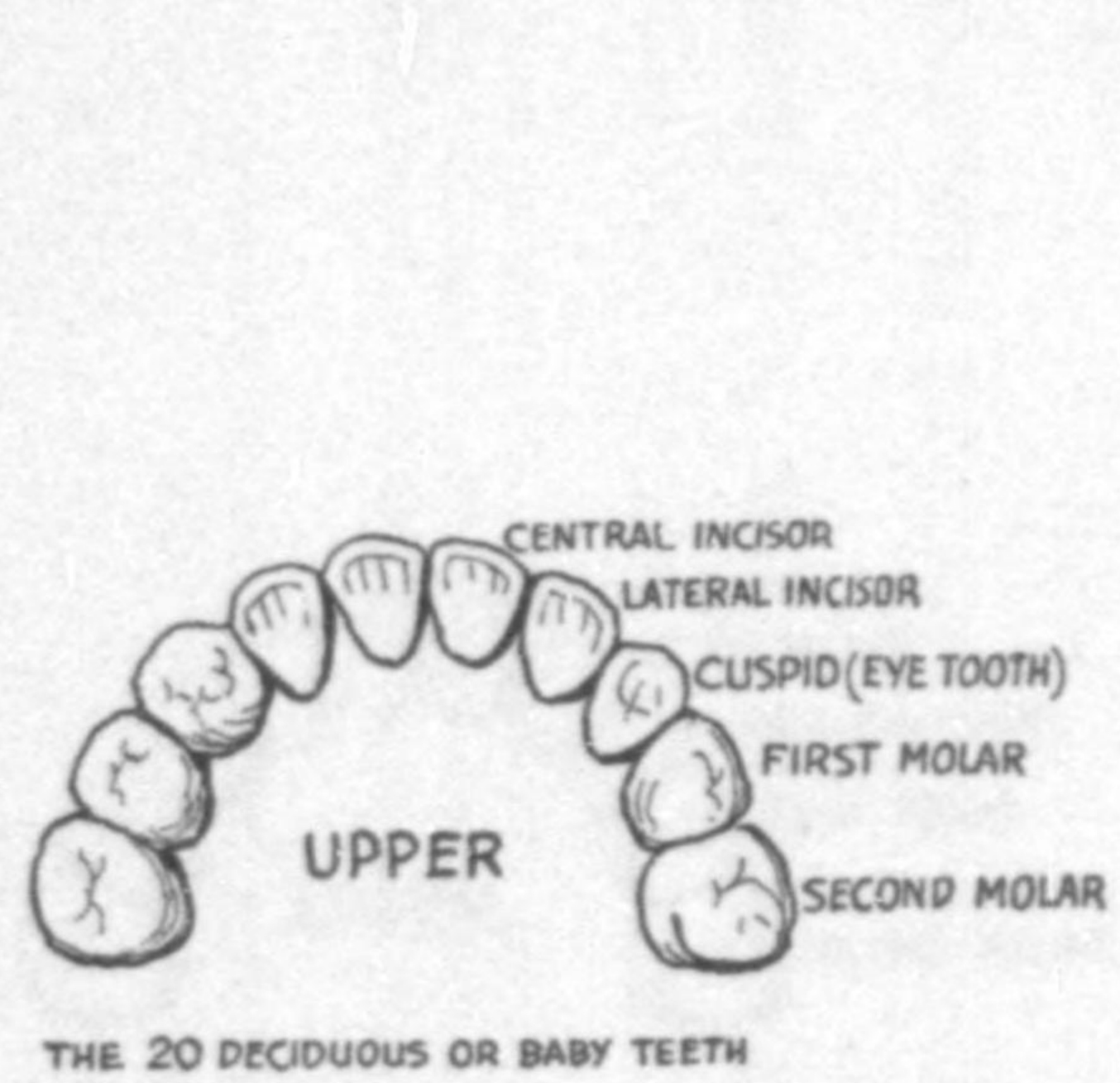


Figure 1

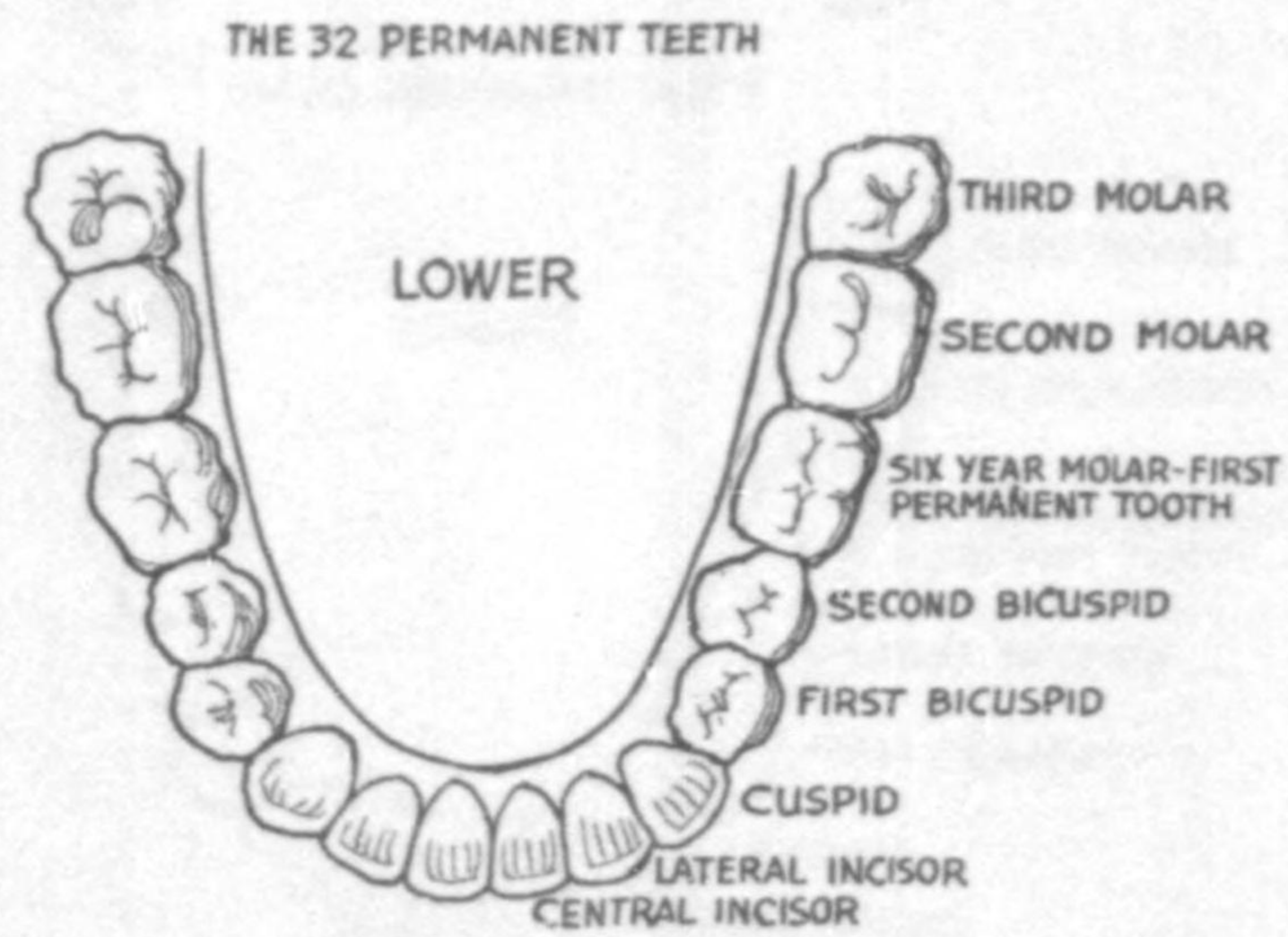
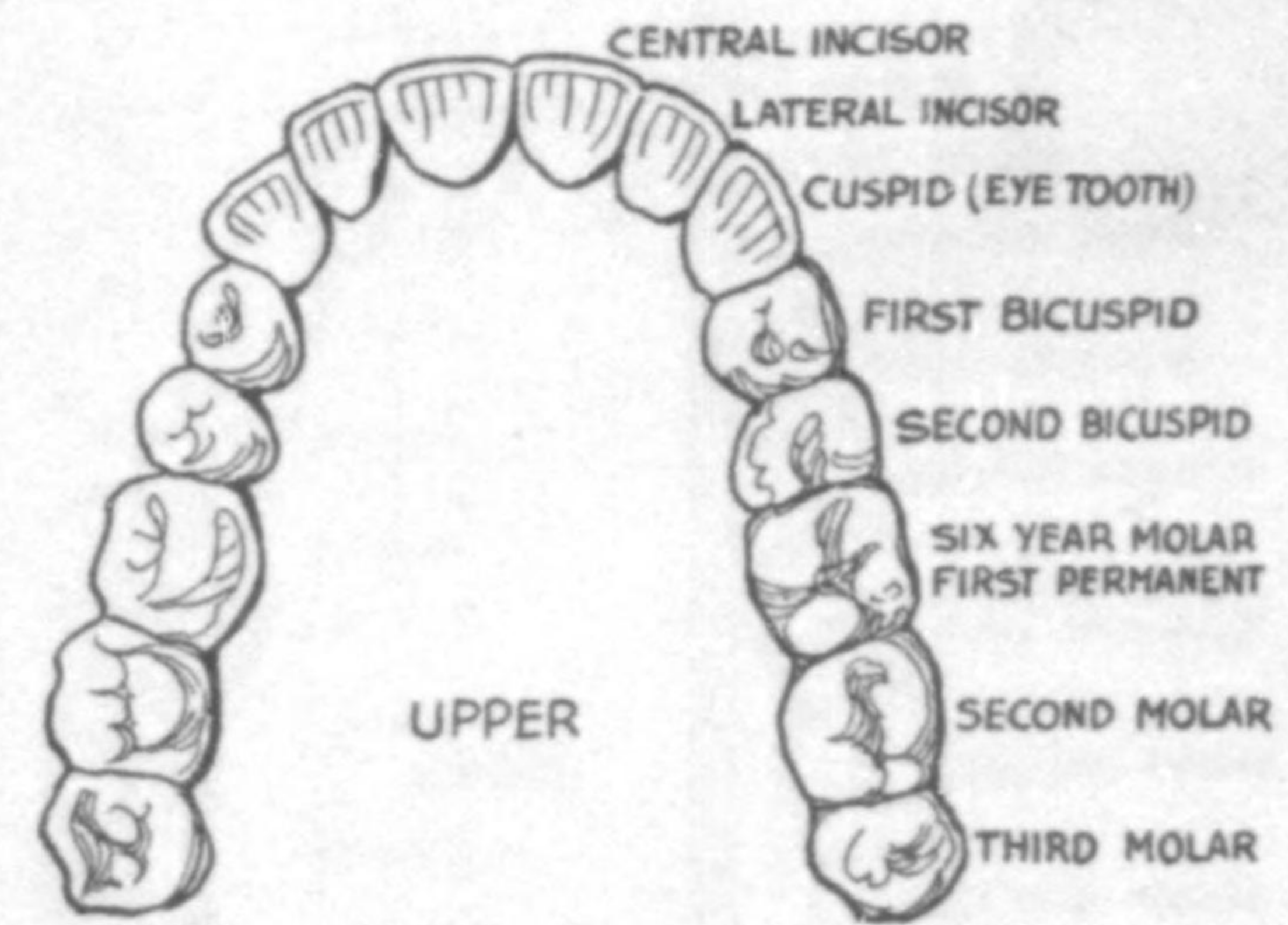
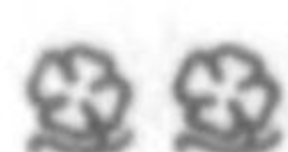


Figure 2

TEETH AND THEIR PRESERVATION



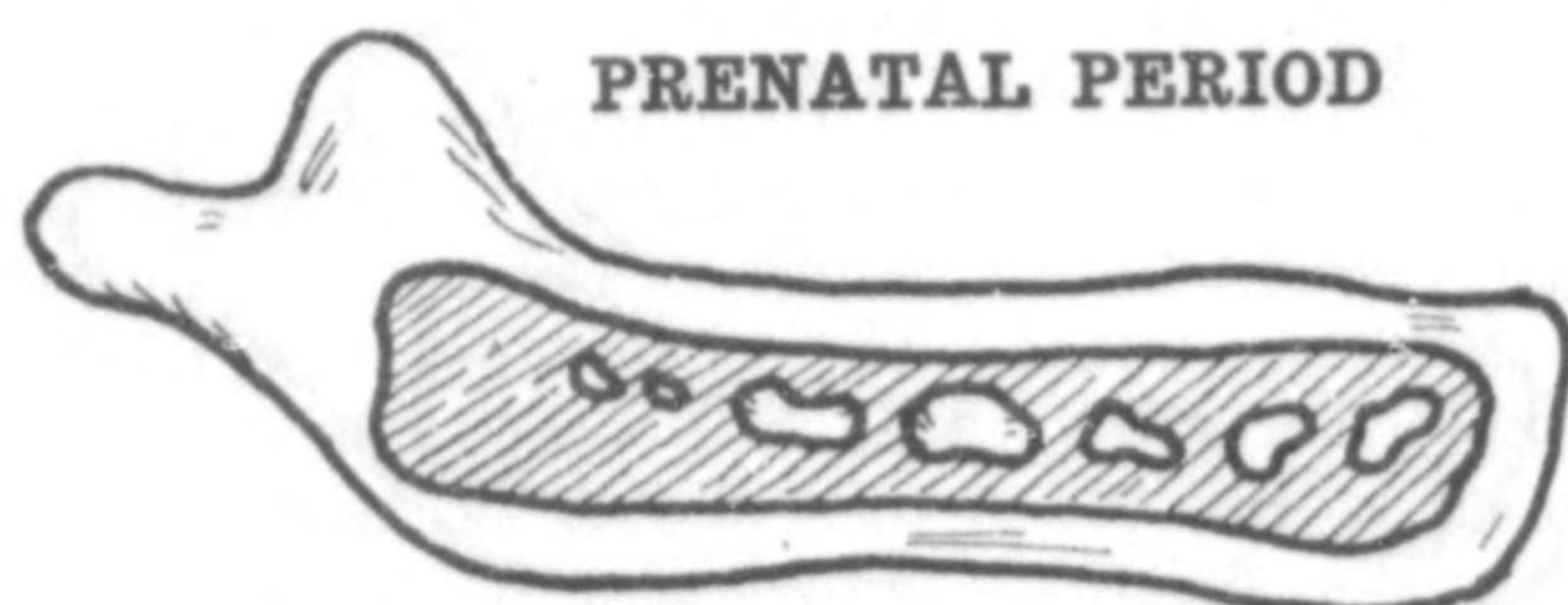
INTRODUCTION

It is the ambition of parents to aid their children in securing an education, in developing a Christian character, and in making a wide circle of friends. If, in the span of life, you are fortunate enough to help your children in accomplishing these things satisfactorily and yet forget the most important — that of HEALTH—you have fallen far below your desired objectives.

Our first, and by far the most important, objective in regard to our children should be to aid them in achieving good health. Without that, all the friends they might make and all the education they may acquire will never enable them to enjoy the fullness of life, nor make them the citizens they might have been.

There are many phases of health, but the one to be discussed is that of MOUTH HEALTH or DENTAL HEALTH which is nothing more than simple rules for the preservation of the mouth, the teeth, and the gums.

Nature has been very kind to us in giving us 52 teeth during our life, twenty in the first set known as the deciduous, baby or milk teeth, and 32 in the second set which are known as the permanent teeth.



BABY JAW AT BIRTH

The first teeth are called deciduous, baby or milk teeth and come through the gums during the first two or three years of life. The deciduous or baby teeth begin to form many months before the child is born. Some authorities believe that as early as the fifth foetal week (approximately seven months and three weeks before birth) they can perceive the teeth beginning to form. In fact, they believe these teeth can be detected before the other organs of the body begin to form. About the seventeenth foetal week (approximately four to five months before birth) these first teeth begin to calcify or harden. The crowns of all the deciduous or baby teeth are practically formed when the child is born. Authorities say there is evidence of the first permanent or sixth year molar at birth. This tooth starts to develop from a month before to a month after birth. Therefore, if the child is to have strong, healthy baby teeth, the mother should have the proper prenatal care.

VISIT YOUR FAMILY DENTIST REGULARLY

Sound teeth and a healthy mouth are very important to any prospective mother. Pregnancy does not necessarily injure your teeth, but lack of proper care and diet may. At this time unusual demands are made upon your system for building material for bone and teeth and must be met, both for your own and the baby's future health. The condition of the baby's first teeth depends a great deal upon the care the mother has had during pregnancy and the nursing period.

Do not hesitate to go to your dentist even if you think your teeth do not need attention. It will save you expense and may prevent much suffering. Seeing your dentist often may prevent large cavities and toothaches. Cavities are often present, but you seldom know of them.

In many cases the mother's teeth are more susceptible to decay than ordinarily. This may be partly explained by the demand for calcium or lime salts needed to build the child's bones and teeth. For that reason, it is very important for every mother, as soon as she knows she is pregnant, to visit her family dentist and have such corrective work done as is needed. She should be under the care of her family dentist—and should visit him as often as he advises to assure a healthy condition of her teeth and gums.

DAILY CARE OF MOUTH

You, as a mother, eat clean food from clean dishes. Avoid contaminating it in an unclean mouth from bad teeth or gums. Brush your teeth every night before going to bed and in the morning after breakfast. After the evening brushing, wash out your mouth with warm salt water, or lime water. As the gums are more likely to become inflamed at this time, they should be massaged either with a brush or with the fingers. This aids in stimulating the circulation of the blood in the gums and helps to keep them healthy.

The diet of the expectant mother is of utmost importance. The mother must not only consider her diet, but the needs of the developing baby, since it draws from her body the materials necessary for growth. If these materials are not sufficient and are not increased as the baby grows, both mother and baby show evidence of lacking nourishment. The substances needed to build strong, healthy teeth are known as mineral salts; calcium, phosphorus, iron, and vitamins. These, the baby draws from the food the mother eats. Milk, eggs, fresh vegetables, fruits, coarse cereals, and whole grains are foods that will supply the needed materials for development of the teeth.

Unless the mother has special directions from her physician, she should include the following in her daily menu:

1. Milk—a quart daily. This may be used in cooking or as a drink.
2. Vegetables—especially the green, leafy kinds, spinach, cabbage, lettuce, celery, carrots, cauliflower, green beans, tomatoes, peas, etc.

3. Fruits—fresh are preferred, dried, canned. Oranges, grapefruit, prunes, peaches, apples, plums, cherries, berries, etc.
4. Coarse cereals and whole grain bread.
5. Eggs—one daily.
6. Water—6 to 8 glasses daily.

The following foods supply tooth-building materials:

<i>Calcium</i>	<i>Phosphorus</i>	<i>Iron</i>
<i>Leafy vegetables</i>		<i>Green vegetables</i>
cauliflower	cheese	carrots
cabbage	eggs	beets
carrots	farina	peas
milk	lentils (dry)	green beans
beet tops	oatmeal	lettuce
turnip greens	peas	tomatoes
lentils (dry)	wheat (entire)	turnip greens
egg yolk	milk	olives
broccoli	liver	whole grain cereals
cheese	salmon	and breads
olives	beef	liver
beans (dry)	beans (dry)	salmon
	currants (dried)	oysters
		oatmeal
		beef
		beans (dry)
		currants (dried)
<i>VITAMIN A</i>	<i>VITAMIN C</i>	<i>VITAMIN D</i>
milk	cabbage	cod-liver oil
eggs	(green, raw)	halibut-liver oil
butter	cantaloupe	egg yolk
carrots	cress	
cheese	grapefruit	
(whole milk)	(or juice, fresh	
cod-liver oil	or canned)	
collards	lemon juice	
cream	mangoes	
kale	orange (or juice)	
parsley	parsley	
pimentos	peas (young green)	
spinach	pimentos	
sweet potatoes	raspberries	
watercress	rutabaga	
	tomatoes	
	(raw or canned)	
	turnip greens	
	watercress	
	watermelon	
	milk	

Let us see to it that the baby has the heritage of sound, well-built teeth.

BIRTH TO SIX MONTHS OF AGE

The crowns of all the deciduous or baby teeth are in the jaws at birth and if the mother has had proper prenatal care these teeth will be properly formed. These teeth depend to a great extent upon the prenatal care and diet of the mother. The second or permanent set of teeth depends upon the infant care and diet of the child.

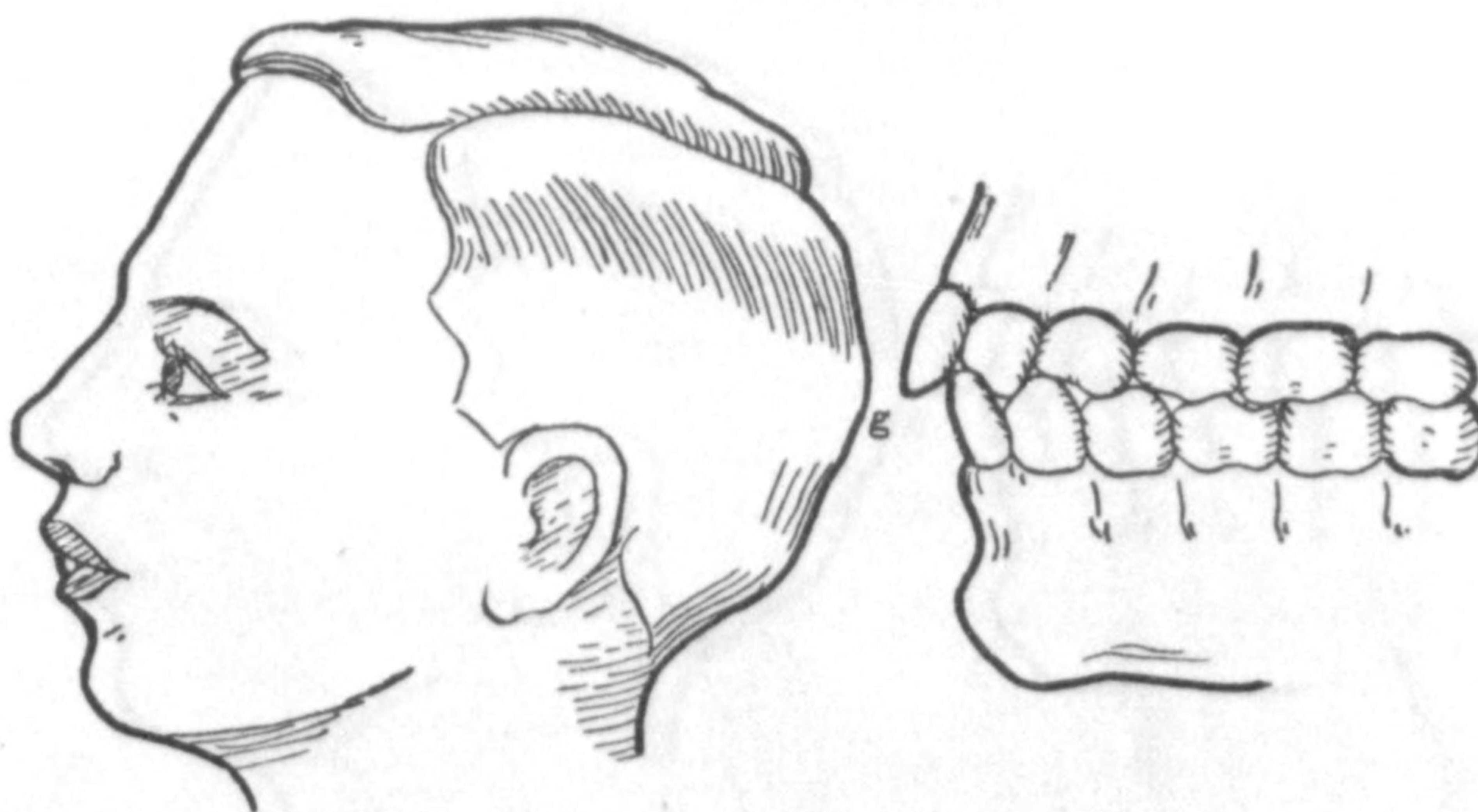
BREAST FEEDING THE BABY

A well nourished, healthy, and happy infant should be the product sought by any method of feeding. Breast milk is the best food for the infant. Physicians and dentists agree that under normal conditions breast feeding not only provides the necessary building materials for teeth and bones, but also aids in the development of the baby's jaws, teeth, face, and muscles of throat and face.

The nursing mother should choose her food carefully so that she can provide good milk for her infant. The vitamins necessary for growth and for good development of bones and teeth are carried into the mother's milk by a liberal intake of vitamin-rich foods in her diet. A daily diet, including milk, vegetables, fruits, whole cereal, and egg, should go far in supplying breast milk with an ample supply of vitamins. Sunlight on the mother's body will increase in her milk the vitamin D which protects against rickets and aids in building good teeth.

The minerals of breast milk may be increased by feeding them in large quantities in the mother's diet. The infant needs minerals for tooth and bone formation; therefore, the more minerals present in the milk, the more adequately will the needs be supplied. The minerals of the mother's milk are particularly well used by the infant. In many cases it is impossible for the mother to breast feed her infant. Therefore, the exact method should be designated by the physician in charge of the baby.

HARMFUL HABITS



Thumb or Finger Sucking:

Thumb sucking or finger sucking may begin soon after birth. If it is not stopped early, it may persist for months or years. It is a natural habit for the baby to acquire, but it is undesirable because it will bring disfigurement to the jaws and irregularity to the teeth. It may become a very bad habit if carried over into childhood. It is more easily prevented than cured. Though it is important to prevent it, or to overcome it if started, parents should not become unduly excited. When a baby first discovers his thumb or finger he naturally starts sucking it. The first time, and every time he does it thereafter, the mother should remove his thumb or finger from his mouth and place a toy in his hand to divert his attention. The best way to break this habit is to keep his hands occupied with some toy. Do not punish the baby for thumb or finger sucking, as this will only keep his attention on it and may strengthen the habit. Stiff cuffs, mittens, and other methods may be employed to prevent thumb or finger sucking when the baby goes to sleep.

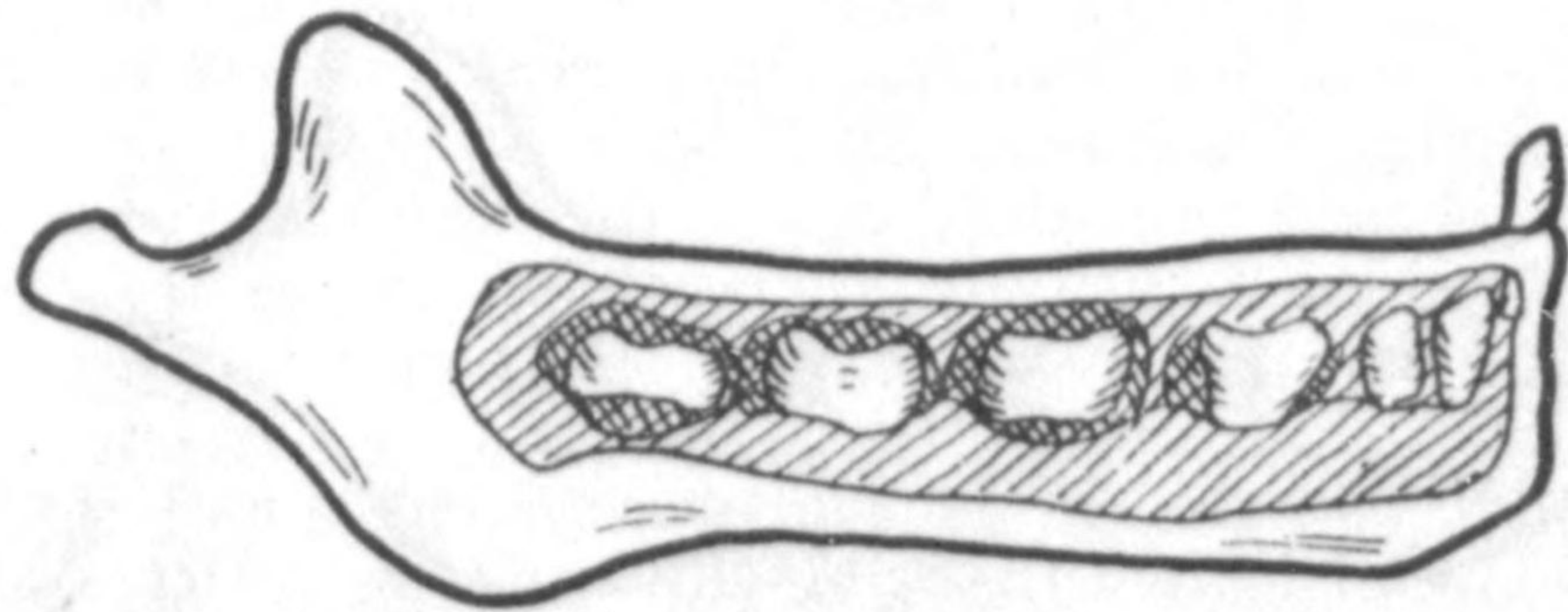
Pacifiers:

The habit of sucking on a pacifier, or any other article of this kind is extremely bad for the baby. This habit causes a flattening of the mouth and may force the upper teeth out of line. It is a habit which is particularly disfiguring to the baby's appearance. If he has formed the habit, it should be broken at once by taking away the pacifier and never letting him see it again.

Any harmful habit that may be acquired during this period such as finger or thumb sucking, sleeping on hands, biting of lips or tongue, mouth breathing, etc., should be broken. Consult your family dentist.

Prolonged Nursing:

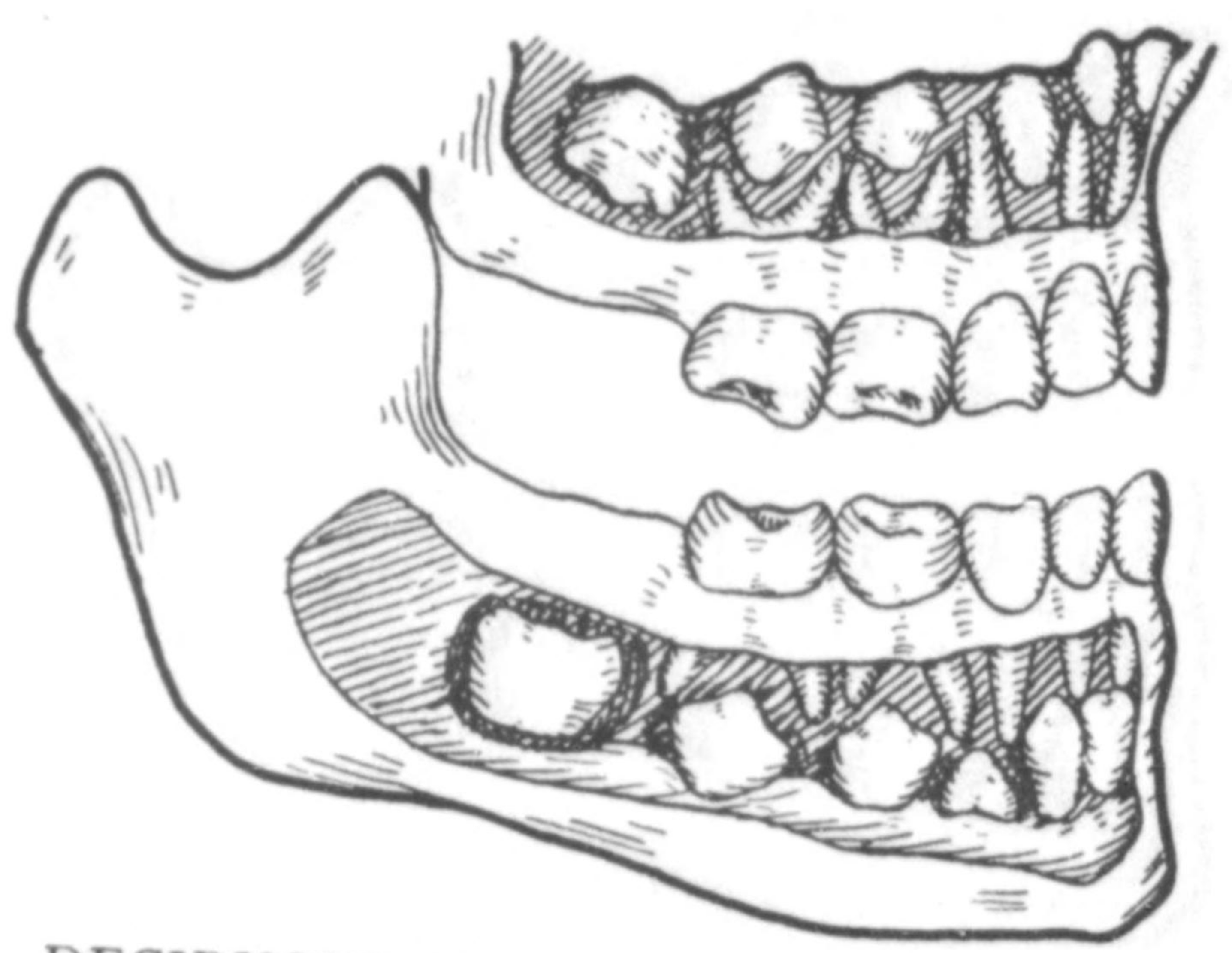
Prolonged nursing may produce malformed jaws and irregular teeth.

SIX MONTHS TO THREE YEARS OF AGE**SIX-MONTHS OLD JAW**

The first deciduous or baby tooth is the Central Incisor, which appears in the center front part of the mouth, usually in the lower jaw. In many cases two teeth appear simultaneously. As the child grows, so grow the teeth, and if the child is healthy the deciduous or baby teeth usually appear at the following average ages:

Deciduous Central Incisor	7½ months
Deciduous Lateral Incisor	9 months
First Deciduous or Baby Molar.....	14 months
Deciduous Cuspid	18 months
Second Deciduous Molar	24 months

There is considerable variation as to the order in which the teeth appear and to their eruption time. The mother need not be alarmed if her baby does not follow the average. However, if he has no teeth at the end of the first year his teeth are not developing properly and the family dentist should be consulted.



DECIDUOUS OR BABY SET OF TEETH
TEETHING

Teething is a normal process. The baby may be irritable or fretful and may not eat well during the time a tooth is actually coming through the gum, but teething alone rarely accounts for illness or fever. If during this period, the baby is feverish or sick, a physician and dentist should be consulted, and the illness should not be attributed to "Teething" until all other possible causes such as colds, abscess in the ear, and other diseases have been ruled out by the physician.

The first year the child should have 6 teeth; at 1½ years, 12; at 2 years, 16; and by the time the child is two and one-half to three years of age he should have the entire set of 20 deciduous or baby teeth; 10 in the upper jaw and 10 in the lower jaw.

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CARE OF THE MOUTH

As the deciduous or baby teeth erupt, the mother becomes responsible for the toilet of the child's mouth. A definite routine should be started at the eruption of the first tooth. The child will naturally resist any method employed, but by firmness and persistence you will win. Right here you will be taking a very important step in creating a proper mental attitude. Some dental authorities suggest that the teeth and gums be massaged with moistened cloth around the finger or with harmless paste. This not only cleans the teeth and soothes the gums, but also accustoms the child to having fingers in his mouth, so that when he is taken to the dentist the procedure will not be strange.



FOODS THAT SHOULD BE INCLUDED IN THE DIET

FOODS FOR THE CHILD

The substances needed to build strong, healthy teeth are known as *Mineral Salts—Calcium, Phosphorus, Iron, and Vitamins A, C, and D*. The deciduous or baby teeth begin to form about the fifth foetal week and begin to calcify at about the seventeenth foetal week. The permanent teeth begin to form and calcify during the first few weeks of life. Therefore, the diet of mother and child should be intelligently supervised.

The deciduous or baby teeth depend to a great extent upon the prenatal care and diet of the mother. The second or permanent set of teeth depends upon the infant care and diet of the child. During the latter half of the first year the baby should be given dry, hard foods to chew. Exercise in biting and chewing helps to develop strong, healthy teeth and jaws. There is often a tendency to keep a baby too long on an exclusively soft diet. Begin when he is about eight months old to give him some dry, hard toast at the end of a regular meal, but watch him carefully when giving him hard food until he learns how to eat it. Coarse food should be eaten each day throughout life. All vegetables should be cooked in as little water as possible, and cooked no longer than necessary to be palatable in order that they will retain their vitamin content.

In planning the day's meals for the child, the mother should know some of the foods supplying tooth-building materials. The following foods show where the various elements are found and will insure sufficient mineral salts and vitamins:

Calcium: milk, carrots, cabbage, turnip greens, cauliflower, cheese, egg yolk, celery.

Phosphorus: milk, eggs, peas, liver, salmon, beef, lentils (dry), wheat (entire), beans (dry), spinach, oatmeal, etc.

Iron: carrots, beets, peas, green beans, lettuce, tomatoes, liver, salmon, beef, whole grain cereals and breads, turnip-greens, etc.

Vitamin A: whole milk, cream, butter, egg yolk, cod-liver oil, liver, etc.

Vitamin D: cod-liver oil, egg yolk, halibut-liver oil, etc.

Vitamin C: oranges, grapefruit, lemons, tomatoes or tomato juice, raw turnips (pulp or juice), etc.

Keep daily sugar intake low.

Strong, healthy teeth depend to a great extent on proper foods supplying tooth-building materials.

HOME CARE



THREE YEARS OF AGE

When the child reaches the age of 2½ to 3 years he should be taught the use of the toothbrush.

Keeping the mouth clean is an important factor and should be started early in a child's life. This does not mean a careless and occasional brushing of the teeth, but regular cleaning which is necessary to free the teeth from the soft foods which are liable to cause decay. Particles of food which collect on and between the teeth are decomposed by the bacteria normally present in the mouth, and if allowed to remain, will injure the teeth and cause foul breath.

SELECTION OF TOOTHBRUSH

Care should be given to the selection of the toothbrush. *Select one small enough to fit the mouth properly.*

Methods of Brushing Teeth

There are three brushing methods generally advocated by dental authorities. The following method will tend to keep the teeth clean and free from food debris. Brush the teeth with an up and down motion. That is, have the child place the ends of the bristles of the brush against the gums over the roots of the teeth. Then, with either a straight or a twisting motion of the wrist, the brush should be swept over the teeth toward the chewing surfaces. This means that for the upper teeth the brush will travel downward from the gum line to the bottom of the tooth. For the lower teeth the brush will travel upward from the gum line to the top of the tooth. This should be repeated until every tooth has had a thorough cleaning on all surfaces. Never brush across the teeth as this will not remove the food from between them, and it may injure the gums. For further instructions visit your family dentist.

How Often to Brush Teeth

The child should be taught to brush his teeth after each meal. As this is sometimes impossible, a good plan is to brush them every night before going to bed and every morning after breakfast.

Cleansing Agents

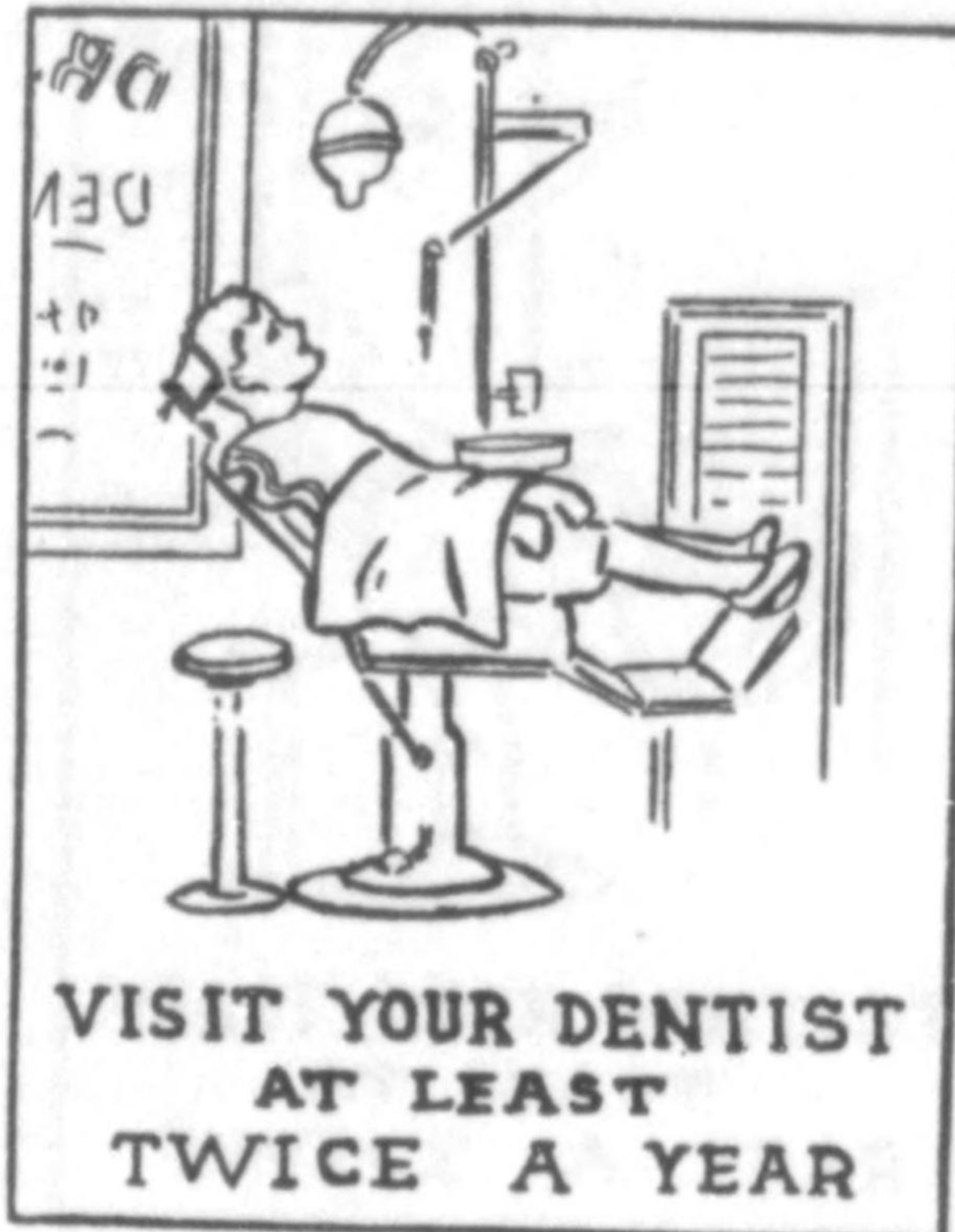
Tooth paste, tooth powder, baking soda, salt water or just plain water may be used for cleansing. A dentifrice that is pleasing to the taste is a helpful tooth cleansing agent. It should not contain any ingredient that will injure the enamel or irritate the gums. After each brushing, rinse the mouth thoroughly with warm water. This removes the loose food particles, and keeps the mouth clean and free from odors.

Care of Toothbrush

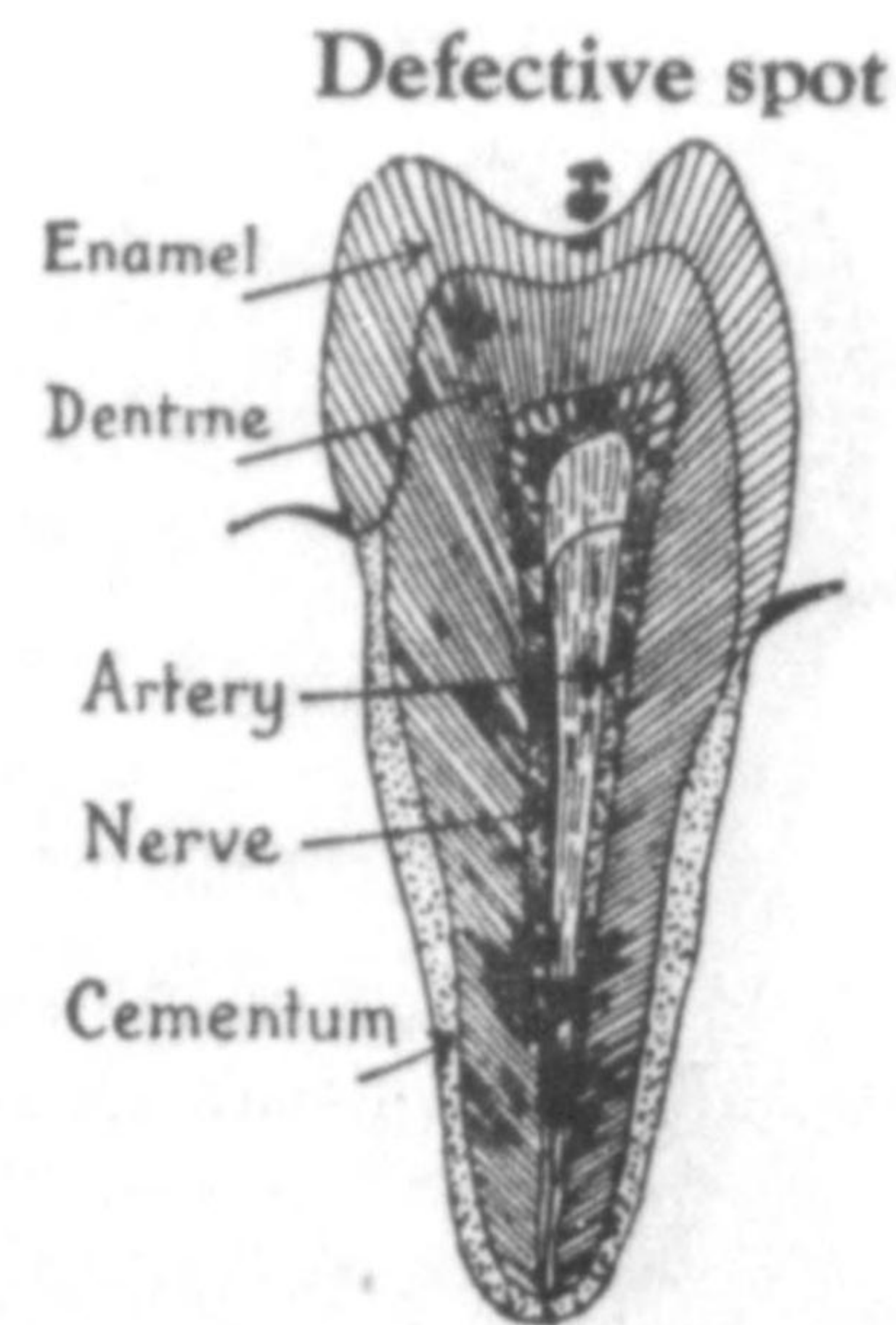
After each brushing cleanse the toothbrush with cold, running water and hang it so that it does not touch or come in contact with any other. Salt may be used to cleanse the brush as this tends to toughen the bristles. If possible, place the brush so that it is in the sunshine several hours each day. It is a very good policy to have two brushes to be used alternately. When the bristles become worn and soft, replace the used brush with a new one.

Remember a habit, good or bad, that is formed in early childhood will be a lasting one. Therefore, let our children be trained in proper health habits.

REGULAR DENTAL CARE

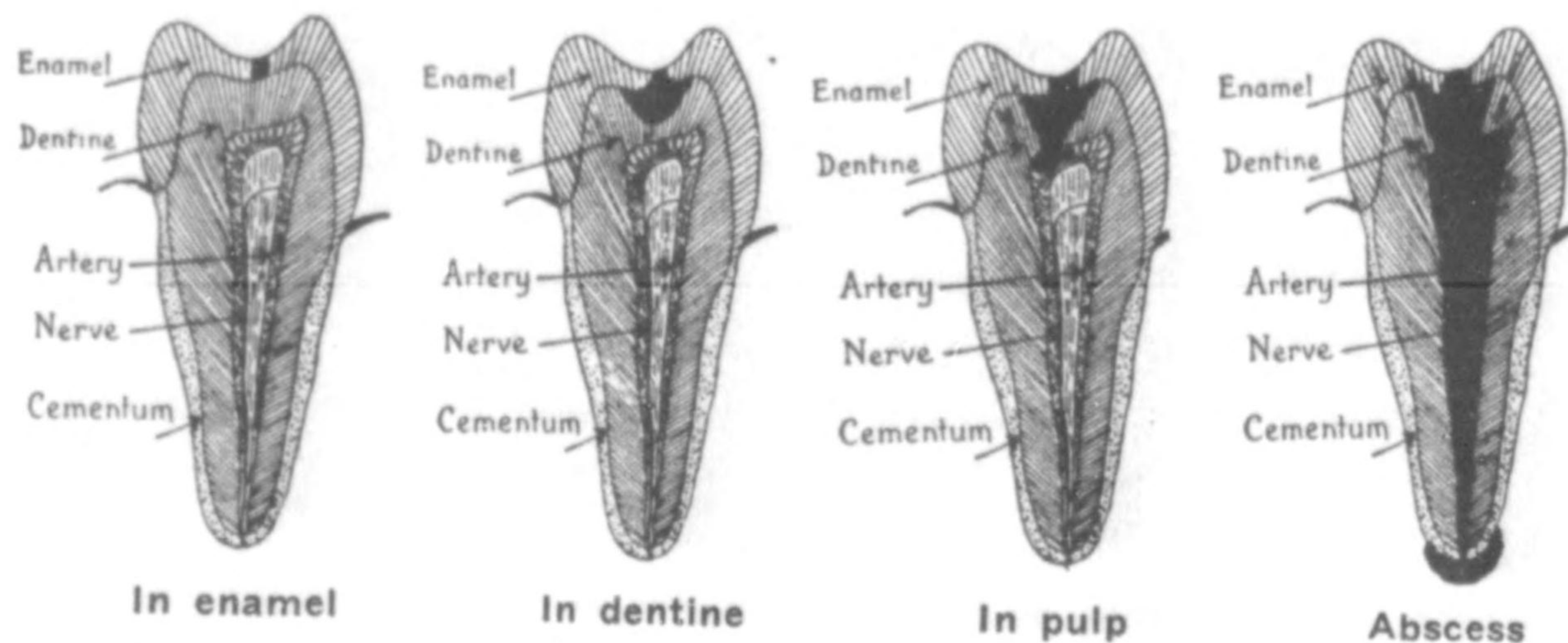


Children should be taken to the dentist at the early age of two and one-half to three years, when all the baby teeth are in place. This would give the dentist an opportunity to examine these teeth for defects or flaws. Many times when the teeth erupt or come through the gums there is a defective spot in the enamel or outer covering of the tooth. If any of these spots are found, the defective part of the enamel should be removed and a filling inserted.



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PROGRESS OF DENTAL CARIES OR DECAY



Do not neglect these small defects because food may lodge in them. They also afford a good habitat for the bacteria in the mouth to grow and multiply, thus causing the tooth to decay. Dental caries or decay that is allowed to progress will affect all structures of the tooth and eventually invade and destroy the pulp or nerve, resulting in an abscess. When this condition exists, other parts of the body may become infected.

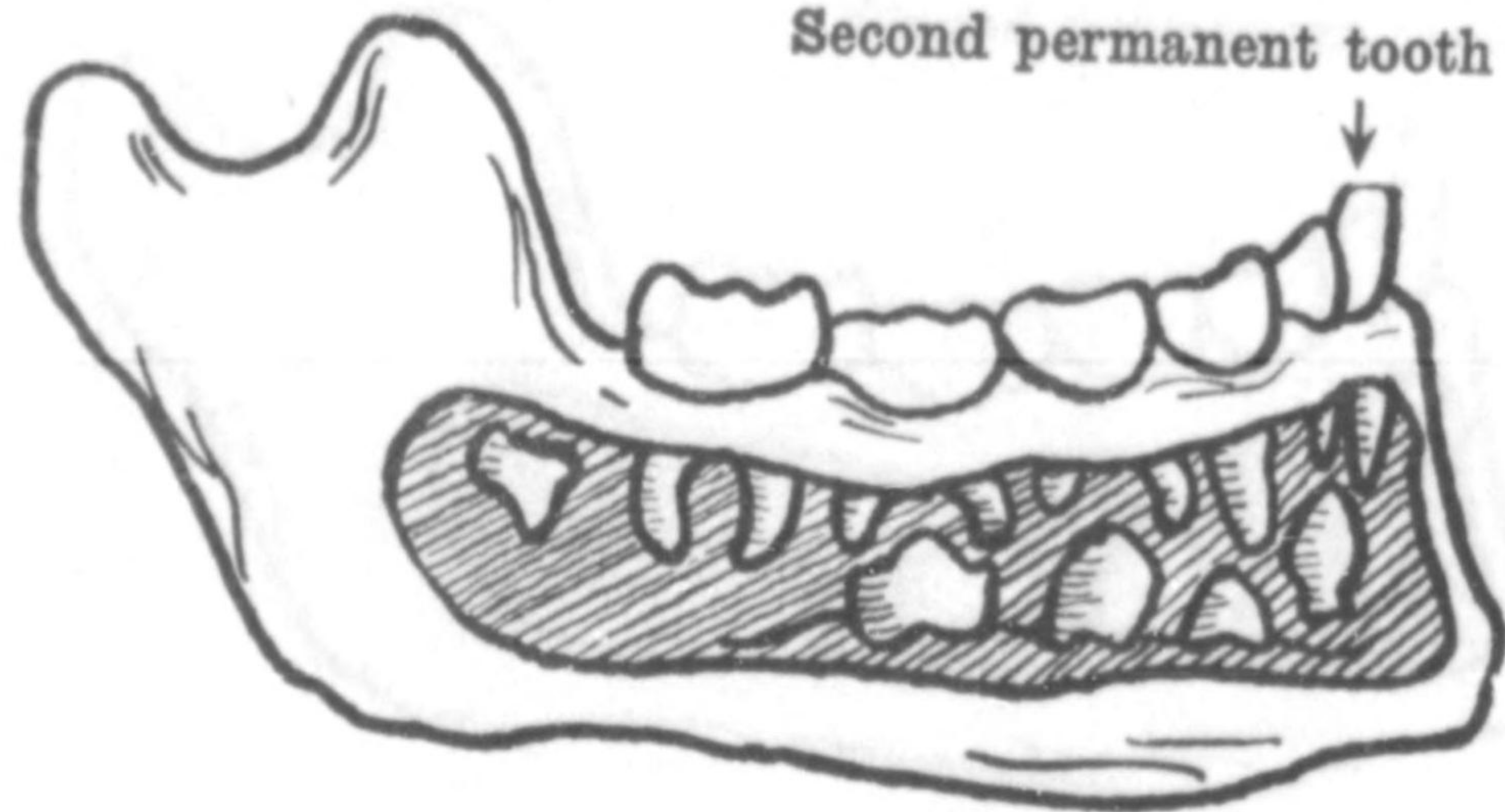
Visits to the dentist should be at regular intervals, every 4, 6, or 12 months, depending on the individual child. Most children should be taken to their family dentist every 4 to 6 months until adulthood. This will allow the dentist to observe the shedding of the baby teeth and the eruption of the permanent teeth. Many cases of malformation of the jaws and teeth in adults might have been prevented had only that individual received proper dental attention at an early age.

Take your child to your family dentist two or three times a year for he can:

1. Clean the teeth.
2. Teach the child how to keep them clean. The brushing technique is of very great importance and your dentist can be the guide, since brushing should be varied to individual needs.
3. Advise you as to:
 - a. Proper foods for the child.
 - b. Proper dental attention.
4. Repair any cavities so the child will not have a toothache.
5. Help correct any harmful habits which might cause malformation of the teeth and jaws, such as thumb or finger sucking, imitation, mouth breathing, pillowing habits, etc.
6. Be the guide and guardian of your child's teeth.

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Eruption of the Remaining Permanent Teeth
 Second permanent tooth



The next permanent tooth erupts or comes through the gums in the front part of the mouth at about the age of seven and does replace a baby tooth. *This is the first deciduous or baby tooth to be replaced.* From this time until the child reaches the age of 14 to 16 all the permanent teeth are rapidly replacing baby teeth.

The permanent set consists of 32 teeth—16 in the upper jaw and 16 in the lower jaw and erupt at about the following ages:

Central Incisor	7-8 years
Lateral Incisor	8-9 years
Cuspids	11-12 years
First Bicuspids	10-11 years
Second Bicuspids	11-12 years
First Molar	6-7 years
Second Molar	12-13 years
Third Molar	17-21 years

Children should be taught to care for their first set of teeth so the proper habits will be well established in early life.

HARMFUL HABITS

Chewing pencils, crayolas, crayon, etc. may cause irregularity of the teeth.

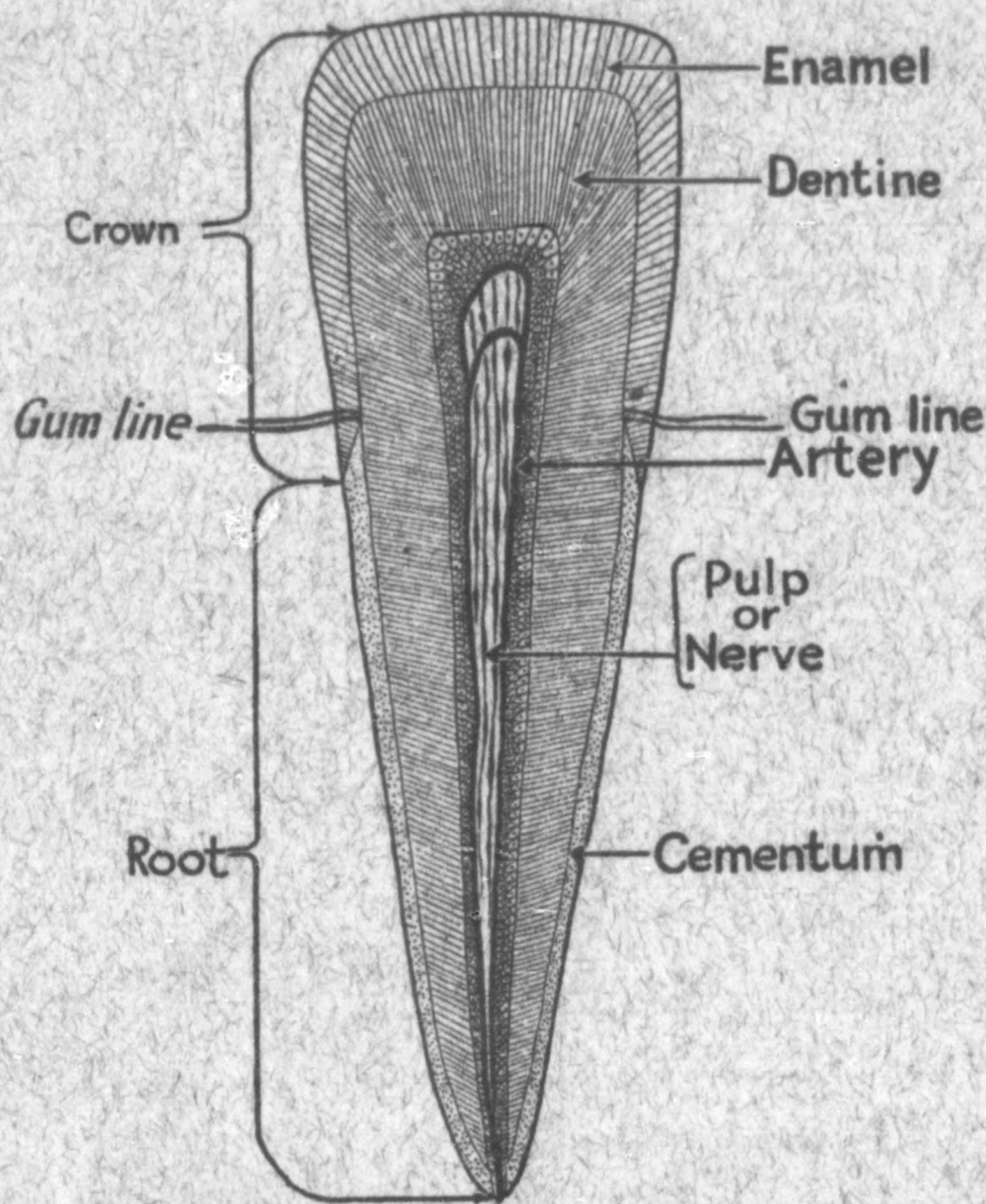
There are many simple and easy means to correct harmful habits. Your dentist should be consulted regularly to see if the teeth and jaws are developing normally. If all harmful habits are checked before the child is two or three years of age, the jaws may gradually return to their normal shape.

CONCLUSION

By observing the simple principles outlined in this pamphlet, it is hoped that you have been able to find several things that will be helpful factors in developing better teeth for your child. Even though you are faithful in observing these principles, it is advisable to visit your family dentist every 3 to 6 months.

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VERTICAL SECTION OF TOOTH



- A—Enamel, hardest substance in body, non-sensitive layer—no nerves or blood vessels, outer covering of tooth—insulator.
- B—Dentine, soft layer of tooth structure, gives the tooth its form and shape, sensitive.
- C—Pulp, composed of blood vessels, nerves and lymph vessels—the life of the tooth.
- D—Cementum, protecting layer around the roots, soft.

B8

Don't Look Now....

BUT

YOUR TEETH

ARE SHOWING



DIVISION OF NUTRITION
DIVISION OF DENTISTRY
PENNSYLVANIA DEPARTMENT OF HEALTH

Of course your teeth show—when you talk, smile or laugh. You want them to show. They're part of your face.

In other words, if your face is your fortune, how much are YOU worth?



- ★ Teeth are important to good LOOKS.
- ★ Teeth help you to CHEW food well.
- ★ Teeth help you to SPEAK clearly, too.
- ★ Teeth are important for your HEALTH.

Are you doing ALL you can for your TEETH so that they may do ALL they can for YOU?

Here Is a Four-Point Plan for Good Teeth:

1. BRUSH BRIGHT

Good dental care begins at home.



Brush your teeth at LEAST TWICE a day.

Tooth brushing has its ups and downs. Brush teeth as they grow—upper ones down, lower ones up. Brush inner sides too. Get a small toothbrush with a straight handle and not more than six bristle tufts down and two across. Bristle tufts should be only $\frac{1}{2}$ inch long and set wide apart.

Brush thoroughly—until your teeth ARE BRIGHT.

2. DECAY FIGHT

Get to know your dentist. He is a real friend—interested in making and keeping your teeth sound. Visiting him often is SMART because he can find holes when they are small and fix them before they get big enough to bother you.

He saves you toothache as well as time and money. See him at least twice a year. If you have younger brothers and sisters, why not take them with you too?



3. EAT RIGHT

Foods which build good bones and strong muscles also help to build and protect teeth. Help yourself to health by eating these foods daily:



Milk—it can't be beat!



Vegetables—take all kinds, especially green and yellow. Eat some raw.



Fruits—whole oranges, grapefruit and raw apples are excellent.



Meat, fish, poultry or game and eggs—builder-uppers—all.



Cereals and breads—whole grain ones are best.



Butter and margarine.

Fish liver oil—liquid sunshine!

Water—Nature's gift to all.

CHEW, CHEW, CHEW! Chew crisp, raw vegetables, luscious whole fruits, crunchy breadcrusts and toast. Between you and me, the story about their making your hair curly is the "bunk," but they DO give exercise to teeth and gums.

4. HOLD TIGHT

when foods high in refined sugar and starch are around. They may cause trouble in teeth—just as gremlins do in planes.

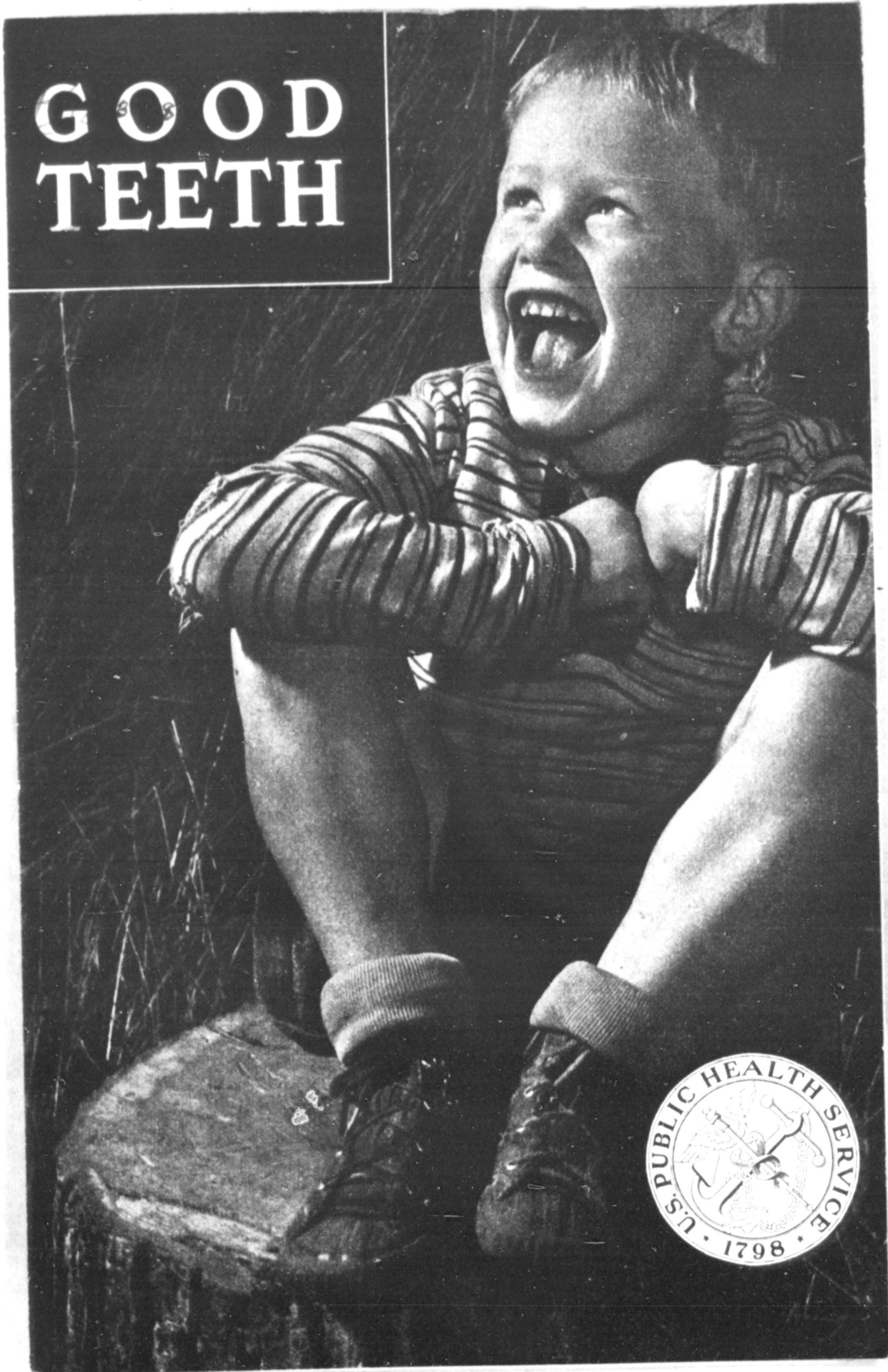
Steer clear of candy, soft drinks, rich desserts, cookies and crackers which **STICK** to your teeth. So **YOU** stick to milk, fruit drinks, milk and fruit desserts. The best food to eat between meals is **FRUIT**.

For healthier teeth, end your meal with **FRUIT**.

**DO ALL THESE THINGS, and
SMILE, BROTHER, SMILE
YOUR TEETH Are Showing and
You're Proud of Them!**



GOOD TEETH



FEDERAL SECURITY AGENCY
UNITED STATES PUBLIC HEALTH SERVICE
THOMAS PARRAN, Surgeon General

DIVISION OF SANITARY REPORTS AND STATISTICS
E. R. COFFEY, Assistant Surgeon General, Chief of Division

+

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GOOD TEETH

By F. C. CADY, *Dental Surgeon*, and JOHN W. KNUTSON, *Passed Assistant Dental Surgeon, United States Public Health Service*

LOOK INTO the mouth of a baby. Apparently it is toothless; yet lying in the bone, under the gums, the first teeth are almost completely formed. And under these first teeth there are already the beginnings of the permanent teeth.

To grow strong and straight, those teeth must be properly built. They need the right kind of building material. In fact, they have needed it even earlier. The diet of the expectant mother has had much to do with the vigor of those teeth beneath the gums.

What kind of building material? What kind of foods will help those teeth grow?

The two most important things that build teeth are calcium and phosphorus; and for the growing child there is no better source of these important elements than milk. The diet of every child should include a large glass of milk with each meal. In addition to this, there should be other sources of mineral salts, such as fruits and green vegetables.

How Teeth Grow

AT ABOUT the sixth month (earlier in some, later in others), the first teeth, usually the lower front ones, will appear; and these will be followed at more or less regular intervals by the upper front teeth, then the back teeth, and lastly usually by the cuspids, or, as they are popularly called, the "eye" teeth. Teething in a healthy child is in itself a natural process. However, it is frequently associated with sore gums and excessive saliva. During this period care should be taken to keep the child's mouth clean. If the condition is severe, the physician or dentist should be consulted.

Every tooth, as it comes into place, marks another step in the child's development. At 6 to 8 months of age, the child

can be given some hard food, such as zwieback, to chew on. This will assist in the cutting of the teeth and is cleaner than a teething ring.

The jaws develop through usage. It is clear, therefore, that when sufficient teeth are present, food should be eaten which will require chewing. For this reason, the diet should include coarse materials which will exercise the jaws and scour the teeth, such as coarse whole-grained breads, hard tack, baked potatoes eaten with their jackets on, and fresh apples.

The Baby (or "Milk") Teeth

THE FIRST TEETH are often called "temporary" ("baby" or "milk") teeth. Some people think that because they do not remain their preservation is not of much consequence. Their presence in the mouth, up to the very moment their successors are ready to take their place, is essential. If they are lost too early, sufficient space may not be left for the permanent teeth to take their proper place. Sound baby teeth guarantee better preparation of food and better assimilation of that food for nourishment. This is vitally important in view of the fact that the child must eat and assimilate, in proportion to his weight, three times the food required by an adult.

Baby teeth are important teeth. They are teeth which are used during about one-fifth of the life span. They have a full and definite service, not merely a temporary one.

As early as possible, the child should acquire the habit of brushing its own teeth. A small brush and a small amount of pleasant tasting dentifrice can be used.

At the age of 3 or sooner, the parent should take the child to the dentist for careful examination. This should be a routine procedure at least every 6 months; thus, decay may be found before much harm has been done. In addition, this will restrict the dentist's services to easy and painless operations, so that the child will have no fear of dentistry.

The First Permanent or "6-Year" Molar

NO OTHER TEETH are like the first permanent, or, as they are often called, the "6-year" molars. There are four of these, one on each side of the upper and lower jaws, and they

are the first of the permanent teeth to make their appearance. They differ from the teeth that have thus far appeared in that they are larger, are not replaced by any other teeth, and do not replace others.

The first permanent molars play a very important part in the mouth, since they must sustain the stress of chewing during the period in which the temporary teeth are being replaced by the permanent teeth. They also largely determine the position of the permanent teeth which follow, and, therefore, the shape of the jaws and the later appearance of the child.

It is clear that the loss of such a molar, or the loss of its use through disease or bad position, may have serious results. Appearing, as it does, about the sixth year (giving it its name, "6-year molar"), it takes its place behind the temporary teeth without any interference and is often mistaken for one of the temporary teeth and is neglected upon the supposition that it will soon be lost or extracted anyway.

Be sure, therefore, to watch for the appearance of the "6-year molar"—the sixth tooth back counting from the front center—when it appears, care for it.

Other Permanent Teeth

AS THE SECOND teeth develop and begin to take their place, care should be taken that the first teeth are removed neither too early nor too late.

The permanent teeth, normally, will come up under the teeth they are to supplant. The roots of the temporary teeth will be gradually absorbed away before the advancing permanent teeth. Finally, nothing but the crowns will be left hanging to the gums to drop out in time of their own accord.

Sometimes, however, the permanent tooth may start to emerge either inside or outside the arch. The root of the temporary tooth then fails to be absorbed; it is an obstruction which must be removed before the second tooth has been forced out of line. Hence, special attention should be given to the teeth at this time. So important is this that the child should be under the repeated supervision of a competent dentist during this entire period. The following table gives

the approximate average time for the appearance of the baby and permanent teeth:

Average time of appearance of the baby and the permanent teeth¹

	Baby teeth	Permanent teeth
Central incisors (front teeth).....	6 to 14 months.....	5 to 9 years.
Lateral incisors (front teeth).....	7 to 15 months.....	6 to 10 years.
Canines (cuspid).....	16 to 24 months.....	9 to 13 years.
First bicuspid.....	8 to 12 years.
Second bicuspid.....	9 to 13 years.
First molars.....	12 to 20 months.....	5 to 8 years.
Second molars.....	22 to 30 months.....	11 to 14 years.
Third molars.....	17 to 21 years.

¹ Children vary widely in the time their teeth erupt (appear), so that no particular concern should arise if a child's teeth appear late. As shown in the table, the difference in children may be 4 or even more years. Most children will erupt their teeth at about the average time between the earliest and latest years given for a particular tooth; for example, the central incisor appears from 5 to 9 years, but most children will erupt this tooth at the age of 7 years. In general, the teeth of girls erupt from 3 to 6 months earlier than boys. Further, the lower teeth erupt earlier than the upper teeth, with the exception of the bicuspid, which erupt in the reverse order.

Baby teeth.—The same type of discussion applies to baby teeth, except that the span from the early eruptors to the late eruptors is about 8 months.

Care of the Teeth

NINETEEN OUT OF twenty people at the age of 15 years have, or have had, dental caries.

Dental caries is the medical term for decayed teeth. The figures are from a recent United States Public Health Service survey of a typical town not far from Washington, D. C. They are the findings for school children. Perhaps, among grown-ups more than nineteen out of twenty persons have had one or more decayed or filled teeth.

That is a figure which makes one pause and think. It means that, except for the common cold, dental caries is the most prevalent of diseases.

One is impelled to ask, "Why do teeth decay? How can one prevent their decay?" Science cannot yet answer why. There is no magical formula which one can use which will prevent decay. For the present, at least, the best that can be done is to feed the expectant mother, the infant, and the child, tooth-building foods, and to visit the dentist early and often for the control of the extension of dental decay.

Decay of the teeth, spoken of as "dental caries," is caused by the action of germs (bacteria) which lodge upon the less exposed parts of a tooth. As a result of their growth, the tooth structure is softened and disintegrated.

Decay usually begins in one of two places. Sometimes it begins in the little grooves upon the surface used in chewing; sometimes it begins at the point where one tooth adjoins another.

Brushing the Teeth

IF A PERSON ate only raw, hard foods, the scouring action of these foods would automatically keep the teeth and mouth clean and massage the gums. The teeth of most animals are kept clean and the gums healthy in this manner. The modern human being needs to brush the teeth daily to remove accumulations of soft and sticky foods. It may not prevent decay, just as bathing may not prevent disease, but both are clearly habits which may reduce disease.

To brush the teeth properly, a person should have two toothbrushes, a fresh, dry one for each brushing. These brushes should be small so as to reach all surfaces of all teeth. The bristles should be widely spaced so that they can be forced between the teeth. Wide spacing of bristles also permits the brush to be easily cleaned. It is better to brush the teeth away from the gums and not toward them, otherwise food may be carried under the free margin of the gums. When the bristles become worn and soft, the brush should be replaced with a new one.

To accomplish its purpose, brushing of the teeth should be done after eating. Teeth should be brushed lengthwise. This permits the bristles to remove food from between the teeth and lessens the amount of wearing away of the enamel of the cheek and lip side of the teeth that sometimes happens when they are brushed crosswise.

Dentifrices

TOOTH PASTES and powders are a good mechanical aid in the cleaning of the teeth. In choosing your dentrifice be sure it is not so abrasive that it will scratch the delicate enamel.

No safe dentrifices, however, will change the color of the teeth, either in one operation or over a period of time. No dentrifice will change the chemistry of the mouth from acid to alkali or vice versa. No dentrifice will cure bad breath, pyorrhea, or any other disease. No dentrifice will prevent dental decay. Tooth "bleaches" are not safe to use.

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The Council on Dental Therapeutics of the American Dental Association has passed upon many commercially sold dentifrices. It accepts those which are harmless and which are honestly advertised. One may choose from its list both powders and pastes. Dentifrices which the Council accepts carry its seal of approval on their containers.

Conclusion

FROM WHAT has been said, it is apparent that the best tooth insurance is for the child and the adult to visit a competent dentist periodically, at least twice a year, for a thorough examination and necessary treatment. In this manner, diseased conditions of the mouth and teeth can usually be discovered, treated, and controlled in their early stages. There are no drugs which are safe and effective against such diseases. If neglected, tooth diseases will progress to a stage where permanent damage will result.

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